



**amrita
nutrition**

HOW TO USE DR. PEAT'S 100% NATURAL BIOIDENTICAL PROGESTERONE IN VITAMIN E

****Keep Refrigerated****

The minimum maintenance dose of Progest-E oil is 3 drops daily, usually from mid-cycle to menses. Women who have little to no symptoms at all can take this dosage. The more severe your symptoms, the more doses you need. It is recommended that nearly everyone should begin with the high dose directions for 10 days to avoid complications (as low thyroid, high estrogen situations require a high initial dose to avoid progesterone reverting to estrogen). For example, to relieve severe symptoms (hot flashes, menstrual pain, cramping, PMS, ovarian cysts, fibrocystic breast disease, high estrogen, etc.) take one dose (3 drops) five times daily for 10 days, then decrease to about 3 doses daily for 1-2 two weeks (can be longer as needed).

Eventually, 1-2 doses for another few weeks or months as needed. Can continue using every day, or if you're having a regular menses you can switch to a maintenance dose: one dose per day from mid-cycle to start of menses (usually about 14 days). Progesterone is stored in the fat cells so not everyone will need continuous doses. You must decide from your symptoms and individual need. This product is taken orally. It is best to rub it around your gums and let it absorb, as opposed to just swallowing it. A drop will look like the size of a drop that comes out of a dropper. It is easiest to measure the drop at room temperature. When PGE is cold, it will come out in a large drop, so estimate it, the amount does not have to be perfect. Do not take progesterone while nursing.

Natural bioidentical progesterone is an anti-tumor hormone and will stimulate your body to make it. There are no known toxic side-effects from natural progesterone. An overdose produces anesthesia. If you choose to discontinue PGE, it is recommended that you wean yourself off it and not stop abruptly. Stopping too fast, or if still required can cause side-effects. Some get hot flashes in three months and some the next day. Balancing the body chemistry is the key. Progesterone protects against the toxic effects of estrogen. By estrogen, we mean any kind, be it what your body makes, or what you take - natural or synthetic estrogens, such as Estriol or Premarin, respectively, or environmental estrogens, xeno-estrogens, herbal sources, such as black cohosh ("Remifemin"), sage and other herbal sources of estrogen.

If you have a goiter, progesterone's stimulation of thyroid secretion may lead to transient hyperthyroidism. If so, it's better to shrink the thyroid with thyroid glandular first, then progesterone will not cause this effect.

In women with cystic ovaries, progesterone in small doses can be converted to estrogen because the cyst is stuck in the follicular phase. This causes spotting or sore breasts. If this happens with a small dose of progesterone, it's a sign of cystic ovaries. Increasing the dosage of progesterone to 1/4 tsp. once and sometimes twice in one day is enough to reverse this situation. Thyroid supplementation is usually necessary as well.

One drop of Progest-E oil contains about three milligrams of progesterone. Normally, the body produces 10 to 20 milligrams per day. A quantity of 3 or 4 drops usually brings the blood levels up to the normal range, but this dose can be repeated several times during the day if it is needed to control symptoms. Furthermore, one drop will include between 4-22mg of Vitamin E.

For general purposes, it is most economical and effective to take progesterone dissolved in vitamin E orally, for example taking a few drops on the lips and tongue, or rubbing it into the gums (it is good for the general health of the gums). These membranes are very thin, and the progesterone quickly enters the blood. When it is swallowed, the vitamin E allows it to be absorbed through the walls of the stomach and intestine, and it can be assimilated along with food, in the chylomicrons, permitting it to circulate in the blood to all of the organs before being processed by the liver.

For the topical treatment of sun damaged skin, or acne, wrinkles, etc., the oil can be applied directly to the affected area. For topical treatment of arthritis, tendonitis, bursitis, or varicose veins, to speed absorption it is best to apply a few drops of olive oil to the area, and then rub the Progest-E into and around the affected area. Some of the progesterone will be absorbed systemically, but the highest concentration is sustained in the local area, helping to correct the problem.

