



# Progesterone: The Balancing Hormone

## What This Means

Progesterone is often referred to as the body's calming and balancing hormone. While estrogen tends to get most of the attention, progesterone plays a critical role in stabilizing mood, supporting sleep, regulating menstrual cycles, and protecting against estrogen excess. Many symptoms attributed to "high estrogen" are actually driven by **low or insufficient progesterone** relative to estrogen.

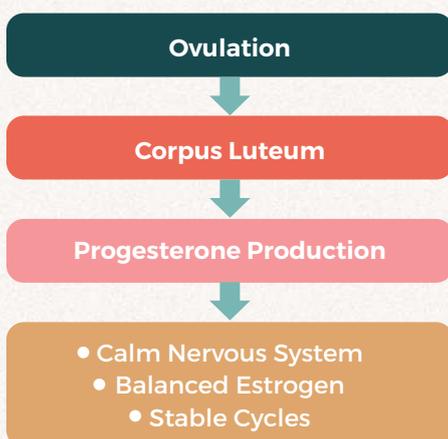
## Why Progesterone Matters

Progesterone helps:

- Balance estrogen's stimulating effects
- Calm the nervous system and support sleep
- Promote regular, predictable menstrual cycles
- Support fertility and healthy pregnancy
- Protect breast and uterine tissue

When progesterone is low, estrogen can act unopposed, leading to a wide range of symptoms.

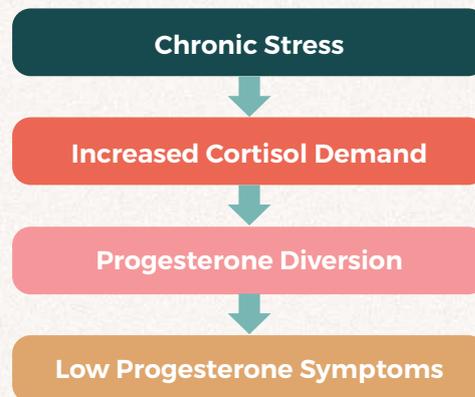
## How Progesterone Works in the Body



Progesterone is primarily produced after ovulation. If ovulation is inconsistent or absent, progesterone levels will be low.

## Stress, Cortisol & Progesterone

Chronic stress places increased demand on cortisol production. Since progesterone is a building block for cortisol, it may be diverted away from reproductive hormone balance to support stress response.



This is often referred to as *progesterone steal*.

## Common Signs of Low or Imbalanced Progesterone

- PMS or PMDD
- Anxiety or feeling "wired but tired"
- Sleep disturbances or insomnia
- Short cycles or spotting before periods
- Heavy or painful periods
- Breast tenderness
- Headaches or migraines
- Worsening symptoms in perimenopause

## What Can Lower Progesterone

- Chronic stress
- Poor sleep
- Blood sugar instability
- Inconsistent ovulation
- Excessive exercise
- Inflammation
- Insulin resistance

## Foundational Habits to Support Progesterone

- Prioritize stress management and nervous system regulation
- Support consistent, restorative sleep
- Eat balanced meals to stabilize blood sugar
- Avoid overtraining and excessive cardio
- Support adrenal health

## Functional Medicine Takeaway

From a functional medicine perspective, progesterone balance often improves when stress, sleep, blood sugar, and inflammation are addressed. Supporting the foundation allows progesterone—and estrogen—to work in harmony.

## When to Seek Additional Support

If symptoms of low progesterone persist or worsen, further evaluation of ovulation patterns, stress hormones, and overall hormone balance may be helpful. Personalized testing and care can guide appropriate support.

If you're interested in the recommended clinical-grade supplements, please email [howdy@medicalmavens.life](mailto:howdy@medicalmavens.life) and our team will send you a link for easy purchase. If you are a current Medical Mavens patient, your patient discount will automatically apply.

If you're not yet established with Medical Mavens and would like to get scheduled, visit [www.medicalmavens.life](http://www.medicalmavens.life)

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