

PlattPro 5%

Progesterone Protocol

Two of the main reasons for using progesterone are to decrease the effect of insulin production and to block the effects of adrenaline. Although this protocol concentrates on the effect on insulin and adrenaline, other benefits can be obtained as well. This includes its ability to block estrogen, thereby eliminating cramps, PMS, and migraine headaches. It prevents all cancers caused by estrogen, including breast and prostate. It helps heal the body of fibroids, endometriosis and cysts of the ovaries and breast. It is a natural antidepressant and it can help eliminate asthma.

By its effect on insulin, progesterone helps to prevent fat around the middle. By helping to control adrenaline, progesterone helps eliminate anger, depression, insomnia, fibromyalgia, anxiety, interstitial cystitis, and many other conditions.

A major benefit of this cream is that it has been specially formulated to provide maximal effectiveness. An advantage of using progesterone in a cream form is that people can adjust the amount they use in accordance with the benefit they are seeking. After awhile, one should notice that they are able to lower the amount originally used.

After it is applied, progesterone only lasts for about 5-6 minutes in the bloodstream because it is so readily picked up by receptor sites. Since it is so short acting, the best time to use progesterone is 1-3 minutes before eating. The most important time of day to use progesterone is before lunch. Insulin levels are the highest in the afternoon, which, of course, is why many people get sleepy between 3-4PM. Please keep in mind that when sugar levels drop, the body will be releasing adrenaline to raise the sugar levels back up.

Recommended Dose

Strength: 50 mg per pump
Apply 1 pump to inside of one forearm and rub forearms together
Do this up to 3 times a day, 1-3 minutes before meals

If you have trouble staying asleep at night, it is recommended that you eat a low-glycemic carbohydrate (such as some leftover green vegetables from dinner) just before going to bed. In addition, apply the cream just before eating this bedtime snack.