

ESTROGEN	PROGESTERONE
Causes fibrocystic breast disease	Protects against fibrocystic breast disease
Increases body fat	Helps use fat for energy
Causes salt and fluid retention	Acts as a natural diuretic
Causes depression and headaches	Natural anti-depressant
Impairs blood sugar control	Normalizes blood sugar levels
Increases blood clotting	Normalizes blood clotting
Decreases libido	Increases libido
Reduces oxygen levels in all cells	Restores proper cell oxygen levels
Causes endometrial cancer	Prevents endometrial cancer
Increases risk of breast cancer	Helps prevent breast cancer
Reduces vascular tone	Improves vascular tone
<p align="center">Natural progesterone is necessary to counter-act and balance the negative effects of estrogen dominance</p>	