

Progesterone is recognized as a vital hormone crucial creating a fertile environment for conception and the continuing development of the embryo. While progesterone is key to successful conception and a healthy pregnancy, miscarriage can occur if the body's progesterone level drops low enough.

Dr. John R Lee, the international authority on natural progesterone, addresses early miscarriage and the use of natural progesterone in "What Your Doctor May Not Tell You About Menopause."

Dr. Lee states on page 244; "It is estimated that 25 percent of all pregnancies will miscarry, half of them before the eighth week...The chief cause of early loss of pregnancy is now thought to be luteal phase failure in which the ovarian production of progesterone fails to increase sufficiently during the first several weeks after fertilization."

Luteal phase failure is a fancy way of saying "low progesterone level."

Dr. Lee goes on to state that;" When a woman has experienced several early miscarriages and the luteal phase failure is suspected, I have usually recommended progesterone supplementation (in addition to nutritional support) starting after ovulation (day 14 or so) and continued on (when pregnancy is confirmed by pregnancy blood tests)...I have had success with this approach, and I see no harm in trying it."

To Boost A Low Progesterone Level to Prevent Miscarriage:

Begin using Preserve natural progesterone cream starting after ovulation during the monthly cycle, at about day 14. There are a number of ovulation kits on the market that help you track your ovulation. You can also track your ovulation by taking your temperature each morning before you get out of bed. When you ovulate, the release of progesterone will cause a slight rise in body temperature. This method is free but can be less accurate than using an ovulation kit.

If you conceive and pregnancy is verified by a pregnancy test, keep using Preserve progesterone every day. DO NOT discontinue the use of progesterone. A sudden drop in progesterone levels signal the body to shed the uterine lining. This could cause a spontaneous miscarriage.

If you do not conceive, stop taking the progesterone on day 28 of your cycle or whenever the last day of your cycle normally occurs. Begin using progesterone cream again the following month, after ovulation. Continue this program until conception.

Continue using progesterone cream through the first trimester to protect the developing fetus from early miscarriage. The placenta becomes the major producer of progesterone in the second trimester so you can gradually taper your

progesterone supplementation during this time. By the third trimester, the placenta's production of progesterone is in full gear and supplementation is not as necessary, though it is shown to provide continued benefits to mother and child.

A 2003 study showed that progesterone prevents premature contractions. According to Dr. Carole Mendelson, as published in the July 18, 2003 issue of the National Academy of Sciences, progesterone prevents the uterus from contracting throughout most of the pregnancy.

In the June 12, 2003 issue of the New England Journal of Medicine, a study found that progesterone significantly reduced the pre-term delivery rate of "at risk mothers." The study also noted that the infants were healthier.

A not-so-recent study showed the benefit to children born of mothers who used supplements to boost low a progesterone level. British hormone researcher Katherina Dalton, M.D., in her 1968 research study, found that babies born to mothers who used natural progesterone during pregnancy were larger, calmer, and smarter. This study also found that women using natural progesterone were less likely to develop toxemia during pregnancy.

Natural progesterone cream is safe to use from conception to delivery. Preserve natural progesterone cream has a rich beautiful texture that provides elasticity to the skin. Preserve natural progesterone, when applied to the abdomen, breast, lower back and upper thighs, helps prevent stretch marks while boosting low progesterone level. The Preserve natural USP progesterone also relieves postpartum depression after childbirth.