



HOME CARE AND DIETARY TIPS TO INCREASE PROGESTERONE IN WOMEN

HOME CARE TIPS

Avoid excessive strenuous exercise for longer periods



Keep a healthy weight

Avoid or reduce your stress levels



DIETARY TIPS

Add eggs, walnuts, and fish for omega-3 acids



Add foods rich in vitamins B6, C, and E and zinc

Consume fiber-rich foods and those containing good cholesterol

