

The Low Progesterone Fix

The Hidden Hormonal Imbalance Sabotaging Your Sleep, Mood, and Cycle and How To Fix It

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Low Progesterone 101

Feel like your cycle is off lately? You might be dealing with low progesterone. Here's what you need to know (and how to start fixing it).



What Is Progesterone?

Progesterone is a key hormone produced after ovulation that helps support the second half of your menstrual cycle and prepare the body for pregnancy. It's only made when ovulation occurs, so if you're not ovulating regularly, or your ovaries aren't functioning optimally, your progesterone levels can be low.



Signs Your Progesterone May Be Low

- PMS that's getting worse with age
- Mood swings, anxiety or poor sleep in the second half of your cycle
- Spotting for 3 or more days prior to your period arriving
- Clotty periods that don't flow well, or long/heavy periods
- Period pain / cramping in the days leading up to your period
- Fertility struggles or short luteal phases (less than 10 days)
- And more



Why Does Progesterone Drop?

Progesterone deficiency is caused by these *three scenarios*:

1. Lack of ovulation
2. Irregular ovulation, or
3. Ovulation that occurs but the quality is compromised so less progesterone is produced.

Common culprits that impact the above: Stress (mental & physical), poor sleep, overexercising or under-eating, thyroid issues, blood sugar imbalances, PCOS and hormonal birth control.

Testing Progesterone

If you suspect low progesterone, testing can be a really helpful way to confirm what's going on in your body and give you a clearer starting point.

Option 1: Serum Progesterone (Blood Test)

This is the most common and widely used way to measure progesterone levels.

Progesterone should be tested during the mid-luteal phase, about 5–7 days after ovulation. If you don't know when you ovulate but you have a regular cycle, you can count back one week from when your period is due and test then.

This type of test gives you a snapshot of your progesterone level at that moment in time, which can help confirm whether or not ovulation occurred and if progesterone is reaching optimal levels.

You can order a serum progesterone test through my [Rupa Health LabShop](#). This is open to US residents only.



Option 2: Mira Hormone Monitor (At-Home Tracking)

If you're looking for a more dynamic, real-time picture of your hormones, the Mira Hormone Monitor is an incredible option.

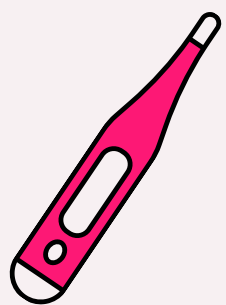
Instead of a single snapshot, Mira allows you to track hormone levels across your cycle from home. It measures metabolites of key hormones like progesterone (PdG), estrogen (E3G), LH, and FSH using urine testing.

It's especially helpful if your cycles are irregular.

[Order Mira here](#) (I recommend the Ultra4 Kit) and use code PERIOD for 15% off.



6 Ways To Support Healthy Progesterone (Naturally!)

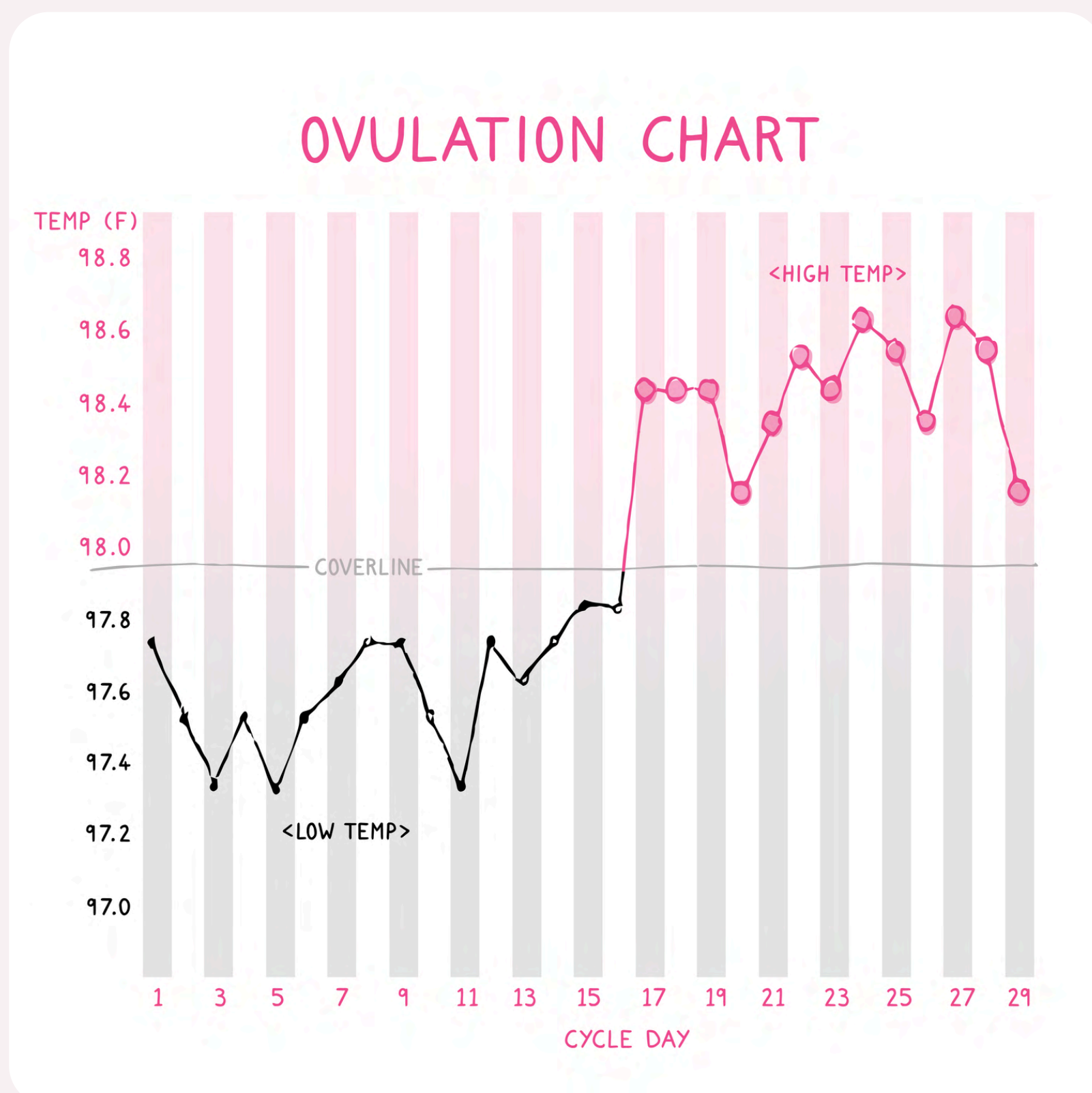


Track Your Cycle Like A Pro

Start by tracking your basal body temperature (BBT) and cervical fluid daily.

- These two clues will help you pinpoint if and when you're ovulating, and ovulation is the only way your body produces progesterone.
- If ovulation is delayed or not happening, it's a clear sign your progesterone could be low.
- Once you understand your patterns, you can take more targeted steps to support your hormonal health.

Inside the [Fix Your Period Collective](#): You'll learn how to interpret your cycle and troubleshoot ovulation issues.



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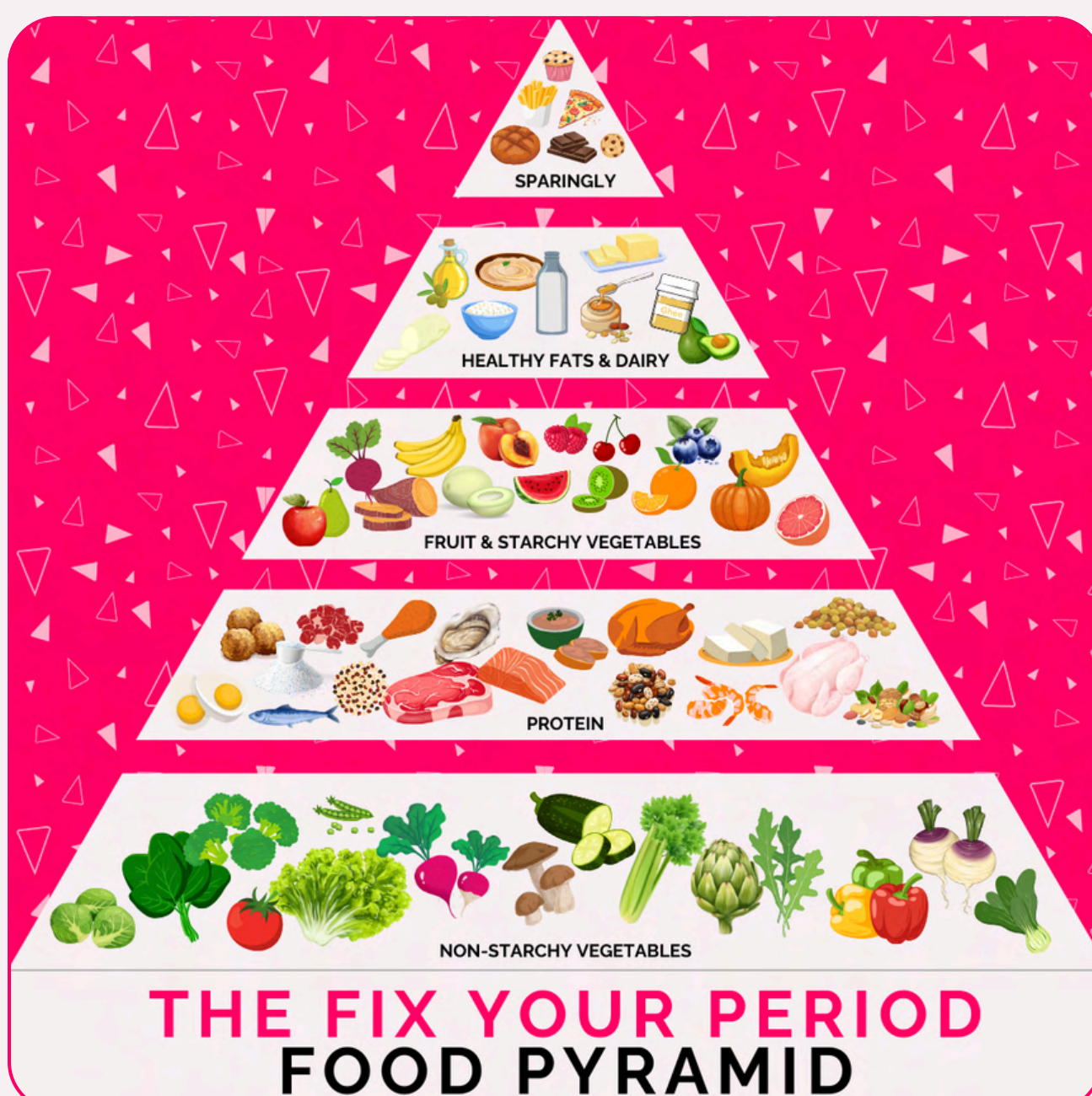


Eat To Fuel Hormones

Eating a variety of nutrients is a non-negotiable for ovarian function.

- Focus on whole-food meals with high-quality protein (like eggs, fish, meat, chicken), complex carbohydrates (like sweet potatoes, lentils, oats), healthy fats (like avocado, olive oil, nuts), and plenty of fiber (hello, veggies!).
- These foods help your ovaries do their job and support regular ovulation, which is essential for steady progesterone production.
- Key nutrients like magnesium, selenium, iron, zinc, B vitamins, vitamin C and more support follicle health and egg quality so you can have robust ovulations and make lots of progesterone.

Inside the [Fix Your Period Collective](#): Get sample meal plans and 100's of nutrient-packed recipes tailored for hormone balance.



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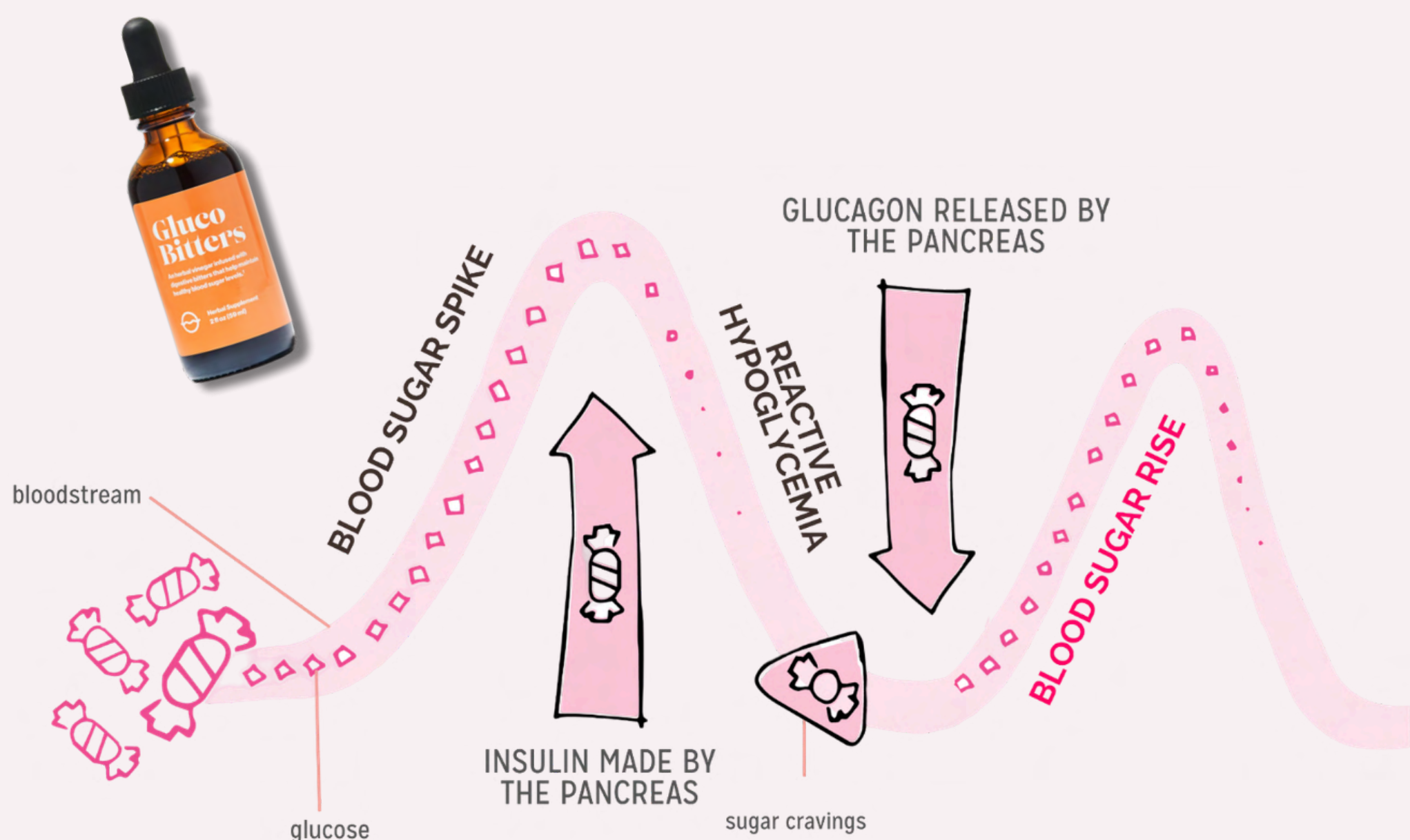


Balance Your Blood Sugar

Blood sugar swings = hormone chaos. Every time your blood sugar spikes and crashes, it signals stress to your body, and stress suppresses ovulation.

- Eat to support your blood sugar and insulin.
- Add 20-30g of protein to every meal and 10-15g per snack to keep blood sugar steady, reduce inflammation, and give your ovaries the support they need to make progesterone consistently.
- Try two droppers of [Organic Olivia Glucobitters](#) (get 10% off with code PERIOD) before meals to reduce post-meal glucose levels. GlucoBitters is an herbal, “metabolic vinegar” tincture that helps maintain blood sugar levels and it works really well!

Inside the [Fix Your Period Collective](#): Learn the telltale signs of dysregulated blood sugar, exactly what to eat and when, plus targeted supplements to rein in out of control blood sugar swings



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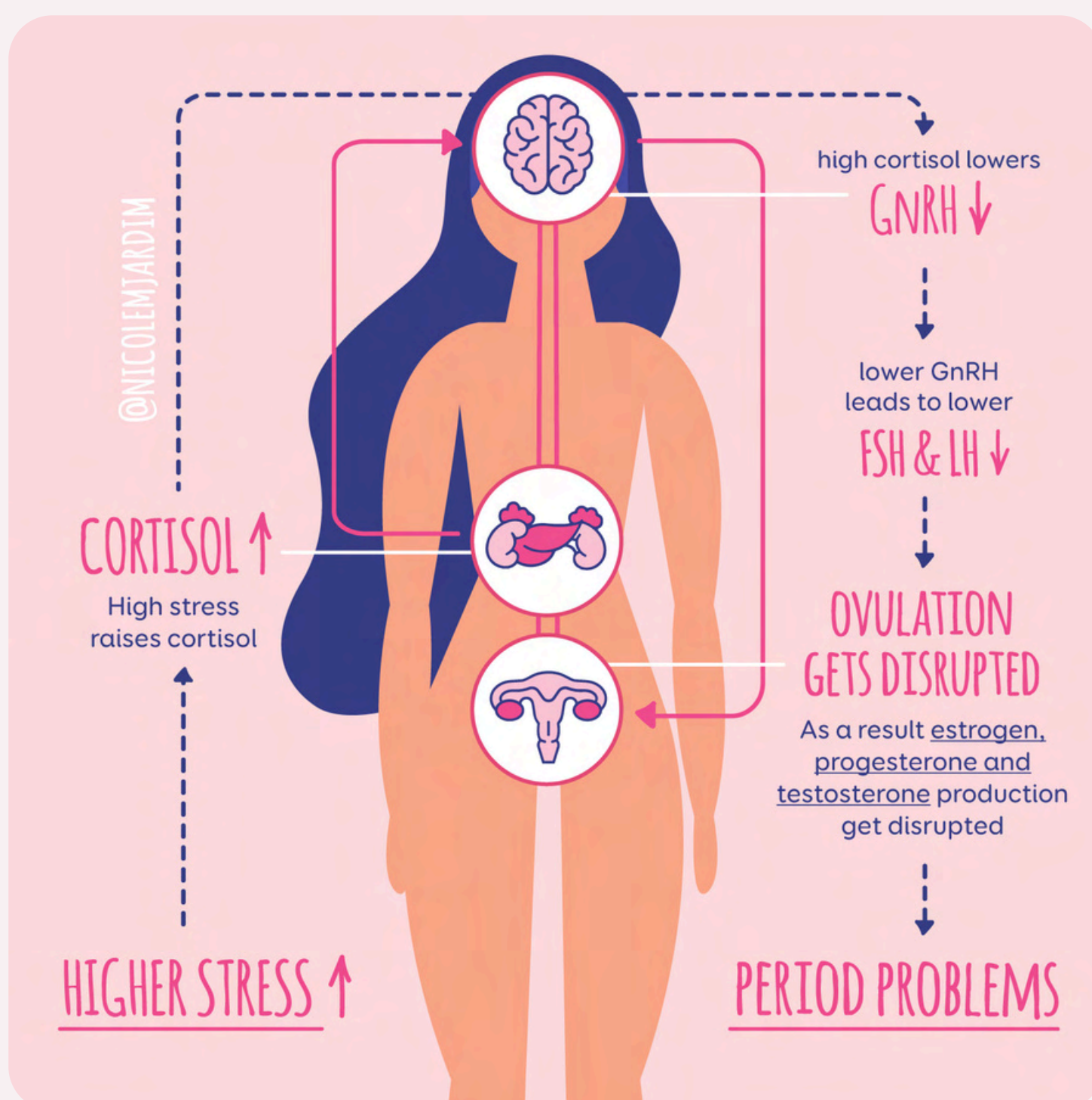
Support Your Stress Response

Chronic stress steals from your progesterone supply, so calming your nervous system is a non-negotiable, girl!

Two simple daily practices can go a long way:

- **Box breathing** (inhale for 4, hold for 4, exhale for 4, hold for 4). Even 3-5 minutes can shift you out of fight-or-flight.
- **Nervous system walks.** Aim for 10–20 minutes of slow, screen-free walking in nature or sunshine to regulate cortisol and gently nudge your body into parasympathetic mode. Bonus points if you can be barefoot for a portion of the walk so that your feet can touch the grass!

These small shifts create hormonal ripple effects, helping your brain feel safe enough to prioritize ovulation.



Inside the [Fix Your Period Collective](#): You'll learn how to work with your nervous system daily using targeted practices, movement, and deeper emotional root work, so that you can have healthy, consistent ovulation and progesterone production.

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Optimize Gut & Liver Function

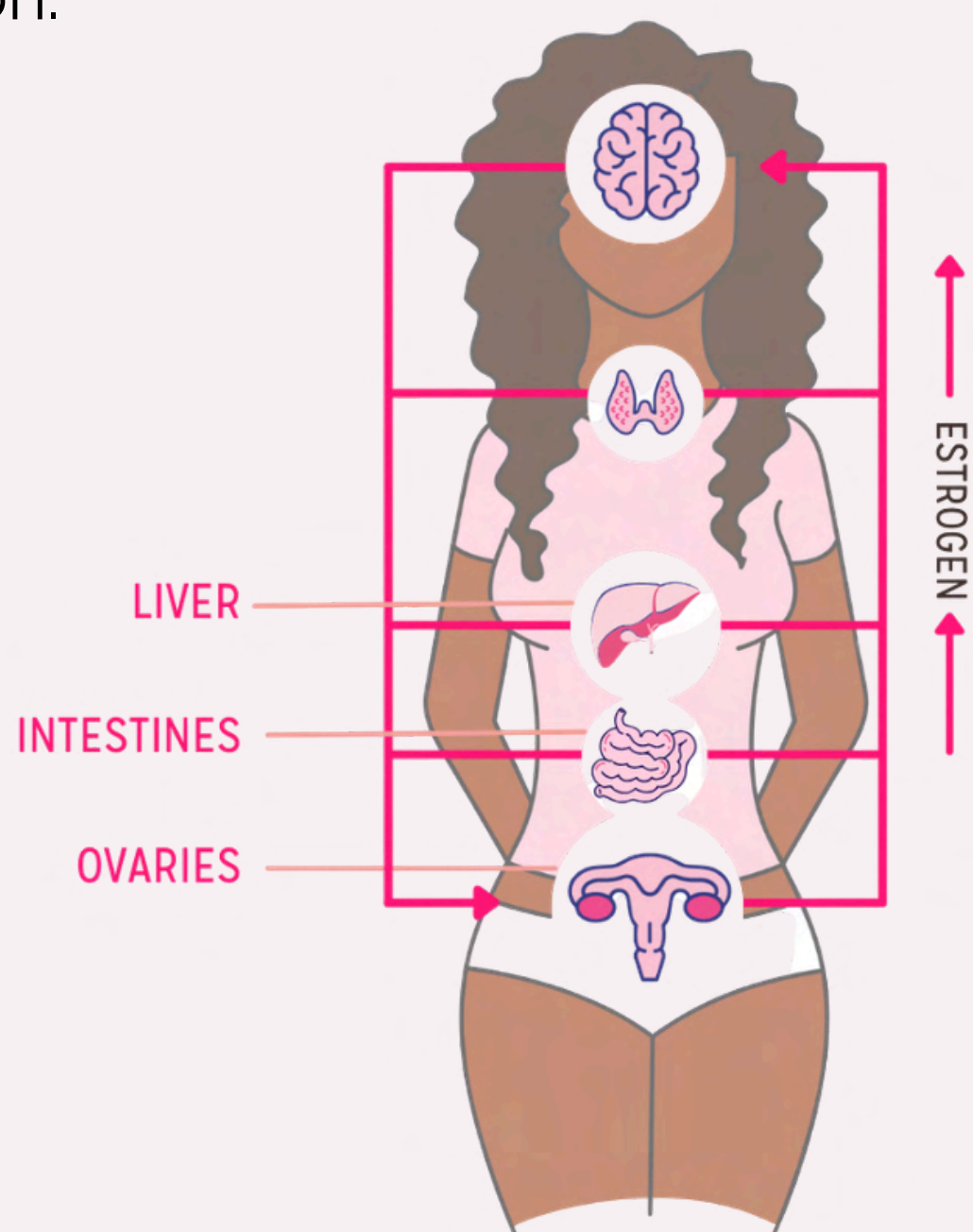
You can't balance hormones if you're not clearing them properly.

Your liver breaks down used hormones (especially estrogen), and your gut eliminates them. When these systems are bogged down and sluggish, estrogen builds up, and that excess crowds out progesterone.

- Focus on fiber-rich foods like flax, leafy greens, and chia seeds to keep things moving.
- Add gut and liver supportivers like warm lemon water each morning, beets, sauerkraut, bone broth and cruciferous veggies (broccoli, kale, collards, cauliflower)
- Try digestive bitters. Bitters can increase the flow of digestive juices, like hydrochloric acid, bile and pepsin. Look for blends with herbs like ginger, dandelion, and gentian.

This sets the stage for hormonal harmony and better progesterone production.

Inside the [Fix Your Period Collective](#): You'll get targeted food lists, supplement protocols, and liver and digestive support tools.



6 Ways To Support Healthy Progesterone (Naturally!)



Get Smart With Supplements & Lifestyle

Your body might need a little extra support to restore hormonal balance.

Two of my go-to supplements for low progesterone are:

- **Magnesium (glycinate or bisglycinate)** – helps calm the nervous system and supports ovulation by supporting the health of the follicle and the egg.
 - **A few recommended products:** Jigsaw MagSoothe, Seeking Health Optimal Magnesium, Thorne Research Magnesium Bisglycinate. Find them [in my supplement dispensary](#). Create an account to shop and get 15% off all supplements and free shipping over \$50!
 - **Recommended daily dosage:** Ranges between 100-400mg a day. Follow the dosage instructions on the label of the product you buy and slowly increase to 300-400mg a day to see the desired benefits.
- **Vitamin C** – boosts progesterone by supporting adrenal health and ovarian follicle and corpus luteum health. FYI, the corpus luteum is the tiny gland on your ovary that produces progesterone during your luteal phase!
 - **A few recommended products:** Thorne Research Vitamin C, Body Bio Vitamin C, Quicksilver Liposomal Vitamin C. Find them [in my supplement dispensary](#).
 - **Recommended daily dosage:** 500mg 1-2 times a day. Reduce dosage if you experience loose stools.

Inside the [Natural Solutions for Low Progesterone Protocol](#) you'll get my full list of 6 progesterone-supportive supplements, dosages, and how to use them effectively.

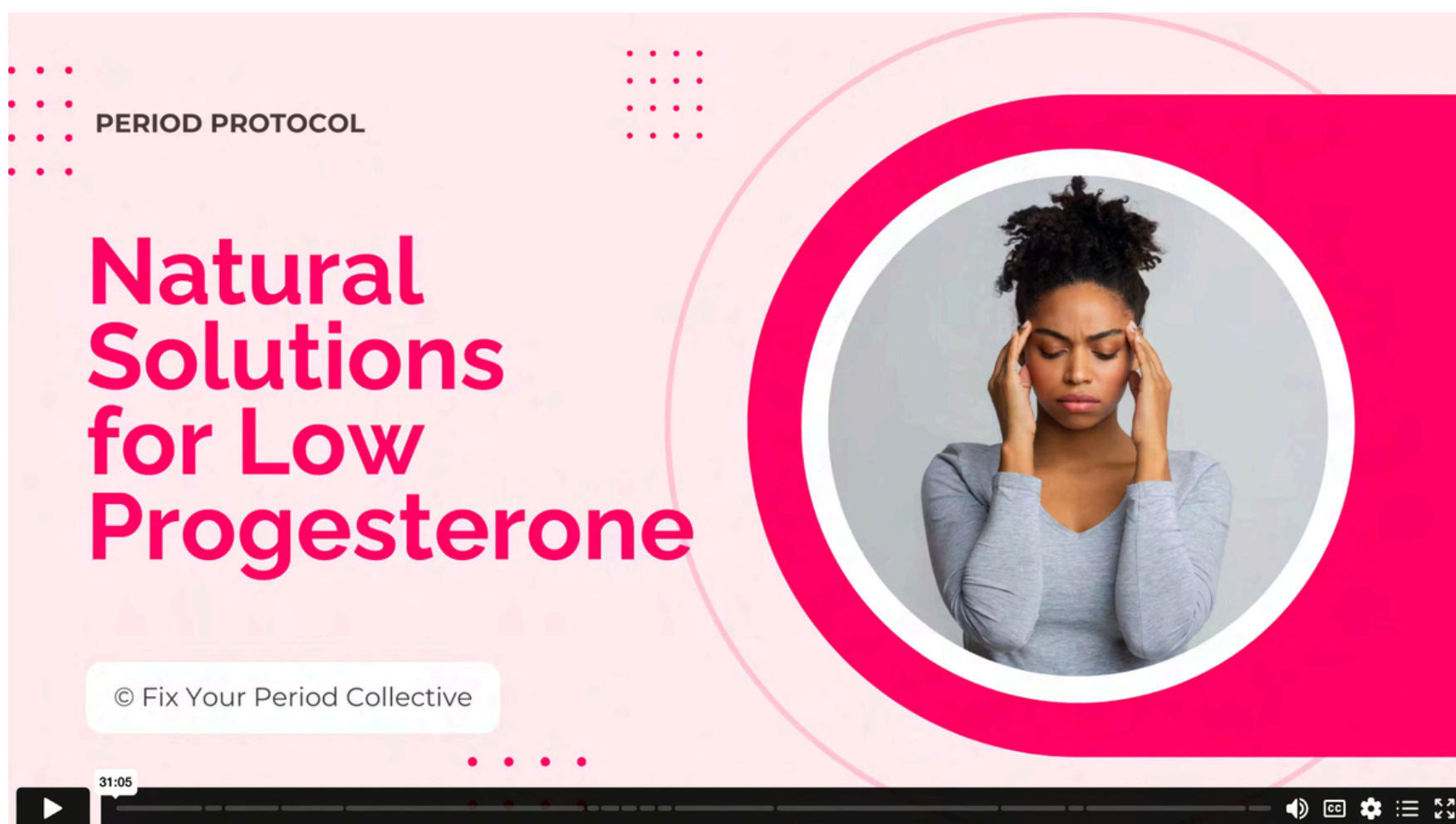
Your Next Steps



Want the full version of this protocol?

Inside the **Fix Your Period Collective**, you'll get instant access to the complete **Natural Solutions for Low Progesterone Protocol** — including a 30-minute deep-dive video, an interactive checklist, and an extensive library of resources to support every step.

Plus, you'll unlock 29+ other hormone-supportive protocols, hundreds of recipes, a full foundational e-course, expert guidance, and a thriving community, all designed to help you finally fix your period.



Unlock the Protocol
With Your Free 7-Day Trial

Medical Disclaimer

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Nicole Jardim

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Nicole Jardim is a Certified Women's Health Coach and Author of [*Fix Your Period: 6 Weeks to Banish Bloating, Conquer Cramps, Manage Moodiness, and Ignite Lasting Hormone Balance*](#) a life-changing step-by-step natural protocol to ignite lasting hormone balance and improve everything from PMS, period pain, and heavy periods to irregular and missing periods. She has developed education and offerings that empower women to reclaim their hormone health using a method that combines evidence-based information with simplicity and sass.

Her work has impacted the lives of tens of thousands of people around the world by addressing the root cause of what's really going on in their bodies and minds rather than treating just their symptoms. She passionately believes that the fundamentals to healing any hormone imbalance lie in an approach that addresses the unique physiology of every woman. This is essential to reclaiming and maintaining optimal health and vitality at any age.

Nicole is the founder of the [*Fix Your Period Collective*](#), a first-of-its-kind membership experience that will give you a clear roadmap to achieving better periods. The Fix Your Period Collective is an interactive and dynamic membership platform that starts with you taking [*The Period Quiz*](#). From there you'll receive an easy to implement plan to support your hormones and overhaul your menstrual cycle.

Nicole is the founder of the [*Institute for Menstrual Health*](#), which offers training programs, mentorship and resources for an international community of women's health practitioners and coaches. Through its signature program the [*Women's Hormone Health Certification*](#), Nicole teaches other health practitioners and coaches the fundamentals of hormones, menstrual cycles and fertility.

Finally, Nicole is the host of [*The Period Party*](#), a top-rated podcast on Apple Podcasts, the co-author of [*The Happy Balance*](#), a recipe book filled with over 80 hormone balancing recipes, and has been called on as a women's health expert for sites such as [*The Guardian*](#), [*Well+Good*](#), [*mindbodygreen*](#) and [*Healthline*](#).