



# Global Impact of Polycystic Ovarian Syndrome on Women

## Description

### Utilizing Progesterone Effectively

Prior to incorporating progesterone into your regimen, it is crucial to recognize that it is not a quick fix solution. To maximize its benefits, it is recommended to adopt a Bioenergetic diet approach that enables efficient glucose utilization as the primary fuel source, preventing electron backup in mitochondria and enhancing energy production. For detailed insights into this process, my upcoming book, "Your Guide to Cellular Health: Unlocking the Science of Longevity and Joy," will be released soon.

Once your diet is optimized, a strategic way to combat estrogen excess is through the use of transmucosal progesterone, applied to the gums for optimal absorption. Progesterone, along with thyroid hormone T3, DHEA, and pregnenolone, is considered beneficial for many adults.

It is advised to avoid transdermal progesterone as the skin's high expression of 5-alpha reductase enzyme can lead to irreversible conversion of progesterone into allopregnanolone, reducing its efficacy.

### Preferred Progesterone Administration Method

When administering progesterone transmucosally on the gums, it is worth noting that the FDA categorizes it as a drug, limiting official labeling by companies. Nonetheless, healthcare providers can recommend off-label usage of natural progesterone as it is safe, unlike synthetic progestins.

Renowned expert Dr. Ray Peat emphasized the importance of countering excess estrogen with low LA diets and transmucosal progesterone supplementation. Vitamin E serves as an ideal solvent for optimal tissue delivery of progesterone, while also safeguarding against LA-induced damage.

Be cautious of synthetic vitamin E (alpha tocopherol acetate) and prefer natural forms labeled as "d alpha tocopherol." Look for vitamin E products containing a full spectrum of tocopherols and tocotrienols, such as beta, gamma, and delta types, in the effective D isomer.

High-quality bioidentical progesterone is available as a powder or pre-mixed preparation, aiding in easy administration. Consider the recommended dosages and timing for maximal benefits, adjusting based on gender and menstrual cycle stage.

Consultation with a healthcare provider is advised, especially for non-physicians, to ensure safe and effective utilization of transmucosal progesterone therapy.

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## Vocabulary List:

1. **Progesterone** /prəʊ'dʒɛstərɒn/ (noun): A hormone involved in the menstrual cycle pregnancy and embryogenesis.
2. **Transmucosal** /trænz.mju'kɒs.səl/ (adjective): Referring to the absorption of substances through the mucous membranes.
3. **Bioenergetic** /,baɪ.ɒs.ɛn.ər'dʒɛt.ɪk/ (adjective): Relating to the study of energy flow through living systems.
4. **Efficacy** /'ɛfɪkəsi/ (noun): The ability to produce a desired or intended result.
5. **Administration** /əd,mɪnɪ'streɪʃən/ (noun): The process of managing or supervising an organization or institution.
6. **Bioidentical** /,baɪ.ɒs.aɪ'dɛn.tɪ.kəl/ (adjective): Referring to hormones that are chemically identical to those produced by the human body.

## Comprehension Questions

### Multiple Choice

1. What is recommended to adopt before incorporating progesterone into your regimen?  
Option: A ketogenic diet  
Option: A vegan diet  
Option: A Bioenergetic diet approach  
Option: A Mediterranean diet
2. Which hormone, along with progesterone, is considered beneficial for many adults?  
Option: Insulin  
Option: Thyroid hormone T3  
Option: Cortisol  
Option: Adrenaline
3. Why is transdermal progesterone not advised?  
Option: It is too expensive  
Option: It can cause allergic reactions  
Option: The skin's high expression of 5-alpha reductase enzyme can convert progesterone into allopregnanolone, reducing its efficacy  
Option: It requires frequent applications



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4. How does the FDA categorize progesterone when applied transmucosally on the gums?
- Option: As a supplement
  - Option: As a drug
  - Option: As a vitamin
  - Option: As an antibiotic
5. What serves as an ideal solvent for optimal tissue delivery of progesterone?
- Option: Water
  - Option: Vitamin C
  - Option: Vitamin E
  - Option: Omega-3 oils
6. What should be preferred over synthetic vitamin E when using as a solvent for progesterone?
- Option: Mineral oil
  - Option: Glycerin
  - Option: Natural forms labeled as "d alpha tocopherol"
  - Option: Olive oil

## Answer

**Multiple Choice:** 1. A Bioenergetic diet approach 2. Thyroid hormone T3 3. The skin's high expression of 5-alpha reductase enzyme can convert progesterone into allopregnanolone, reducing its efficacy 4. As a drug 5. Vitamin E 6. Natural forms labeled as "d alpha tocopherol"

## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. What term refers to the measurement of energy in food?
- Option: Metabolism
  - Option: Caloric
  - Option: Inflammation
  - Option: Sensitivity
2. Which hormone is key in the preparation of the uterus for implantation of a fertilized egg?



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- Option: Progesterone  
Option: Therapeutic  
Option: Bioenergetic  
Option: Neurotransmitter
3. Which condition is characterized by a decrease in bone density and quality?  
Option: Intoxication  
Option: Osteoporosis  
Option: Perimenopause  
Option: Hypersomnia
4. Which nutrient category includes carbohydrates proteins and fats?  
Option: Bioenergetic  
Option: Macronutrient  
Option: Complications  
Option: Efficacy
5. Which route of administration involves absorption through the mucous membranes?  
Option: Adherence  
Option: Transmucosal  
Option: Absorption  
Option: Inflammation
6. Which type of hormone therapy uses hormones that are structurally identical to those produced by the human body?  
Option: Facilitate  
Option: Therapeutic  
Option: Bioidentical  
Option: Complications
7. What term refers to the chemical processes that occur within a living organism to maintain life?  
Option: Efficacy  
Option: Metabolism  
Option: Inflammation  
Option: Macronutrient
8. Which process is the body's response to injury or infection characterized by redness and swelling?  
Option: Sedentary  
Option: Intoxication  
Option: Inflammation  
Option: Sensitivity
9. What disorder is characterized by excessive daytime sleepiness?



- Option: Perimenopause
- Option: Bioenergetic
- Option: Hypersomnia
- Option: Sensitivity

10. Which is the process of providing or obtaining the food necessary for health and growth?

- Option: Controversial
- Option: Nutrition
- Option: Complications
- Option: Efficacy

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

- 11. Caloric \_\_\_\_\_ must be controlled to achieve a caloric deficit for weight loss.
- 12. Transmucosal \_\_\_\_\_ can provide a rapid onset of action.
- 13. Female hormone levels change during \_\_\_\_\_ leading to symptoms like hot flashes.
- 14. Appropriate macronutrient \_\_\_\_\_ is essential for a balanced diet.
- 15. Medication \_\_\_\_\_ is crucial for treatment success.
- 16. The \_\_\_\_\_ of a treatment is a measure of its effectiveness.
- 17. Proper \_\_\_\_\_ between bioidentical and synthetic hormones is important for patients.
- 18. Individual \_\_\_\_\_ to certain foods can vary widely.
- 19. A balanced diet can \_\_\_\_\_ overall health and well-being.
- 20. Understanding the \_\_\_\_\_ of proper nutrition is essential for maintaining health.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. Living a lifestyle can have negative effects on overall health.
22. A caloric occurs when energy expenditure exceeds caloric intake.
23. hormones are chemically identical to those the body produces.



24. The phase before can bring hormonal fluctuations and irregular periods.
25. are chemical messengers that transmit signals in the brain.
26. interventions are aimed at treating a disease or disorder.
27. The process of nutrients occurs in the digestive system.
28. If not managed properly hormone therapy can lead to .
29. The use of certain supplements in sports is due to varying opinions on their effectiveness.
30. Assessing the effects of nutrients helps understand their impact on the body.

## Answer

**Multiple Choice:** 1. Caloric 2. Progesterone 3. Osteoporosis 4. Macronutrient 5. Transmucosal 6. Bioidentical 7. Metabolism 8. Inflammation 9. Hypersomnia 10. Nutrition

**Gap-Fill:** 11. intake 12. administration 13. menopause 14. consumption 15. adherence 16. efficacy 17. distinction 18. sensitivity 19. facilitate 20. significance

**Matching sentence:** 1. Sedentary 2. Deficit 3. Bioidentical 4. Perimenopause 5. Neurotransmitter 6. Therapeutic 7. Absorption 8. Complications 9. Controversial 10. Bioenergetic

## CATEGORY

1. Health - LEVEL5

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