

Menstrual Cycle Restored

Puerperium

Pregnancy Birth

Menstrual Cycle

The Chart above is based on “The PMS Bible - Dr Katharina Dalton”

“What Your Doctor Might Not Tell You About Menopause - John R Lee, M.D. and Virginia Hopkins”

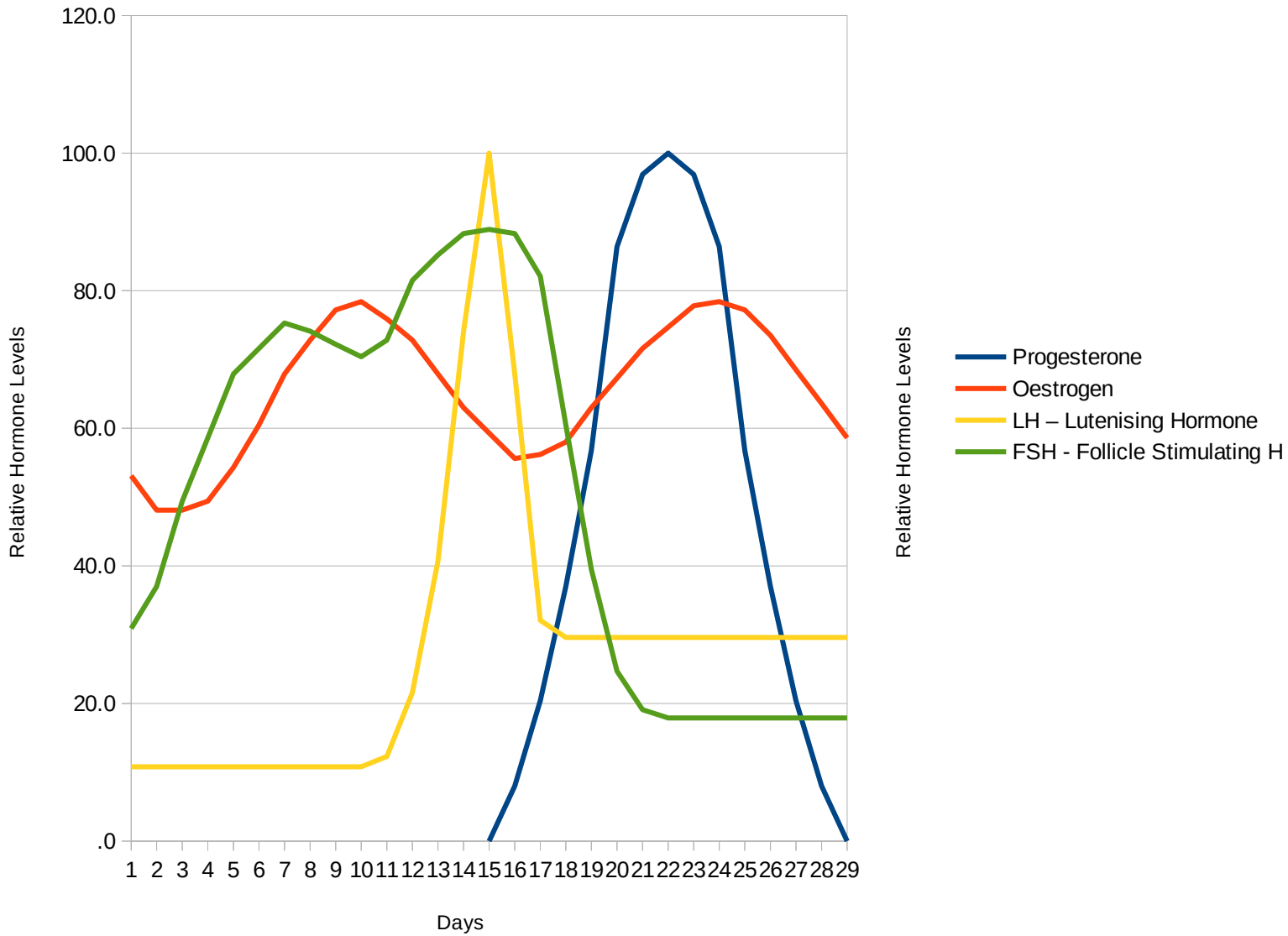
During normal menstrual cycle peak of about 20mg progesterone per day (Page 7) For progesterone to be produced ovulation MUST occur. No egg, no progesterone.

Last trimester / three months/ 90 days - placenta produces 300 - 400mg per day. (Page 7) **As such the Placental Progesterone should be perhaps at least twice the size shown on the above figure**

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Menstruation Cycle

Menstruation at "1.5" Chart Days



The Chart above is based on “The PMS Bible - Dr Katharina Dalton”

The data complies with the text in What Your Doctor Might Not Tell You About Menopause - John R Lee, M.D. and Virginia Hopkins (Pages 5 -7)

For progesterone to be produced ovulation MUST occur. No egg, no progesterone. (not quite true - more research required Willim)

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