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## Warning: Synthetic Progesterone Raises Brain Cancer Risk

### Description

### How to Use Progesterone

Before you try progesterone, it's good to know it's not a quick fix. Following a healthy diet is important for it to work well. My new book, "Your Guide to Cellular Health," explains this in detail.

To balance excess estrogen, you can use progesterone on your gums. It's a natural way to help. Progesterone, along with a few other hormones, can benefit many adults.

It's best to apply progesterone to your gums, not on your skin. This way, your body can use it better. Be careful with the type of vitamin E you use along with progesterone.

You can buy progesterone online for about \$40. Make sure to measure the right dose, usually 25-50 mg. Take it before bed for better sleep.

If you're a woman, take progesterone during the last half of your cycle. Men and women who don't menstruate can take it daily for four to six months.

Consult a doctor before starting progesterone therapy, as it requires a prescription.

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### Vocabulary List:

1. **Progesterone** /prəʊˈdʒɛstəˌroʊn/ (noun): A natural hormone involved in the menstrual cycle and pregnancy.
2. **Estrogen** /ˈɛstroʊdʒən/ (noun): A group of hormones involved in the regulation of the female reproductive system.
3. **Cycle** /ˈsaɪ.kəl/ (noun): A series of events that are regularly repeated in the same order.
4. **Application** /ˌæp.lɪˈkeɪ.ʃən/ (noun): The act of putting something into operation or use.
5. **Consult** /kənˈsʌlt/ (verb): To seek information or advice from someone typically an expert.
6. **Prescription** /prɪˈskrɪp.ʃən/ (noun): An instruction written by a medical professional that authorizes a patient to be issued a medicine or treatment.

### Comprehension Questions



### Multiple Choice

1. What is suggested as important to do before trying progesterone?  
Option: Follow a healthy diet  
Option: Avoid all other medications  
Option: Apply it directly on the skin  
Option: Use it in the morning
2. Where is it recommended to apply progesterone for better absorption?  
Option: Skin  
Option: Hair  
Option: Gums  
Option: Nails
3. What is the typical recommended dose of progesterone?  
Option: 10-15 mg  
Option: 50-75 mg  
Option: 25-50 mg  
Option: 100-150 mg
4. When should women take progesterone if they menstruate?  
Option: At the beginning of the cycle  
Option: Only when experiencing symptoms  
Option: During the last half of the cycle  
Option: Every day of the month
5. Which gender can take progesterone daily for four to six months?  
Option: Only women  
Option: Only men  
Option: Both men and women  
Option: Neither men nor women
6. How much does online progesterone cost on average?  
Option: \$20  
Option: \$60  
Option: \$40  
Option: \$80



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### True-False

7. Progesterone is considered a quick fix solution.
8. It is recommended to consult a doctor before starting progesterone therapy.
9. Men and women who do not menstruate should not take progesterone daily.
10. Progesterone should be applied on the skin for best results.
11. Progesterone is typically taken in the morning for better sleep.
12. Vitamin E should be used alongside progesterone without any precautions.

### Gap-Fill

13. Progesterone is recommended to be applied to the gums, not on the skin, for better \_\_\_\_\_.
14. The typical dose of progesterone ranges between \_\_\_\_\_ mg.
15. Women are advised to take progesterone during the last half of their \_\_\_\_\_ cycle.
16. Progesterone therapy requires a \_\_\_\_\_ before starting.
17. Progesterone can be purchased online for about \$ \_\_\_\_\_.
18. Men and women who do not menstruate can take progesterone daily for \_\_\_\_\_ months.

### Answer

**Multiple Choice:** 1. Follow a healthy diet 2. Gums 3. 25-50 mg 4. During the last half of the cycle 5. Both men and women 6. \$40

**True-False:** 7. False 8. True 9. False 10. False 11. False 12. False

**Gap-Fill:** 13. absorption 14. 25-50 15. menstrual 16. prescription 17. 40 18. four to six



## Vocabulary quizzes

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

1. Which substances help maintain fluid balance nerve function and muscle control in the body?  
Option: Probiotics  
Option: Electrolytes  
Option: Progesterone  
Option: Antibiotics
2. What medical products are used to stimulate the immune system to protect against diseases?  
Option: Progesterone  
Option: Vaccines  
Option: Immunotherapy  
Option: Estrogen
3. Which term describes a medical condition that is intense or serious in nature?  
Option: Severe  
Option: Occasional  
Option: Alternative  
Option: Personalized
4. Which supplements contain beneficial bacteria for gut health?  
Option: Electrolytes  
Option: Progesterone  
Option: Probiotics  
Option: Antibiotics
5. What is the process of adding water to the body to maintain balance?  
Option: Hydration  
Option: Replenishing  
Option: Essential  
Option: Complications
6. What type of medication is used to treat bacterial infections?  
Option: Progesterone  
Option: Probiotics  
Option: Antibiotics  
Option: Immunotherapy
7. Which hormone is mainly responsible for preparing the uterus for pregnancy?



- Option: Progesterone
- Option: Estrogen
- Option: Cycle
- Option: Markers

8. What are substances that provide nourishment essential for growth and maintenance of life?

- Option: Nutrients
- Option: Deficiencies
- Option: Application
- Option: Exposures

9. Which treatment aims to boost or restore the body's natural defenses against diseases like cancer?

- Option: Vaccines
- Option: Immunotherapy
- Option: Melanoma
- Option: Side effects

10. Which professionals are responsible for promoting and selling products or services?

- Option: Effective
- Option: Harmful
- Option: Marketers
- Option: Consult

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

11. \_\_\_\_\_ electrolytes is important after a strenuous workout.
12. Taking antibiotics should be an \_\_\_\_\_ measure and not a routine practice.
13. Proper hydration is \_\_\_\_\_ for overall well-being.
14. Always \_\_\_\_\_ a healthcare provider before starting a new medication.
15. If you experience \_\_\_\_\_ side effects from a medication seek medical help immediately.
16. The correct \_\_\_\_\_ of sunscreen can help protect against skin cancer.
17. Antibiotics should only be taken with a valid \_\_\_\_\_ from a licensed healthcare



provider.

18. Eating a balanced diet can help prevent nutrient \_\_\_\_\_.

19. Ignoring early symptoms can lead to serious health \_\_\_\_\_.

20. Consuming too many supplements can be \_\_\_\_\_ to your health.

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

21. Ensuring proper levels is essential for optimal physical performance.
22. Some people opt for medicine practices instead of traditional treatments.
23. Failure to follow post-operative care instructions can lead to .
24. Occupational health focuses on minimizing workplace to hazardous materials.
25. Some medications may cause minor such as drowsiness or dizziness.
26. nutrition plans are tailored to an individual's specific needs and goals.
27. is a hormone that plays a key role in the menstrual cycle.
28. The menstrual is controlled by fluctuations in hormone levels.
29. Quitting smoking is one of the most ways to improve your health.
30. Regular exercise is an part of a healthy lifestyle.

## Answer

**Multiple Choice:** 1. Electrolytes 2. Vaccines 3. Severe 4. Probiotics 5. Hydration 6. Antibiotics 7. Progesterone 8. Nutrients 9. Immunotherapy 10. Marketers

**Gap-Fill:** 11. Replenishing 12. Occasional 13. Essential 14. Consult 15. Severe 16. Application 17. Prescription 18. Deficiencies 19. Complications 20. Harmful

**Matching sentence:** 1. Hydration 2. Alternative 3. Complications 4. Exposures 5. Side effects 6. Personalized 7. Estrogen 8. Cycle 9. Effective 10. Essential

## CATEGORY

1. Health - LEVEL2



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