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Multiple Roles Of

A Remarkable

Hormone

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Neglect of Natural

progesterone is a  
medical oddity peculiar  
to the past 3-4

decades.

**The Natural  
Progesterone  
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(NPIS)**

What role can  
progesterone play?  
Multiple sclerosis (MS),  
like other autoimmune  
diseases, affects  
women more often

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than men (about 2 to 1), has its onset during the reproductive years (especially after the age of 30, when estrogen is very high), is often exacerbated premenstrually, and is sometimes alleviated by pregnancy (Drew and Chavez, 2000), when progesterone is very high.

**Books by John R. Lee, M.D. - Welcome to John Lee, M.D ...**

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Currently, a lot more

information is known

about progesterone

and the role it plays in

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the female reproductive system,

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but for the time this book came out, it was

pretty progressive. Dr.

Lee proposes the idea

of estrogen dominance,

which is widely

accepted now, as a

cause for a variety of

female menstrual

problems.

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Function: Role and  
Effects | SheCares**

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His second self-  
published book, written  
for doctors, was

Natural Progesterone:

The Multiple Roles of a  
Remarkable Hormone.

He then teamed up  
with Virginia Hopkins  
and others to write the  
best-selling books:

WHAT YOUR DOCTOR  
MAY NOT TELL YOU  
ABOUT MENOPAUSE:

The Breakthrough Book  
on Natural

Progesterone (Warner  
Books, 1996)

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When progesterone  
levels drop the effects  
of another key  
hormone, oestrogen,  
can take control,  
leading to a condition  
known as oestrogen  
dominance. This is a  
common condition  
amongst menopausal  
women that has also

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offers. HISTORY,

STEROIDS, MENSTRUAL

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CYCLE ...

Multiple Roles Of  
**SLOWING THE AGING  
PROCESS WITH  
NATURAL**

**PROGESTERONE**

**John R ...**

The Multiple Roles of  
Natural Progesterone  
Progesterone has  
important effects  
throughout the body,  
and on all systems of  
the body, including  
acting as a precursor  
to the steroid  
hormones, maintaining



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Progesterone: The Multiple Roles of a Remarkable Hormone  
pregnancy and other reproductive functions, and many intrinsic, or built-in, regulatory functions.

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roles of a remarkable  
hormone: - menstrual  
problems - Hrt and the  
menopause -

Osteoporosis - ovarian  
cyst and others....

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In his book Natural  
Progesterone, The  
Multiple Roles of a  
Remarkable Hormone  
Dr Lee explains how,  
by applying sufficient

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Hormone

progesterone from day

10 to day 26 of the

menstrual cycle,

bleeding and pelvic

pain will be

considerably reduced

and, over a period of

time, the body has a

chance to recover.

**About Dr John Lee**

**MD - Author, Pioneer**

**in Use of Natural ...**

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Publishing 1993 (104

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Progesterone affects a

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variety of different organs, including the breasts; ovaries; vagina; uterus; brain; bones; cardiovascular and immune systems; kidneys; and liver. The range of tasks that progesterone does in the body include:

- Promoting overall wellness of the reproductive tract
- Producing calming effects in the brain.

**Benefits of**

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**Multiple Roles of a Remarkable Hormone**  
Dr. Lee also taught a very popular course on "Optimal Health," at the College of Marin for 15 years, for which he wrote the book Optimal Health Guidelines. His second self-published book, written for doctors, was Natural Progesterone: The Multiple Roles of a Remarkable Hormone.

**Progesterone -  
Sherry's Drug**

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