

Progesterone lowers ADRENALINE!

You have an “on switch” and an “off switch”. When you need to get up and go, you use *adrenalin* (also known as epinephrine). This is your "fight-or-flight" hormone. To calm down, you use GABA also known as your “relax and regenerate” hormone. **Calm Cream™** with 7.5% progesterone blocks adrenalin and supports GABA. This means that it calms the fight or flight and allows you to be calm - not sedated - but in a calm and focused, zen-like state. The center of the storm.

Adrenalin is a neurotransmitter and when too much of it soaks into the brain, people suffer with a storm of neuro-inflammatory cytokines which can manifest as impatience, anger, depression, ADHD, road rage and "brain fog". Systemic indications of excessive adrenalin can include high blood pressure, high blood sugar, teeth grinding, restless leg syndrome, leg cramps, fibromyalgia and weight gain.

Not fun!

Progesterone lowers INSULIN!

People who are overweight or diabetic appreciate that the progesterone in **Calm Cream™** helps the body avoid obesity and type 2 diabetes because scientific research implicates excessive insulin in both illnesses. Excessive insulin also predisposes us to diseases of blood vessels (heart attacks and high blood pressure) as well other inflammatory illnesses such as aging itself now referred to by doctors as “inflammaging” because aging is driven by inflammation and insulin.

The progesterone in **Calm Cream™** helps to reduce the action of insulin at the receptor sites which prevents debilitating hypoglycemia (low blood sugar) so no more falling asleep after meals!

~ *Calming but NOT sedating!* ~

Stay awake, calm and focused all day long then “sleep deep” with **Calm Cream™**.

Progesterone lowers ESTROGEN!

Estrogen dominance is the bane of a woman’s existence. Women can develop estrogen dominance by having too much estrogen or too little progesterone. The unfortunate women who are prescribed “unopposed” estrogen become estrogen dominant and can suffer menstrual cramps, breast tenderness, cystic breasts, acne, migraines, headache, premenstrual tension, fibroids, excessive vaginal bleeding endometriosis, polycystic ovarian disease, (PCOS) fibrocystic disease of the breast as well as asthma and most concerning of all cancer (remember estrogen is a carcinogen and unopposed estrogen is not safe!

Don't be fooled by synthetic, knock-off, near-miss “progesterone like” drugs such as Depo-Provera™ and PremPro™ These drugs are NOT the same as natural bio-identical progesterone. They are synthetic progestogens. Stay natural and bio-identical. **Don't screw with Mother Nature. She always wins!**

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