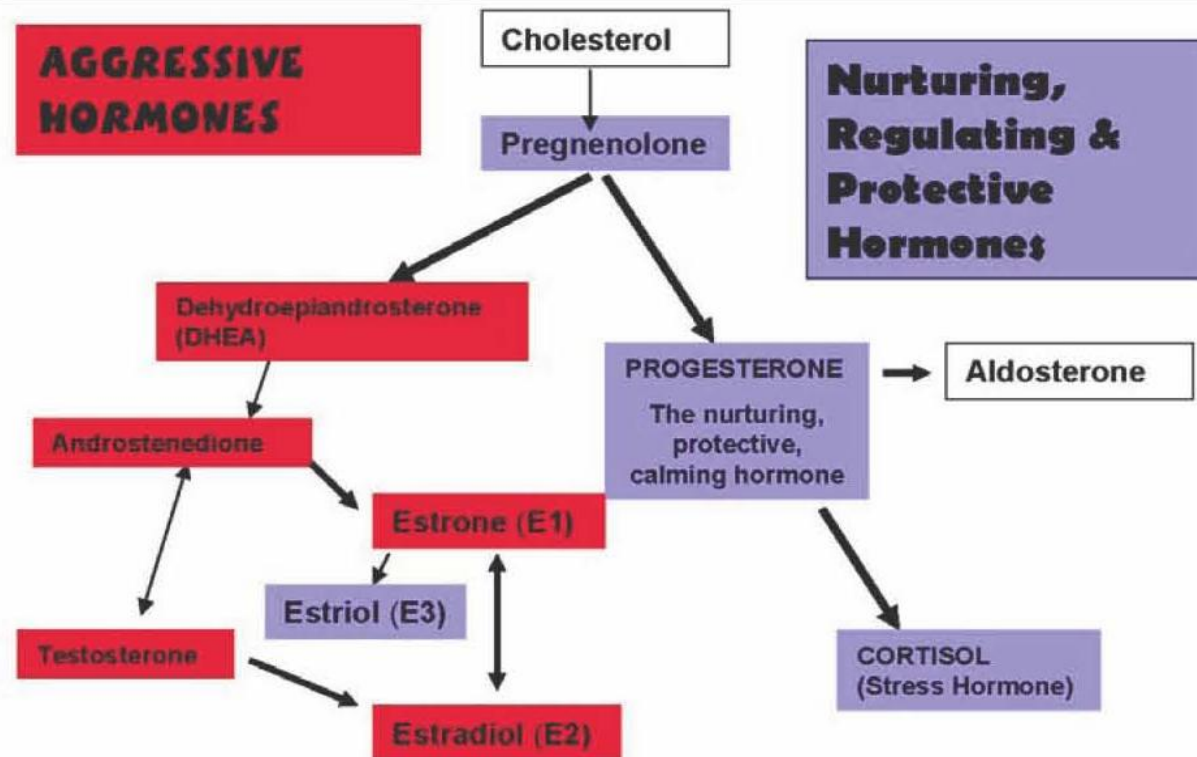


Cholesterol Converts into Steroidal Hormones

Focus on the Fork in the Road from the “Mother” hormone Pregnenolone to Progesterone then Cortisol or to the aggressive hormone side.

Inadequate nutrition or other stress requires Cortisol to be made from progesterone!

Note: Estriol (E3) has been shown to be a safe nurturing, but still active hormone.



All pathways lead to the chronic and inevitable depletion of progesterone under stress in lieu of cortisol. Progesterone is the greatest protection we have against the aggressive cell proliferating nature of the two estrogens E1 and E2. Supplementing first with DHEA actually feeds the estrogens excess, yet progesterone is still depleted... an unsafe and vulnerable position. Cortisol, though protective, it stimulates a sequence of destructive events... every time.