

Low Progesterone Guide

How to start raising progesterone naturally?

@FertilitybyErika



Hello, I'm Erika

I'm a woman's hormone health practitioner, fertility awareness instructor and reproductive biologist with a passion for helping individuals and couples optimize their fertility and hormones.

This guide will provide you with essential information on your TTC journey when it comes to low progesterone symptoms and how to practically navigate the root causes and solutions.

In case you would still feel overwhelmed I offer my free **Root Cause & Cycle Mapping Session**: 45 minutes to identify the 2-3 most likely root causes in your case, and map your next steps.

APPLY FOR ROOT CAUSE &
CYCLE MAPPING SESSION



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Could Low Progesterone Be Your Answer?

If you've been struggling with spotting, implantation issues, miscarriage, difficulty conceiving, unexplained fatigue, irregular cycles, mood swings, or disrupted sleep, you might be dealing with a hormone imbalance that's often overlooked: **low progesterone**.

The frustrating part? Many women are told their symptoms or cycles are "normal" or simply part of being a woman. But the truth is, these signs often point to something deeper and fixable.

This guide will help you understand what progesterone does, recognize the signs of low levels, identify root causes, and discover evidence-based natural strategies to improve progesterone levels.

Reminder: **You don't have to just make peace with a progesterone cream or hormone replacement. There are other options to try.**

What Progesterone Actually Does (And Why You Need It)

Think of progesterone as your body's calming, stabilizing hormone. While estrogen builds things up, progesterone helps maintain balance and creates the right environment for both healthy cycles and potential pregnancy.

Progesterone's Key Roles:

During Your Menstrual Cycle: Prepares and maintains the uterine lining after ovulation, balances estrogen's effects, and regulates your luteal phase (the time between ovulation and your period - time for implantation).

For Your Overall Health: Promotes restful sleep, supports stable moods, helps regulate body temperature, contributes to bone health and metabolism, and protects against excessive estrogen effects.

For Fertility & Pregnancy: Creates the ideal environment for embryo implantation, supports early pregnancy development, and reduces the risk of early pregnancy loss.

Here's something crucial: your body mainly produces progesterone after you ovulate. No/inadequate ovulation = low progesterone production. This is why cycle tracking is so important!!

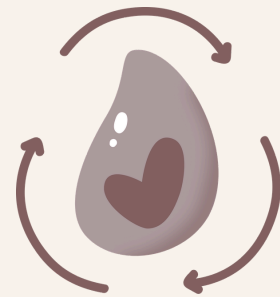
Is Your Progesterone Low?

Common Signs & Symptoms

Many women live with these symptoms for years without realizing they're connected to hormonal imbalance. See if any sound familiar:

Cycle-Related Signs:

- Spotting for several days before your period starts
- Cycles shorter than 25 days or longer than 35 days
- Luteal phase lasting fewer than 10 days
- Dark or brown period blood, especially at the start
- Heavy bleeding with clots
- Irregular or unpredictable cycles



Mood & Mental Health:

- Increased anxiety, especially before your period
- Mood swings or irritability in your luteal phase
- Feeling emotionally fragile premenstrually
- Brain fog or trouble concentrating



Physical Symptoms:

- Sleep disturbances, especially trouble staying asleep
- Night sweats or temperature dysregulation
- Tender, swollen breasts before your period
- Persistent bloating
- Unexplained weight gain around the midsection
- Chronic fatigue



Fertility Challenges:

- Difficulty getting pregnant despite regular intercourse
- History of early miscarriage
- Short luteal phases



Important note: These symptoms can have multiple causes, but if you're experiencing several together—especially the cycle-related ones → low progesterone is worth investigating.

The Root Causes: Why Progesterone Drops

Understanding **why** your progesterone is low is just as important as knowing that it's low. **HINT: it is never just one of these**

1. Lack of Ovulation (Anovulation)

If you're not releasing an egg, your body can't produce progesterone. Common causes include PCOS, hypothalamic amenorrhea (often from undereating or overexercising), thyroid disorders, coming off birth control, or perimenopause.



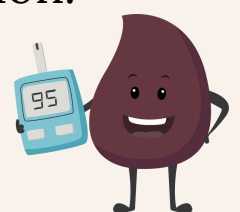
2. Chronic Stress & Elevated Cortisol

When your body perceives constant stress, it prioritizes making cortisol over progesterone. Both hormones share a common precursor called pregnenolone. When stress is high, that pregnenolone gets "stolen" to make more cortisol instead of progesterone.



3. Blood Sugar Dysregulation

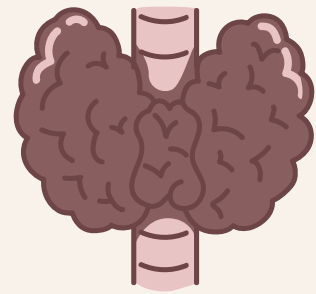
When your blood sugar spikes and crashes repeatedly, it triggers a stress response that suppresses healthy ovulation, promotes inflammation, and can lead to insulin resistance—all of which disrupt progesterone production.



The Root Causes: Why Progesterone Drops

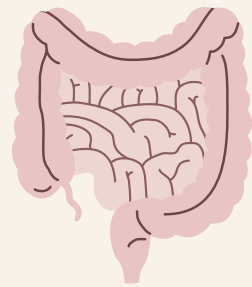
4. Thyroid Dysfunction

Your thyroid and reproductive hormones are intimately connected. Low thyroid function can prevent or delay ovulation, reduce progesterone production, and shorten your luteal phase.



5. Poor Gut Health & Liver Function

If your gut and liver aren't working optimally, you can't properly metabolize and eliminate used hormones. This leads to estrogen excess in comparison to progesterone and inflammation that impacts ovulation quality.



6. Nutritional Deficiencies

Your ovaries need specific nutrients to produce healthy eggs and adequate progesterone, including magnesium, vitamin C, B vitamins, zinc, and selenium.



How to Track & Identify Low Progesterone

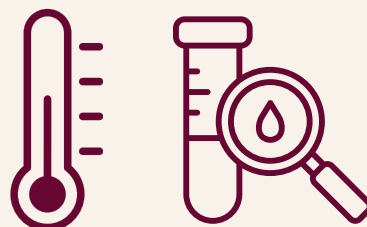
Before you can fix the problem, you need to confirm it exists right??

Basal Body Temperature (BBT): Taking your temperature first thing in the morning reveals whether you're ovulating. Look for a sustained temperature rise of at least 0.5°F after ovulation that stays elevated for 12-14 days. Low progesterone shows up as a small temperature shift, drops mid-luteal phase, or temperatures that fall several days before your period.

Luteal Phase Length: Count the days from ovulation to the first day of your period. A healthy luteal phase is 12-14 days. Anything under 10 days suggests low progesterone.

Blood Test (Serum Progesterone): Test approximately 7 days after ovulation. Below 10 ng/mL indicates low progesterone, 10-15 ng/mL is borderline, and 15-25 ng/mL is optimal.

DUTCH Complete Hormone Test: This advanced urine test measures not just progesterone levels but also how your body metabolizes hormones, revealing things standard blood work misses.



Natural Strategies to Support Healthy Progesterone

1. Stabilize Your Blood Sugar

Every blood sugar spike and crash signals stress to your body, disrupting ovulation and depleting progesterone.

Action steps:

- Include 25-35g of protein with every meal
- pair carbs with protein and healthy fats
- eat within an hour of waking
- reduce refined sugars and processed carbohydrates

2. Nourish Your Body

Your ovaries can't make progesterone without the right building blocks.

Key foods:

- Quality proteins (eggs, **salmon**, grass-fed meat)
- Healthy fats (avocados, olive oil, nuts, seeds)
- Complex carbohydrates (sweet potatoes, **quinoa**, **millet**, **buckwheat**), leafy greens and fiber-rich foods (flax seeds, chia seeds, berries, **beetroot**).

Progesterone-supporting nutrients:

- Magnesium (pumpkin seeds, spinach, dark chocolate)
- Vitamin C (bell peppers, citrus, strawberries)
- B vitamins (leafy greens, eggs, legumes)
- Zinc (oysters, beef, pumpkin seeds)
- Selenium (Brazil nuts).

3. Support Your Stress Response & Nervous System

Chronic stress literally steals the precursor your body needs to make progesterone.

Daily practices:

- Box breathing (inhale 4, hold 4, exhale 4, hold 4)
- Morning sunlight exposure for 10-15 minutes
- Slow walks in nature
- Vagus nerve stimulation (humming, singing, gargling).
- Supplements: Magnesium glycinate, adaptogenic herbs like ashwagandha, and L-theanine.

Natural Strategies to Support Healthy Progesterone

4. Prioritize Sleep Quality & Quantity

Progesterone production depends on healthy circadian rhythms and adequate recovery.

Sleep hygiene basics:

- Aim for 7-9 hours per night
- Maintain consistent sleep/wake times
- Keep your bedroom cool and dark
- Avoid screens 1-2 hours before bed.

5. Optimize Gut Health & Liver Function

A congested gut and sluggish liver can't effectively clear used hormones, leading to estrogen dominance.

Support your gut:

- Eat 25-35g of fiber daily, include fermented foods if tolerated
- Consider targeted personalized gut supplements

Support your liver and detox pathways:

- Start your day with warm lemon water
- Eat cruciferous vegetables
- Consume beets
- Sauna/lymphatic massage
- Castor oil packs
- Limit alcohol.



6. Move Your Body in Comfortable Ways

Exercise is beneficial, but too much or the wrong type can suppress ovulation and tank progesterone.

Guidelines:

- do whichever type of exercise is comfortable for you: weights, pilates, cardio, stretch, swimming, yoga, dance, sports
- be mindful that high intensity workouts multiple times a week can be a significant strain on the body
- have rest days!

Red flags you're overdoing it: Lost or irregular periods, cycles getting shorter, severe fatigue, or difficulty recovering between workouts.

Natural Strategies to Support Healthy Progesterone

7. Consider Targeted Supplementation

Strategic supplements when combined with nutrition for your root cause of low progesterone can work extremely well.

For this I would first work with a practitioner who can identify your root causes and based off that you can establish which supplements would be best.

When to Seek Professional Support?

Consider working with a practitioner if

- you've been trying to conceive for 6+ months without success
- your periods have been absent for 3+ months
- you have confirmed thyroid issues or PCOS
- your symptoms are severe
- you've implemented changes for 3+ months without improvement
- if you are unsure whether and when you are ovulating (for this seek out a Fertility Awareness Educator)
- if you've identified by testing low progesterone and wish to conceive or correct it

Ready to Get Personalized Support? Let's Talk.

You've tried implementing changes on your own. You've Googled endlessly. Maybe you've even run labs that came back "normal"-but you still don't feel normal.

Generic advice only gets you so far. Your body is unique, and your hormonal imbalance has its own root causes that deserve individualized attention.

That's why I offer **free Root Cause & Cycle Mapping Session:** 45 minutes to identify the 2-3 most likely root causes in your case, and map your next steps to raise progesterone.

You deserve answers. You deserve support. And you deserve to achieve your fertility goals.

Ready to stop guessing and start getting real answers about your health?

**APPLY FOR ROOT CAUSE &
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