What to Know About Progesterone

As a woman, you have many different hormones to consider, which can affect your fertility and various other physical health issues. One of the hormones to be aware of is progesterone. Here is more information about this hormone and how you can balance it properly.

**About Progesterone**

First of all, you might not really understand what progesterone is or what role it plays in your body. Progesterone is a type of hormone that helps with many functions in your body, including helping when you are pregnant, and also aiding in your fertility. Progesterone is among the main hormones women need to keep balanced, alongside estrogen, estradiol, and many others.

**Why You Need Progesterone**

The reason doctors are concerned about progesterone levels is because of how much it impacts your body. Not just your gynecological health, but also parts of your body and mind as well. Your mental and physical health both do best when you have adequate amounts of progesterone in your body. Here are some of the primary benefits of having the right amounts of progesterone in your body:

Maintaining the lining of your uterus  
Working as a diuretic  
Working alongside other sex hormones  
Helping to reduce severity of your PMS symptoms  
Building strong bones  
Burning fat for energy  
Helping with your thyroid health  
Maintaining proper blood clotting

There are also other benefits, including helping you to become pregnant and have a healthy pregnancy, and even playing a role in how bad your depression is.

**How to Improve Progesterone Levels**

If you feel that you are suffering from a hormonal imbalance, you are not alone. Many women deal with this problem every day. Luckily, there are some different ways you can balance your hormone levels, including progesterone, without medications. These often include changing your lifestyle to be healthier, from eating a healthy diet to making sur you exercise regularly. You also want to cut back on unhealthy habits like drinking and smoking, but try to add in some healthy fats to your diet.

Your doctor can also provide a progesterone supplement if you are not able to improve the hormone levels on your own. It is important that you maintain good levels, especially if you are of childbearing age and become pregnant. Your doctor can perform simple tests to determine how much progesterone you are producing on your own, and what the level needs to be at.