

# **Hormon yoga course**

## **Balance your hormones and align your life with your cycle**



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**[www.elevenyoga.com](http://www.elevenyoga.com)**

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**6 hours live courses with lots of yoga coming in October, please check  
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## Introduction

Modern women face an unacknowledged epidemic of hormonal imbalance. Hysterectomies are still the number-one surgery performed on women.

Hormones affect everything. Have you ever struggled with carb cravings, acne, oily hair, dandruff, dry skin, facial /body hair, cramps, headaches, irritability, exhaustion, constipation, irregular cycles, heavy bleeding, clotting, shedding hair, weight gain, bloating and water retention, anxiety, insomnia, infertility, lowered sex drive, or bizarre food cravings and felt like your body was just irrational? It’s not; it’s hormonal.

If you have any of the above symptoms, in first step you have to restore your hormonal balance.

What can cause hormones to go haywire:

- stress, multitasking, overactive life, too much intellectuality

- emotional pressure, negative thoughts, traumas, depression, too much work
- long lasting NUTRITION AND VITAMIN DEFICIENCY
- heavy metals, viruses, bacterias and other toxic factors in organs, liver, glands
- nutrition high in sugar and refined carbohydrates, excess alcohol, late night food, skipped meal
- sedentary lifestyle or over exercise
- autoimmun disease

Yet women remain mystified at their bodies' seemingly random display of disconnected symptoms, never thinking that they are connected and hormonally based.

Your body deserves and prefers to be in hormonal homeostasis—a state of equilibrium.

It is possible to reset your hormones and to reclaim a satisfying and enchanting life and it can be done without synthetic drugs or expensive therapies.

You just have to know how to get there and make a commitment to a different path. Sometimes it's just a few tweaks; sometimes return to homeostasis entails major changes. But you have to understand the underlying causes first. My approach is to target what is causing the imbalance, and then to systematically fix it.

The human body has an innate ability to repair and self-regulate, but that ability often gets bulldozed by the enduring stressors, distractions, and interruptions of modern life. Once you rediscover your body's ability to shift toward balance, you'll find that it's easier to move toward balance than to stay imbalanced. Attend to your hormones today, and the process will serve your mood, weight, energy, sex drive, sleep, and resilience for decades to come.

There are countless people who think that a prescription pill or medical procedure will solve their problems, and that anything less is a waste of time.

Modern conventional medicine—with its focus on pathology, drugs, and surgery—functions largely by using drugs to mask symptoms. But that still small voice in each of us knows that depression is not a Prozac deficiency and that a headache is not an aspirin deficiency. Taking symptom-masking drugs can be likened to shooting out the indicator lights on the dashboard of your car to reassure yourself that all is well. A much wiser approach is to look under the hood and see where the problem lies in the first place.

Believe it or not, most problems, including hormone imbalance, can be largely relieved through lifestyle changes alone.

The best time to get and stay healthy is before you face annoying and inconvenient problems, such as weight gain and mood swings, and before you develop a serious health condition, such as depression or breast cancer. Why not create lasting change now, before you find yourself in a doctor's office, holding a prescription for meds because you've developed an illness —or worse, being rolled on a hospital for an invasive surgery.

We need a completely new paradigm that encompasses a quantum shift toward being preventive, proactive, and lifestyle-based, with emphasis on the role and responsibility of the individual in daily choices, habits, and long-term consequences.

The conditions that women exhibit might be different from one female to the next, based on your genetic predisposition and lifestyle factors, but focusing on the symptoms and/or the conditions is less valuable than addressing the underlying causes. By going to the root cause of endocrine disruption and

treating it properly, we can actually trigger the endocrine system to get itself into healing mode and start functioning the way it was intended.

When you're healthy and feeling well, you have the energy to move in the direction of your dreams and to create the life you want to live. When your endocrine system is working at its best, you're more excited about yourself and about life.

Many of us have the opportunity to have and do it all—but the downside is that while juggling careers, love, travel, and families, we're not giving our bodies the support they need to sustain these demands. Current diet and lifestyle trends afflict women with problems related to their reproductive health. These issues affect us in our teens, conception years, and menopause.

I believe that when women's bodies don't thrive, we fall out of sync with our lives—out of the zone of possibility, and away from our life's purpose. And when we're not healthy and happy, we lose our way. Too many of us are searching for answers to healing and self-empowerment in the wrong places, with the wrong teachers, and suffering needlessly as a result. What we must do is learn how our endocrine systems function, and how to align our feminine selves with our hormones. This will help prevent chronic gynecological issues and guide us toward our fullest lives.

Your endocrine system functions in a completely regulated, predictable way and dictates every aspect of your behavior and physical and mental activity from your health, to your thoughts, to your mood, and so much more. The code inside your body makes you who you are. It's the most important code you'll ever understand because it's running the show of your life. And when you understand your Woman Code you gain access to deciding how, exactly, you'd like that show to go. The sooner you step into this journey, partner with your endocrine system, and resolve your health issues with every meal, every day, the more magnificent your future will be. This is a permanent lifestyle change that's easy to do and pleasurable to maintain, and it's never too late to start!



## **The protocol**

- 0) Bringing back lost connection to your body and listen to its signs
- I) Addressing the underlying reasons for hormonal imbalance
- II) Detoxification of stressors, blockers, liver, kidney, virus, heavy metals, support your organs of elimination etc.
- III) Importance of daily routine and proper lifestyle

IV) Focusing on medicinal foods and herbs to sequentially bring the endocrine system back to optimal functioning (stabilize your blood sugar, foodtest – intolerance, nurturing your adrenals and other glands)

VI) Vitamins and nutrition

VI) Syncing with your menstrual cycle

VII) Engaging your feminine energy

This course is for women of all ages. A common myth about hormones is that you don't need to worry about them until menopause. The truth is, many hormone levels, such as estrogen and testosterone, start to drift downward when you're in your twenties. Some hormones, such as cortisol, may spike too high and pull other hormones offline. Women younger than thirty may not yet feel affected by the aging process, but perhaps they want to get pregnant or avoid the diagnosis of breast cancer their mom just received.

Those in their thirties may feel increasingly tense and overwhelmed, in need of better strategies on how to relax. They may want to prevent the high blood pressure, prediabetes, and accelerated aging that come with chronically high stress levels. Women in their forties and fifties may want to regain some of the buoyancy of their youth. Perhaps they want to wake up feeling restored again, without the brain fog from disrupted sleep. Women in their sixties, seventies, and eighties may want to optimize their cognitive and executive functioning—to improve their thinking, memory, and competitive edge.

When your endocrine system is compromised, you don't have good access to your innate nature of change. It's like a CD that's skipping—you can't move forward in other areas of your life when your hormones aren't moving fluidly. Now, think about the complexity of not having enough of certain hormones circulating in your brain, or too much of those hormones—you literally can't think straight. So how are you supposed to intelligently and strategically look at your life and create new ideas and connections when the brain doesn't have access to an ideal chemical environment? You can't!

Hormones that flow from glands in your brain dictate what organs throughout your entire body—all the way down to your ovaries—do. The hormones that those glands release, in turn, govern every major process your body performs, from setting your internal thermostat, to metabolizing food, to keeping your heart beating, to regulating your mood, to determining your fertility, and so much more. So whether or not you ever find yourself in Downward-Facing Dog, nurturing this mind-body connection to improve its function is essential for living a healthier, richer, and more gratifying life.

Hormonal problems are the top reason for accelerated aging, which occurs when the hormones that build muscle and bone decline more quickly than the hormones that break down tissue to provide energy. The result: our cells experience more wear and tear, less repair, and we feel and look older than our age. The goal is to have your breakdown in proportion to your repair, or even better, more repair than breakdown.

Untreated hormone imbalances can have serious consequences, including osteoporosis, obesity, and breast cancer. Clearly, it's important to tune the body's hormones to their optimal levels, both individually and in relation to each other.

Your genes are merely a template. In other words, your body is full of natural mechanisms for repair and healing. When you nourish and augment these built-in mechanisms, you may prevent and even reverse disease.

## Circadian Congruence

You also want your circadian rhythms to be working properly and aligned to the light/dark rhythm outdoors. Nearly every hormone is released in response to your circadian clock and the sleep/wake cycle. Some of us are morning people; some are night owls. When we do shift work at night, the natural rhythms are disrupted. But the basic rule is, to the extent you can, go to bed each night at the same time, wake up at the same time, and get out in the sunshine. This creates circadian congruence, which optimizes your hormone balance naturally.

## Excess stress

Never underestimate the power of stress. The stresses in our lives can alter the biochemical machinations of our bodies. This isn't woo-woo; it's medical fact. Stress is the top reason behind most visits to the doctor, and it contributes to all the big causes of death, including heart disease, diabetes, stroke, and cancer.

Unremitting cortisol-raising stress tends to produce free radicals, which may cause mutations and other forms of DNA damage in your cells, and deplete certain micronutrients, including magnesium, vitamins B1, B5, B6, B12, C, and tyrosine. Excess stress also can cause you to excrete magnesium, a mineral key to calcium absorption. Basic supplements can help lower cortisol.

## Coping with stress

– Women talk, men retrieve

That's why women like to meet and socialize with their friends and talk about problems. It is like a de-stressing program, where they form a stress-reducing, protective female network, leveraging oxytocin, the "love" hormone that also acts as a neurotransmitter (brain chemical). The whole feels much greater than the sum of the parts, as Aristotle famously said, and oxytocin rises in our blood and brains, which lowers cortisol.

## Organ Reserve And Why It Matters

Never heard of organ reserve? Here's the skinny: Your organ reserve is an individual organ's inherent ability to withstand demands (such as grueling schedules, trauma, and surgery) and to restore homeostasis, or balance. Organ reserve is a crucial aspect of longevity—the more you protect and enhance your functional capacity, the more able you are to bounce back from stresses such as illness, environmental toxins, and injury.

As you age, reserve declines: healthy young people have a reserve capacity that is ten times greater than demand. After age thirty, organ reserve decreases by 1 percent per year, so that by age eighty-five, organ reserve is a fraction of the original capacity.

By practicing the asanas regularly we give a good squeeze, refreshment to our internal organs day by day.

## The Ideal Hormonal Specimen

Picture the Ideal Hormonal Specimen. Her hormones perfectly balanced, she has high energy throughout the day, stable moods, and no food cravings. Her full head of hair is glossy and her skin is clear. She easily maintains her weight and her sexual energy. Colleagues never worry that she'll weep in the middle of a big meeting or start sweating profusely.



## What's Your Story?

Do you believe that your body can transform into a healthy state? If you don't, why not? What's the story running around in your mind? I want to help you recognize that you may have a very powerful script in your head— one telling you that change isn't possible, even as you're attempting to embark on change. If this is true for you, I want to make sure you're aware of these negative thoughts and bring them from the unconscious to the conscious, where they can be examined and reshaped. Then, every time you start to engage part of the protocol and hear the negative script spring into action, you can begin to replace the old script with a new one. Use plenty of positive assurances: I am healing. Change is possible. I am getting better.

My body is capable of fixing itself. The more you bring positive statements to mind, the faster you'll interrupt the negativity, until it's no longer your first reaction—or any reaction—when you set out to create change in your body and health.

## The Ovary Oath

I believe in aligning daily with my hormones and using food as medicine to support them.

I believe in the power of my cycle and hormones and know that they need to be cared for, supported, and nurtured.

I promise to pay attention to the signals my body gives me so that I can make small course corrections and avoid larger breakdowns down the road.

## Hormones and glands

Food choices, environment, attitude, aging, stress, genetics, even the chemicals in our clothes and mattresses can affect our hormone levels.

The journey of a hormone starts with a dozen endocrine glands: your adrenal glands, pituitary gland, hypothalamus, thyroid, pancreas, and ovaries, among others. These glands control important physiological functions by releasing hormones into the blood, through which they travel to distant organs and cells. In other words, hormones are chemical messengers, like snail mail in the body. They influence behavior, emotion, brain chemicals, the immune system, and how you turn food into fuel.

For instance, the adrenal glands produce cortisol, one of the most powerful stress hormones. Cortisol, in turn, directs your body on how to react in times of stress—more on this later.

The ovaries, which are mostly silos of eggs, produce many hormones, including estrogen, progesterone, and testosterone. (These are referred to as sex hormones because they determine features such as fertility, menstruation, facial hair, and muscle mass.)

The pancreas secretes insulin, which has the primary job of moving glucose into your cells, thereby lowering the glucose in your blood. Fat cells are the largest endocrine gland in the body: fat secretes hormones such as leptin, which regulates appetite, and adiponectin, which adjusts how you burn fat.

Thyroid affects your metabolism, keeping you energized, comfortably warm, and at a manageable weight.

Estrogen is actually a group of sex hormones responsible for keeping women juicy, joyous, and jonesin' for sex. thereby augmenting labor, and when a woman's nipples are stimulated, which facilitates breastfeeding and promotes bonding between mother and baby.

Progesterone counterbalances estrogen by helping regulate the uterine lining (i.e., keeps the lining from getting too thick), emotions, and sleep.

Testosterone is the hormone of vitality and self-confidence—and producing too much is the main reason for female infertility.

Leptin controls your hunger, determining whether you use food as fuel or store it in your midsection; it cross-reacts with the thyroid and most of the other hormones.

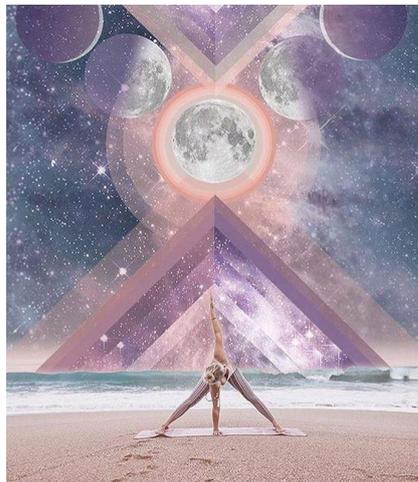
Insulin regulates how your body uses fuel from your food, and directs your muscle, liver, and fat cells to take up glucose from the blood and store it.

Oxytocin is both a hormone and a neurotransmitter, which means it acts as a brain chemical that transmits information from nerve to nerve. Some call oxytocin “the love hormone” because it rises in the blood with orgasm in both men and women. Oxytocin is also released when the cervix dilates, thereby augmenting labor, and when a woman's nipples are stimulated, which facilitates breastfeeding and promotes bonding between mother and baby.

## Cortisol

Cortisol is the hormone that governs your hunger cravings, digestion, blood pressure, sleep/wake patterns, physical activity, and capacity to cope with stress. It belongs to the glucocorticoid family—a fancy name for substances that can raise your glucose. This is cortisol's main job: to increase your glucose and store the excess in the liver, through a process called glycogen storage. Glucose gives you energy. If your cells don't get enough, you wilt.

Your body will make cortisol no matter what. Still, when you are chronically stressed, your body uses cortisol faster than it can be produced, so you need to get more. Where do you get it? You take it from



cortisol's prehormones: pregnenolone and progesterone, fittingly called Pregnenolone Steal. If you have a lifestyle that keeps you in high demand for cortisol, your body will steal from your supply of progesterone (and also from thyroid hormone supply) by shunting pregnenolone so that it can make more cortisol. As if that weren't bad enough, when chronic stress causes cortisol levels to rise, the cortisol also will block your progesterone receptors.

Perhaps when exercising hard, you've had the experience of "bonking." Suddenly, you feel light-headed, irritable, and downright hypoglycemic, clues you've used up your main energy supply.

As the most potent of the glucocorticoids, cortisol keeps us alive via three key properties. It

- raises blood sugar
- increases blood pressure
- modulates inflammation

### **Signs of Cortisol Balance**

When your level of cortisol is appropriate and not turning your brain into Swiss cheese, you feel calm, cool, and collected most of the time. You bounce out of bed in the morning. Because you slept well, there are no bags under your eyes, you eat normally with no blood sugar swings, you feel like your body has a good rhythm, and your total load—the amount of physical and psychological stress you've got on your plate—is manageable and engaging. You eat nutrient-dense food. You strike a balance in your life between input and output.

### **How High Cortisol Accelerates Aging**

Recall that cortisol's main job is to normalize your blood-sugar levels. When you make too much cortisol, you raise your blood sugar excessively. This may lead to prediabetes or diabetes. Both are common causes of accelerated aging. (To slow the aging process, we must prevent overly taxed adrenal glands and persistently elevated cortisol.)

Furthermore high cortisol builds fat deposit unusual parts of the body, enhances water retention, and promotes accelerated muscle and bone loss.

With high evening cortisol, it's no wonder you have trouble falling asleep, staying asleep, or sleeping deeply. Usually this happens when women checking e-mail, reviewing the next day's to-do list, or catching up on a crime show. It doesn't take a Harvard-educated person to understand why these women can't get some decent shut-eye.

Most folks with symptoms of overwhelming stress have low cortisol in the morning and high cortisol at night—the opposite of what it's supposed to be. You don't want to develop this inversion.

### **Top 7 health risks linked to high cortisol**

1. Abnormal blood sugar, diabetes, and prediabetes. Cortisol's main job is to raise glucose levels. Even small increases in cortisol, such as those experienced when drinking caffeine, can raise blood sugar and increase insulin resistance.

2. Obesity, increased body fat, and metabolic syndrome in women. Too much stress makes you fat, especially at your belly, where fat cells have four times more cortisol receptors than fat located elsewhere. Metabolic syndrome is a cluster of signs, including high blood pressure; high triglycerides, low HDL (or good cholesterol) and elevated fasting glucose.

3. Mood and brain problems, including depression, Alzheimer's disease, and multiple sclerosis (MS). Patients with high cortisol have problems with emotion perception, processing, and regulation, similar to the mood symptoms found in depression. Hypercortisolism linked to depression and suicide, and half of people diagnosed with depression have high cortisol. Excess cortisol shrinks your brain, can cause cognitive impairment, decreases brain activity, and is associated with Alzheimer's disease. An overactive, stressed-out nervous system has been linked to neurodegeneration (breakdown of the nerves) and increased disability.

4. Delayed wound healing.

5. Infertility and polycystic ovarian syndrome. PCOS, the top reason for, has been linked to an overactive HPA axis, which makes sense since high levels of androgens, such as DHEAS (member of the androgen family, and a precursor to testosterone), are associated with early adrenal dysregulation.

6. Worsening sleep. Insomniacs have higher twenty-four-hour cortisol levels.

7. Bone loss in menopausal women and a higher rate of vertebral or spinal fractures are also associated with higher cortisol levels.

**Remedy:** No gluten and sugar for 3 months at least / adaptogens like maca, ashwaganda, rosae rodiosa, ginseng biloba (2 x 200 – 300 mg) / targeted exercise which lowers cortisol (yoga, chi kung) – running is raising cortisol level / phosphatidylserine / 5-HTP amino acid / Antioxidants for free radicals / Omega 3, Mg big quantity, C and B complex / L-lysine combined with L-arginine 1 week / L-tyrosine

### **Top 5 ways to lower cortisol with yoga**

People practice yoga for various reasons—flexibility, weight loss, healing of one type or another—yet I believe that yoga is the best tonic for stress and getting your cortisol to a sweet spot. When you do yoga, here's where you should focus your attention:

1. Chant. Light up your memory and reduce vigilance by a simple chant, such as OM, pronounced ah-ohhh-ummm. Start with a deep inhalation, and chant on the exhale. Repeat slowly, synched with your breath.

2. Deep breathe, through the nose. When we breathe shallowly all day, similar to a rabbit, emergency "sensors" alert the body that we're under attack and need a constant flow of adrenaline and cortisol. Instead, when you breathe into the lower lobes of the lungs, calming sensors tell your body to settle down. Breathing through the nose, slowly and deeply, is especially effective in triggering the calm response.

3. Cultivate presence, and release those clenched muscles. Getting into the present moment is your ticket to normalizing cortisol (assuming you're not exchanging gunfire at this moment and require sharp focus). Most women I know unconsciously grip their muscles, whether in the jaw, neck, shoulders, or lower back. Yoga teaches how to release muscle tension, and this helps to lower cortisol.

4. Invert. Any time you put your feet above the level of your heart, even with your legs straight up against the wall, you activate your parasympathetic nervous system, the rest-and-digest counterbalance to fight or flight (or tend and befriend in women) of the sympathetic nervous system.

5. Be sure to do corpse pose (Savasana). The final pose of a yoga practice, called Savasana in Sanskrit, which means “corpse pose,” is considered the most important, and most difficult, pose because it is where you integrate the key stress-relieving practices. While lying flat on your back, close your eyes, breathe deeply, and tune in to a clear state of mind and subtle shifts of energy in your body.

## **Hypocortisolism**

It may sound counterintuitive, but after you’ve had continuous high cortisol, low cortisol often follows. In fact, low cortisol is the end game of an overtaxed stress-regulating system. Irritability, burnout, and depression are common symptoms, along with low blood pressure, orthostatic hypotension (which is when your blood pressure drops when you stand and you feel light-headed), and uncharacteristic pessimism. You feel out of sorts and out of sync with the natural rhythm that you once had.

Both low and high cortisol can exacerbate the symptoms of an underactive thyroid, or hypothyroidism, which include fatigue, weight gain, and mood problems.

Rarely it is possible to find low cortisol in some people who experienced a traumatic event early in their lives. However, for reasons not yet understood, not everyone with severe trauma develops low cortisol.

## **Top 5 Consequences Of Hypocortisolism**

There are several troublesome consequences of low cortisol. Some examples include the following:

1. Electrolyte problems. Low sodium and potassium may occur if production of aldosterone, another hormone made in the outer shell or cortex of the adrenal gland, is low from adrenal dysregulation. Aldosterone controls the level of electrolytes in your blood and urine, mediating water retention and blood pressure. Symptoms include a fast pulse, palpitations, light-headedness, fatigue, frequent urination, thirst, and salt cravings.

2. Fibromyalgia. Symptoms of this medical disorder include widespread and protracted pain, a heightened sensitivity to pressure, joint stiffness, debilitating fatigue, and difficulty sleeping. It can be caused by stress and is often coupled with anxiety, depression, and post-traumatic stress disorder (PTSD).

3. Chronic fatigue syndrome. Chronic fatigue syndrome (CFS) is a serious and complicated disorder defined by profound fatigue that is unimproved by rest and worsens with activity; it is associated with low cortisol. Symptoms may include weakness, muscle pain, sleep problems, and impaired memory and concentration, and they may result in reduced participation in daily activities.

4. Bone loss and possible fracture. Women with low cortisol have higher rates of hip fracture.

5. Burnout. When allostatic load is more than you can tolerate, you are at significant risk for burnout.

**Remedy:** Resting, maintain disciplined 8 hours sleep in long term and licorice 3-6 month, grapefruit juice

Remember that balancing cortisol is related to stress reduction. So whether your cortisol is high or low, always start with the lifestyle changes that you can make to mitigate stress in your life, both real and perceived.

## Progesterone

You can't consider progesterone without discussing estrogen. In proper proportion, they are like the two sides of a seesaw, shifting rhythmically back and forth over the course of the menstrual cycle. It's essential to maintain the delicate balance between these two hormones to feel your most vital.

When your progesterone is low, the result is estrogen dominance, and it's as if the progesterone side of the seesaw slammed into the ground. The consequences can be rage, headaches, cysts, miserable periods, and sleep disorders. You can become fat and moody, and you're more likely to develop endometriosis and problems with uterine bleeding, possibly even cancer. When you have too much estrogen, you have a greater risk of infertility and endometrial cancer, a malignancy arising in the lining of your uterus. Proportionate balance is the goal.

In addition to balancing estrogen, progesterone is important for your overall sense of equilibrium or well-being. It raises body temperature (making it "thermogenic" and a boost to metabolism) and helps your thyroid perform efficiently. It is a natural diuretic, which means it helps you release excess fluid in your body "the luxurious, soothing, mellowing daughter of progesterone; without her, we are crabby; she is sedating, calming, easing, neutralizes any stress, but as soon as she leaves, all is irritable withdrawal; her sudden departure is the central story of PMS.

I can even say that progesterone provides contentment. That's why women report feeling a Valium-like effect in the second half of pregnancy: progesterone stimulates something called GABA receptors, and GABA (gamma-aminobutyric acid) has sedative qualities. Progesterone literally soothes you when you get enraged. It helps you sleep. When you produce the right amount, you feel more levelheaded and relaxed.

### Top 5 Reasons For Low Progesterone

1. Aging. Especially relevant from thirty-five onward as you march toward menopause, age is associated with fewer ripe eggs, less ovulation, and low progesterone.
2. Stress. If your problem is unmanaged and chronic emotional stress, cortisol blocks your progesterone receptors, and your body will make cortisol at the expense of pregnenolone and progesterone, causing Pregnenolone Steal.
3. Little or no ovulation. Ovulation is key to the regular, monthly production of progesterone during your fertile years. If you don't ovulate, either because you've run out of eggs or you have another hormonal problem such as excess testosterone, you will have progesterone deficiency.
4. Low thyroid. Thyroid hormone is essential to the smooth operation of the hormone pathways I've described. You need adequate thyroid hormone to make pregnenolone from cholesterol, and then to make progesterone. If you are low in thyroid hormone, you will not make as much progesterone. Additionally, there's a vicious cycle that occurs: when you have low progesterone, it raises thyroid requirements. Your thyroid gland has to work harder. If your thyroid gland is already borderline, it will worsen your low progesterone.

5. High prolactin. Some women make too much prolactin, a hormone in the pituitary of the brain that controls lactation in women. High blood prolactin interferes with the function of the ovaries in premenopausal and perimenopausal women, and as a result, secretion of ovarian hormones such as progesterone, and eventually estrogen, decreases.

**Remedy:** Yam root, Vitex, Agnolyt, Chastberry C vitamin important 750mg. Bladderwrack (*Fucus vesiculosus*).

*If you need hormon replacement choose prometrium over provera or progestines. Make sure your doctor prescribes biodentical progesterone, NOT progestins, for you.*

## Estrogen

Here's the short version of what estrogen does:

- Externally, estrogen gives you hips and breasts. More estrogen makes you zaftig, the Yiddish term for voluptuousness.
- Internally, estrogen buffers mood and keeps you on task. Estrogen is nature's Prozac, adjusting the level of available serotonin—another important neurotransmitter—so that it's in more ready supply. Serotonin regulates your mood, sleep, and appetite, and acts as a general gatekeeper of other neurotransmitters in your brain.
- Estrogen is responsible for the first half of your menstrual cycle, building up the cells lining your uterus to protect a developing fetus. If conception does not occur, the lining is released about every twenty-eight days as your period. If conception does occur, estrogen, combined with progesterone, thickens and deepens that lining for the fertilized egg to settle into and grow.
- Estrogen lights a libidinous fire and gets you obsessing about babies until about age forty-five, when you start thinking that sleep sounds a lot better.

Balance is crucial because estrogen and progesterone have opposing yet interdependent effects, similar to the Chinese concept of yin and yang. Estrogen stimulates the lining of the uterus to grow; progesterone stops the growth, stabilizes it, and then releases it in a coordinated fashion called menstruation. Estrogen stimulates breast cells to grow; progesterone prevents cysts from developing in painful breasts. Estrogen causes you to retain salt and water; progesterone is a natural diuretic. Estrogen promotes moodiness, progesterone puts you in ease and gives a sensation of well being. When estrogen levels are high in relation to progesterone, women often experience a wild ride of emotions before their periods.

It takes two to tango. When they work in tandem, maintaining the body's delicate equilibrium, you dance to a passionate rhythm. When your estrogen and progesterone are synchronized, your bones are strong, dense, and pliable. Your skin is hydrated, smooth, and well girded by collagen. Your metabolism is forgiving. Your cardiovascular system stays clear of meddlesome debris, like clots and plaque.

## The Highs and Lows of Estrogen Dominance

Because estrogen and progesterone levels are so entwined, let's look at the different combinations that relate to high estrogen:

1. High estrogen relative to normal progesterone. This combination is common in overweight women, and in women who have been exposed to xenoestrogens, which are synthetic chemicals that mimic estrogens. Ovaries are the main source of estrogen, but fat cells make estrogen too. More fat cells mean higher estrogen levels.

2. High estrogen relative to low progesterone. This combination, called estrogen dominance, is more common. Beginning around age thirty-five, as a natural consequence of aging, you begin to run out of ripe eggs. More than half the women over thirty-five have this combination. Estrogen dominance—the medical term is dysestrogenism—isn't a problem in every woman. But many women with estrogen dominance show myriad symptoms of hormonal unrest. Today, it is common to have too much estrogen before you reach age fifty. This is an epochal shift in our estrogen hormones over the past century. I believe the reason is twofold: women are more emotionally stressed, and they're more exposed to artificial estrogens than ever before.

Excess estrogen can lead to a host of annoying ailments: water retention and its first cousin, breast tenderness; painful periods, perhaps endometriosis; mood swings, or your garden-variety free floating irritability—take this a step further, and you have full-fledge anxiety or depression. You might feel foggy, sleepless, and weepy. Maybe you've noticed that you have more headaches, or that your face is redder than you want it to be. These, my friends, are signs of excess estrogen. When estrogen levels are high in relation to progesterone, women often experience a wild ride of emotions before their periods. During perimenopause, the emotional roller coaster can be in play all month long. Beyond mood swings, symptoms can include hair loss, headaches, breast tenderness, bloating, difficulty losing weight, depression, fatigue, insomnia, decreased libido, foggy brain, and/or memory loss. Studies on rats show that high estrogen can interfere with the ability to learn and pay attention.



### **What Causes Excess Estrogen: Top 7 Root Causes**

Several factors can interfere with normal estrogen metabolism, causing you to produce or accumulate too much of the “less good” estrogens, or too much estrogen relative to progesterone. These factors include the aging ovaries, wayward cortisol levels, exposure to xenoestrogens, and nutritional factors such as fat, fiber, and alcohol consumption.

#### **1. Perimenopause Revisited and Diminished Ovarian Reserve**

We can blame perimenopause for so many things! In the two to ten years before your final period, your estrogen levels fluctuate madly. Overall, women experiencing perimenopause show higher estrogen relative to progesterone, compared with women in their twenties and thirties. In the years preceding menopause, typically from age thirty-five to fifty, your ovaries produce more estrogen, in some cases double the level of estrogen found in the normal menstrual cycles of a woman in her early twenties. I know this becomes confusing: initially, estrogen levels drop slightly starting in your late twenties, and then estrogen levels increase when your ovaries are running out of ripe eggs, usually after age thirty-five. The fancy name for it: diminished ovarian reserve (DOR). Women are born with one to two million

eggs in their ovaries, but by the time you reach perimenopause, you are down to one to three thousand. As your control system (once again, your hypothalamus and pituitary) senses that you are running out of eggs, you make more hormones to stimulate the eggs to hatch so you can become pregnant before it's too late—that is, you make more follicle-stimulating hormone (FSH) and luteinizing hormone (LH), and FSH rises faster than LH.

## 2. Cortisol-Linked Estrogen Dominance

Premenopausal women treated with hormone therapy—specifically, estrogen plus progesterone—have been shown to develop a high level of cortisol at night. Taking exogenous estrogen raises cortisol levels. Similarly, high levels of cortisol can block your progesterone receptors. Over time, that will lead to lower levels of progesterone, and the result is estrogen dominance.

## 3. Xenoestrogens

Xenoestrogens are chemicals that can mimic estrogen. (Xeno means “foreign.”) These are synthetic chemicals that have an estrogenlike reaction in the body. They come from artificial chemicals that you get exposed to in your daily life, such as plastics in the environment. Think of them as uninvited guests at a costume party. They act like all the other guests, drinking and chatting convivially, but they are really party crashers who will disrupt the whole affair when they take off their masks. Yet the problem is not only that they are crashing your endocrine party. Xenoestrogens are stored in fat tissue for decades, and your greatest concentration of fat is usually in your breasts. When xenoestrogens bind to your estrogen receptors, they can activate some of them, such as those in the breast, and block others, such as those in the bone. Recall that receptors are like the locks on a cell's nucleus. When estrogen passes from the blood into the cells, it attaches to one of two types of estrogen receptors to trigger a particular task, such as stimulating breast-cell growth or slowing bone loss. Lengthened exposure to estrogen creates a significant risk factor for breast cancer. Xenoestrogens are known endocrine disruptors. They interrupt the action of natural, endogenous hormones, with reproductive and developmental consequences. Just living our normal lives, we are exposed to more than seven hundred of these dangerous chemicals; they can be found in toothpaste, deodorant, sunscreen, food preservatives, the lining of cans that hold food, and many kinds of plastic. Be wary of your cosmetics: one report describes a woman who developed both breast and endometrial cancer after using the same estrogen-containing cosmetic cream for seventy-five years.

## 4. Obesity and weight gain

We know the health risks to women with obesity: sleep apnea and asthma; diabetes; heart disease; cancer of the breast, uterus, colon, and gallbladder; and premature death.

You may also have heard reports that cases of type 2, or adult-onset, diabetes have been steadily rising in the world. Diabetes involves insulin and its ability to regulate blood sugar. Excess weight and lack of exercise can lead to high levels of insulin. Cells that get too much insulin can become resistant to it. Chronically high insulin increases estrogen; estrone, specifically, increases the cells' resistance to insulin. Ultimately, you get into a vicious cycle: higher insulin creates higher estrogen, which can lead to higher insulin and insulin resistance, which tends to make you gain weight, which leads to making more

estrogen. This is a downward spiral with seemingly no end in sight. Enough to get you out there walking, and to just say no when the waitress offers the dessert menu?

## 5. Diet

Many women have found that a diet high in conventionally raised red meat and refined carbohydrates is likely to cause estrogen overload. That could be because of hormones in the meat, or perhaps from the type of bacteria cultivated in the gut by people who eat a lot of meat. When estrogen is metabolized, it leaves the body in your urine and feces. If you don't have a certain type of bacteria in your gut to process it, the estrogen will stay in your system. When this happens, you don't follow the Golden Rule of Estrogen—"use it and lose it." Instead, you keep recycling estrogen and the process may lead to overload. The "wrong" bacteria are predominant in people who consume large amounts of meats and refined carbs.

I abhor white bread, white sugar, and white rice for many reasons, but one important reason is that they reduce progesterone and worsen estrogen dominance. My recommendation: reduce your intake of refined carbohydrates as a key step to rebalancing your neuroendocrine system.

Alcohol. Consumption of alcohol raises estrogen levels and slows down fat burning.

If you have constipation or anywhere a long term blockage on the way of excretion than your body can not excrete excess estrogen and hormones.

## 6. Nutritional deficiencies

Specific nutritional deficiencies can also lead to excess estrogen. Low magnesium, zinc, copper for example, is associated with high estrogen levels in both premenopausal and postmenopausal women. Vitamin B12, folate, and an amino acid called methionine are other supplements that can help produce "good" estrogens and decrease formation of "less good" estrogens. How can you find out if you are deficient in any of these nutrients?

## 7. Mercury (from fish) and heavy metal toxicity

Remedy: resveratrol reduce estrogen / reduce alcohol consumption / lose weight / lots of fiber/ avoid xenoestrogens / avoid meat and dairy products from conventionally raised animals / eat prunes / exercise regularly / sleep before 10 PM / Take DIM. Di-indolemethane (DIM) is the most potent promoter of 2-hydroxylase, the enzyme that helps to correct dysestrogenism by making more 2-hydroxy-estrone and 2-hydroxy-estradiol. In other words, DIM has been shown to favor the production of protective estrogens and reduce bad estrogens. / Take turmeric (*Curcuma longa*).

## Bioidentical hormones

Melatonin. Melatonin lowers estrogen and may prevent breast cancer. Low melatonin has also been linked to a greater risk of endometrial cancer, another estrogen-dependent cancer. I recommend 0.5 to 1 mg at night if you have sleep problems.

## Low estrogen

Estrogen is the hormone that makes and keeps you feminine. With more than three hundred jobs, estrogen is the ultimate multitasker. Among hundreds of other duties, it builds and maintains the structure and function of the vaginal, urethral, and vulvar tissues; it stimulates and develops the female reproductive organs, preparing and maintaining the uterus for pregnancy; and along with its partner, progesterone, it regulates the menstrual cycle. I think of estrogen as a woman's life force, which means having too little can feel like a slow death. Once a lady with low estrogen told me she was "dry, cranky, and barely holding it together."

### Reasons why estrogen levels drop:

- Perimenopause and menopause
- Hypopituitarism
- Anorexia nervosa, bulimia, and other eating disorders
- Extreme exercise or training
- Gluten intolerance

**Remedy:** Black cohosh / Vitamin E / Flax seed / Magnesium / Maca / Shatavari /

### Signs of Estrogen Balance

- You have regular periods (estrogen and progesterone work together on this one). If you're postmenopausal, you'll notice the other signs.
- Your joints and vagina feel well lubricated.
- Orgasm regains its central role in your libidinous life, and that sense of dullness is a distant memory.
- You roll with the punches; you don't feel so stressed and overwhelmed.
- Sleep is a crucial part of your self-care regimen, and restores your energy, although you don't prefer it to sex with your partner.
- Your mood is stable throughout your menstrual cycle.
- You have improved brain function: the fog lifts, your memory and recall improve.

## Thyroid

The thyroid gland secretes hormones that regulate the activities of almost every cell in our bodies. It controls the body's sensitivity to other hormones, such as estrogen and cortisol. It regulates how quickly we burn calories and maintains our metabolism, which explains why weight control is such a problem when the thyroid is out of whack. In other words, your thyroid is your very own metabolic thermostat. Sluggish thyroid and metabolism are a setup for poor mood—even, perhaps, the slow downward spiral toward cognitive decline and Alzheimer's disease.

It also sets your heart rate, blood pressure, breathing rate, temperature, the speed at which your cells consume oxygen, and more. In infancy and childhood, the thyroid even supports bone growth as well as the development of the brain and nervous system.

When your thyroid is working properly, you feel energetic, think clearly, and are upbeat. Your weight is easier to manage. Your bowel moves food along at a normal pace, in a transit time from ingestion to elimination of twelve to twenty-four hours. You don't wear socks to bed or outline your eyebrows with a brown pencil. Your cholesterol is normal—not too high and not too low. Your hair stays on your head, your skin is moist and your nails aren't dried out, your sex drive is strong, and your memory is crystal clear.

Your thyroid is incredibly sensitive to what's going on inside and outside your body, so even seemingly insignificant things like too few hours of shut-eye, too much chlorine in your water, or too many sugary caramel macchiatos can cause it to go haywire. But that's also the good news. Because your thyroid is so sensitive to what you put in your body and what you do with your body, you can easily support and maintain its health with simple diet and lifestyle changes.

### Low Thyroid

Are you tired, run down, listless? Do you have a bowel movement less than once a day? Are you gaining unexplained weight, most of which is fluid? Are you cold all the time, achy, slow thinking, or depressed? Low thyroid can cause these problems. You may think your sluggishness or poor memory is simply a sign of getting older. Age, however, does not explain a puffy face, high cholesterol, excessive menstrual bleeding, and many other symptoms of low thyroid function.

Low thyroid function resembles to symptoms of depression. In fact, 15 to 20 percent of people with depression are low in thyroid hormones. That's a statistic too big to ignore. In imaging studies, the hypothyroid brain looks remarkably like the depressed brain: both show subtle changes in blood vessels, myelination (fatty insulation around nerves), and neurogenesis (nerve growth).

Environmental pollutants, termed endocrine disruptors, affect not just the estrogen receptor as xenoestrogens, but also disrupt normal thyroid function. Chemicals that affect either the hypothalamic-pituitary-thyroid axis or thyroid receptors are called thyroid disruptors, and include more than 150 industrial chemicals.

### Take Your Basal Temperature

Using your humble bathroom thermometer is a simple way to assess your thyroid. That's because low body temperature is sometimes correlated with low thyroid. Your temperature is normally lower in the morning and evening and higher in the afternoon, so I recommend checking your basal temperature,

under your arm, first thing in the morning. If you're still menstruating, check between Day 2 and Day 4 of your cycle. Normal is between 36,5 and 36,8 degrees, but temperature can vary significantly and should be considered in the context of symptoms and blood testing. Nevertheless, if your basal temperature in the morning is consistently below 36,5 degrees, this is further evidence of low thyroid function.

### What Causes Low Thyroid?

- Hashimoto's thyroiditis
- Goiters
- Stress
- Environment
- Nutrition (Zinc, Selenium, Iod, Vitamin D deficiency)
- Gluten intolerance (missing on ADEK vitamin, iron. B 12, folat)

**Remedy:** L lysin, fish oil (Omega 3), L theanin, L tyrosine (pajzsmirigy), Vitamin A, D, zinc, selenium, copper

### Hyperthyroidism

Hyperthyroidism affects only 2 percent of women (and 0.2 percent of men), but rates increase as you age; 15 percent older than sixty have hyperthyroidism. Symptoms include palpitations, shortness of breath, weight loss, tremulousness or shakiness, and proptosis (eyes bugging out). It's not hard to treat an overactive thyroid, but it's important to do so. If you don't, the symptoms can become more severe over time. Untreated, hyperthyroidism can lead to cardiovascular problems such as a potentially dangerous type of arrhythmia called atrial fibrillation, cardiomyopathy (a disease of the heart), and congestive heart failure. When you have hyperthyroidism, you are more likely to have increased bone turnover, which over time may lead to bone loss and fracture. Another serious consequence is thyrotoxicosis, also known as thyroid storm, which has a significant risk of mortality.

### Androgens (testosteron)

The combination of excessively high androgens is the most common hormone problem of women in their fertile years, and perhaps even before puberty. After menopause, high androgens are associated with serious health problems, such as heart disease, stroke, mood problems, and cancer. High androgens wreak havoc hormonally for women from the embryo to maturity. Androgens are a group of sex hormones that strongly affect your liveliness, libido, mood, and self-confidence

Because they control the development of typically male characteristics, androgens are considered "masculinizing" hormones, but they also account for emotional well-being, assertiveness, and sense of agency—the capacity a person has to act powerfully in his social structure or an innate sense of belonging. Androgens are the biochemical underpinnings of dominance and desire, and even though males have more androgens than females do, having the right amount of androgens is just as essential to women's health and well-being.

## High androgens, PCOS, IR

Eighty-two percent of women with excess androgens have what is known as polycystic ovary syndrome (PCOS), a condition where the sex hormones become unbalanced for reasons we don't quite understand. Women with PCOS—the top cause of infertility— start making more androgens, which causes the symptoms of high androgens such as acne and rogue hairs. Here's what confuses most people: not all women with excess androgens have PCOS, and not all women with PCOS have high androgens. While they do overlap, the difference is that PCOS is characterized by insulin resistance and ovarian cysts. Sadly, PCOS goes widely undetected. PCOS the number one reason women struggle to get pregnant.

### Symptoms of PCOS

- Difficulty losing weight
- Rogue hairs
- Inflammation

### PCOS is also linked to other significant health concerns

Heart disease. PCOS puts you on the fast track to major diseases, like heart disease and stroke PCOS is associated with an undesirable cardiometabolic profile, as measured by belly fat, high blood pressure, inflammation, insulin resistance, and abnormal glucose metabolism—and a sevenfold increase in diabetes. The risks can last a lifetime: insulin resistance, high ovarian output of androgens, and inflammation all persist after menopause.

Cancer. PCOS may be associated with an increased risk of hormone dependent cancer, such as breast cancer and perhaps endometrial cancer. The underlying mechanism is that when women rarely ovulate, the ovaries continue to make estrogen but it's not balanced by progesterone, which is released by ovulation. Over time, this can lead to buildup of the uterine lining and precancerous changes.

Mood problems. Even among lean women with PCOS, there is an increased rate of body dissatisfaction and depression symptoms, as well as more anxiety, depression, withheld anger, diminished sexual satisfaction, and lower health-related quality of life. Anxiety correlates with androgen levels and insulin resistance, but not with body mass index or age.

Abnormal liver enzymes. Blood tests show that 30 percent of women with PCOS have high levels of liver enzymes, which indicates inflammation in the liver and probably scarring. In other words, one in three women with PCOS has a liver that doesn't work normally. If you've been diagnosed with PCOS, you'll want to get your liver checked, and I recommend caution with alcohol and medications that overtax the liver and can harm it.

**Remedy:** Lose weight and exercise / Eat for lower androgens (GI low food and fiber) / Eat foods containing zinc / Avoid dairy / Eat more protein / Omit sugar / Omega 3 rich oil / Yoga / Chromium / Inozitol / Vitamin D / Saw palmetto

### Insulin resistance

Insulin resistance heralds several serious problems, including excess weight, obesity, prediabetes, diabetes, dementia, Alzheimer's, stroke, and some cancers. Insulin is not something to mess with. Here's an analogy: insulin resistance fosters a bad neighborhood around the cells of your body, but instead of drive-by shootings, muggings, and other high crime influencing your vulnerable cells, you have too much sugar, inflammation, clogged arteries, and weight gain. These problems lead to accelerated aging, wayward hormones, and poor organ reserve. It's the classic chicken or egg scenario: it's not clear whether high androgens cause insulin resistance or insulin resistance causes high androgens. Either way, we know that high insulin levels drive the ovaries to make more testosterone. Insulin resistance is also a major factor in the troubling condition called metabolic syndrome, a cluster of ominous

signs that are linked to a greater risk of diabetes and heart disease; it affects one in four women in the civilized world.

Insulin resistance:

- raises the activity of aromatase, the enzyme chiefly responsible for estrogen production, which sets the stage for estrogen dominance and lack of ovulation.
- enhances the activity of 17 $\beta$ HSD, an enzyme that increases androgen levels.
- lowers sex-hormone-binding globulin (SHBG), allowing more free testosterone to roam the bloodstream and trigger rogue hairs and pimples.
- raises blood markers of inflammation (biomarkers) such as interleukins, cytokines, and adipokines, which initiate a perpetual cycle of inflammation.

### **Hair loss**

Sometimes hair loss is associated with high androgens, but more commonly, I find in women that the root cause is low iron, thyroid hormone imbalance, or insulin resistance. Before my patients start looking for a solution to their hair loss in a box from the drugstore or a pill bottle from a dermatologist, I encourage them to look inside their bodies. Remember that most symptoms women try to solve with a pill bottle are a message from the body that something is awry. To find a patient's particular reason for hair loss, I order the blood panel listed below

### **Top Hormone Imbalances**

When your hormones are in balance, neither too high nor too low, you look and feel your best. But when they are imbalanced, they become the mean girls in high school, making your life miserable. Here's the good news: realigning your hormones is a lot easier than running around like a crazy person, depleted and anxious about the little things in life.

Here are the top hormone imbalances:

- High cortisol causes you to feel tired but wired, and prompts your body to store fuel in places it can be used easily, as fat, such as at your waist.
- Low cortisol (the long-term consequence of high cortisol, or you might have high and low simultaneously) makes you feel exhausted and drained, like a car trying to run on an empty gas tank.
- Low pregnenolone causes anomia: trouble finding . . . what's that again? Oh, the right word. Low levels are linked to attention deficit, anxiety, mild depression, brain fog, dysthymia (chronic depression), and social phobia.
- Low progesterone causes infertility, night sweats, sleeplessness, and irregular menstrual cycles.
- High estrogen makes you more likely to develop breast tenderness, cysts, fibroids, endometriosis, and breast cancer.
- Low estrogen causes your mood and libido to tank and makes your vagina less moist, joints less flexible, mental state less focused and alive.
- High androgens, such as testosterone, are the top reason for infertility, rogue hairs on the chin and elsewhere, and acne.

- Low thyroid causes decreased mental acuity, fatigue, weight gain, and constipation; long-term low levels are associated with delayed reflexes and a greater risk of Alzheimer's disease.

## Protocol

### 0) Finding lost connection with your body

Let's face it: many women would rather exist from the neck up and would prefer their bodies take care of themselves. (Worse yet, many women believe that to be successful in their career, this is exactly what they need to do.) And yet the hormonal breakdown results from ignoring the wisdom of our own body. That's why I want to make it clear: living in sync with your weekly flux will actually bolster—not deter—your career success. That's because you'll be leveraging your mental and physical abilities week by week to work more cleverly and seamlessly instead of pushing against your hormonal current every step of the way.

### I) Addressing the underlying reasons for hormonal imbalance

Please see introduction and Hormones and glands chapter. And go through the questioner at the end of this note.



### II) Detoxification

Exposure to endocrine disruptors (chemicals that interfere with the production, release, transport, metabolism, or elimination of the body's natural hormones) can occur through air, water, soil, food, and consumer products. These disruptors can mimic naturally occurring hormones, potentially causing overproduction and underproduction of actual hormones. They block the way natural hormones and their receptors are made or controlled. Some of the dirtiest culprits include dry-cleaning chemicals, skin-care products, and pesticides.

### Large intestines, liver and lymph

Although these organs aren't producing hormones, they're essential for ushering hormones that have been circulating through your bloodstream out of your body. Can you imagine what would happen if the hormones your body naturally produced, as well as those found in the food you eat, medications you take, and products you use, remained in your body? Really, you would have an explosive hormonal experience if it weren't for your elimination group's ability to rid your body of these chemicals that, over time, become toxic to your health. (A buildup of estrogen, for instance, provides fuel for tumors to grow.)

Fortunately, the elimination group is your natural detoxifier. The liver breaks down hormones and other substances into smaller, more manageable molecules, which travel through your gallbladder and into

your large intestine. There they bind with the fiber you consume in your diet and finally exit your body in the form of a bowel movement. In other words, when you go to the bathroom, not only are you disposing of the by-products of the foods you eat, you're also getting rid of chemical waste—broken-down hormones that otherwise would have overstayed their welcome and compromised your health.

The skin and lymphatic system have an excellent working relationship when it comes to getting cellular waste and hormonal overload out of your system quickly. Your skin is your largest organ and because of its concentration of pores provides a natural way for waste to leave the body—through sweat. Your lymphatic system is a superhighway for clearing away any cellular waste from your bloodstream, and the lymph node regions are where there's a concentration of action. This is why it's so important to keep the node areas flowing, as they are near key hormone-sensitive areas like breast tissue and ovaries. You most likely have already observed the effects of stress hormones leaving the body via the lymphatic system—skin partnership. Have you ever noticed a dramatic change in the scent of your armpit odor due to a stressful situation? This is your lymph-skin elimination channel trying to help compensate for dangerous levels of episodic stress hormones in the body. Without all of these ways for hormonal waste to leave the body, that delicate hormonal conversation would quickly break down as the hypothalamus would seek to suppress hormonal output.

Given the liver's two phases of detoxification and the necessity of *ample fiber* to properly eliminate toxins from your body through the large intestine, you can see just how critical it is to have adequate dietary intake of these micronutrients. Studies have found that you can't simply supplement with *glutathione, vitamin B, vitamin C, amino acids, or selenium* and expect the organs of elimination to function optimally. These nutrients don't readily become bioavailable when you take them as supplements; if you eat them as they naturally occur in foods, the body can more easily recognize them.

### **How to ease liver by eating GI low food**

When you eat refined carbohydrates (such as a candy bar or a bowl of pad thai), your body breaks down those carbs into simple sugars, primarily glucose. Your pancreas reacts to the abundance of glucose in your bloodstream by releasing the hormone insulin. Insulin's mission is to escort that glucose into your body's cells, which use the glucose to replicate their DNA, divide, and make new cells. Some glucose also ends up in your liver, where it's converted into glycogen, a form of energy your muscles rely on. Your pancreas also responds to low blood sugar levels. When your blood sugar dips, which occurs when you don't eat enough or you wait too long between meals, your pancreas pumps out the hormone glucagon. This hormone tells the liver to convert stored glycogen back into glucose and releases that glucose into your bloodstream to bring blood sugar levels back up to par. This process makes sure that your brain, heart, and muscle tissues have adequate energy (in the form of that glucose) to do their jobs. Although your body is programmed to restore glucose as a means of survival, you want to avoid putting it in a state of low blood sugar too often, especially if you're someone who's dealing with a variety of hormonal symptoms. As you'll learn when we look at the elimination group, your liver is responsible for breaking down estrogen that your body has already used and helping it leave your body. When estrogen lingers in your bloodstream, it piles up and throws off the balance your endocrine system is trying to maintain. This creates additional hormonal symptoms. Now, if the liver is frequently focused on converting glycogen into glucose because of low blood sugar, it's going to have less energy to spend on eliminating estrogen and other toxins. In other words, you want to use food to stabilize your blood sugar instead of relying on your liver to do it for you. Controlling your blood sugar level is an extremely intricate and

delicate seesaw that easily and frequently goes awry, which helps explain why nearly twenty-six million Americans suffer from diabetes today. Carefully selecting the foods you put into your is one of the best ways to keep your blood sugar levels as balanced as possible.

### **Detoxification of liver**

- Do not eat fried food, eat instead steamed
- Lots of green vegetables
- St. John's wort quality products
- Nettle and walnut tree leaf tea
- Regenor, Silegon, Silymarin
- Dandelion tea

### **Constipation**

Many people don't realize that constipation is more than a simple annoyance. The lining of your large intestine is osmotic in nature, meaning that things can travel in and out through the membrane. If you don't have an efficient transit time because your liver or large intestine is congested or you're lacking the necessary nutrients for them to perform their functions efficiently, the toxins and other chemicals working their way through this pathway can become reabsorbed into your bloodstream and continue circulating throughout your body. It's essential that all toxins and hormones be removed, and quickly. In particular, if you're not metabolizing, breaking down, and removing estrogen as efficiently as possible, an excessive amount will accumulate in the bloodstream and lead to menstrual, fertility, and libido issues.

Conversely, if you experience symptoms related to the large intestine and leave those symptoms unaddressed, over time you'll experience a flare-up of symptoms in the liver, then lymph, then skin.

- Large intestine. Constipation, diarrhea, IBS, bloating
- Liver. Food sensitivities and allergies, pain (sharp or dull) under the right rib cage after eating a rich meal or drinking alcohol, sweating, foul body odor (especially from the armpits and feet)
- Lymph and skin. Acne (cysts, whiteheads, blackheads), rosacea, eczema, dandruff, oily scalp, body odor

**Remedy:** yoga (malasana, vajrasana, sfinx) / fermented food / spicy food / senna leaf tea / prunes / steamed apples and pears / mg / fiber / 2 glass of warm water after waking up / castor and linseed oil /

### **Fat issue - A Weighty Matter**

If you're like many women with endocrine fallout, it may seem like your body is hanging on to an additional 5 – 20 kg for dear life. No matter how little you eat and how much you move, those excess pounds refuse to budge. Sound familiar? Well, you may be relieved to learn that there's a physiological reason for this—and you'll be even more relieved to find out that there's a solution for it, too. The root of the problem lies in your liver. As we have seen, the liver is responsible for removing toxins from your body, and it does this by turning fat-soluble toxins into water-soluble ones so they can be excreted

through your large intestine, kidneys, and skin. When you have a hormonal problem, however, your liver's function is compromised (often because your pathways of elimination are clogged). This means that your liver doesn't work as efficiently as it should and thus is unable to remove toxins as rapidly as they build up. Your body copes with this problem by squirreling those fat-soluble toxins into—where else?—your fat tissue. For the moment, this protects your liver because it minimizes the toxic load there. The problem, however, is that it becomes even more difficult to shed weight. Your fat cells don't want to let go of those toxins, because your body knows that doing so would pollute your bloodstream and create a toxic environment for your organs, including your heart and your brain. The end result? Your fat cells cling to the toxins and your body clings to your fat cells. Fortunately, there's a way to get your body to release its white knuckled grip on your fat: up your dietary and supplemental forms of intake of *vitamin A, vitamin B, and vitamin C, as well as sulforaphane and the antioxidant glutathione—nutrients your liver needs to detoxify effectively.* By helping your liver do its job properly, you'll prevent those toxins from becoming backlogged and wreaking havoc on your waistline.

Here's how you can help achieve that:

- Fill your diet with plenty of vegetables from the brassica family: cabbage, cauliflower, broccoli, brussels sprouts, and all kinds of kale. Try to sneak at least one brassica-type vegetable into every meal throughout the day. Add them to smoothies and juices that you make, too.
- Reach for lemons and oranges. Add fresh lemon to your water. However, not all citrus will do—grapefruit contains an enzyme that impedes liver detoxification, so avoid it while you're working on getting your liver back into shape.
- Sneak caraway and dill seeds into as many meals as you can. Grind them in a spice grinder (a coffee grinder works, too) and rub them on chicken, fish, or other meats before baking, combine

**Staying hydrated** is extremely important during this cleanse. It supports your body's ability to flush out toxins and keep your bowels regular. Try to drink more water than usual, aiming for at least eight glasses a day. If this makes you feel cold or bloated, drink your water warm or hot. You can also add a little lemon to your water, as this will help with the detox.

## **Viruses, bacteria**

We all meet with viruses and bacterias time to time. If your body is well nutritioned, rested and not overstressed then you can easily handle them. If one of the above is lacking in a long term they can attack your internal organs and glands causing inflammations and lasting diseases.

Some of them are revealed immidietally but some infection can go unnoticed for yours just giving symptoms like cronic fatigue, oily hair, letargy, achné.

If you have any long persist símptoms it is good to investigate for HPV, Epstein bar, Cytomegalo, Varicella, Chlamidia, Staphylococcus aureus, e coli.

**Remedy:** Nigella sativa / L-Lysing 2 x 1000 mg for 2 month (arginin also important 500 mg daily) / Cats Clows 3 month / Curcumin / Reserwatrol / Celery stalk juice / antioxidants and flavonids / lots of vitamins and nutrient dense food

## Heavy metal saturation

We are in contact with a dangerous amount of heavy metal from drinking water, household chemicals, food and soil.

They can go inside our cells and up to the brain causing irreversible degenerations.

### Cleaning heavy metal from body and mind (3-6 month)

- Chlorella and spirulina double the recommended daily dose
- Lots of coriander leaf and seeds spread to your food 2-3 times daily (so released heavy metal from cells can not travel up to your brain)
- Giga dosage of vitamins and minerals in order to fill cells receptors so heavy metals can not take vitamins place in cells

## III) Importance of daily routine and proper lifestyle

### Clean your life and activities

Modern world and media focuses on dispersing your attention with its myriad advertisements and make you craving for new things and goods all the time, so you keep purchasing and working to earn money for another purchase. Like a hamster wheel.

When your senses are overused from work, outside noise, too much talking during the day with clients, watching monitor all day long, when you get home you need some kind of compensation.



Easiest way to compensate yourself is to indulge in habits which are not good for your body, mind and hormones, like eating fast food, sweets and carbs, or watching movies till late night, or drinking alcohol.

Try to bring balance and strict daily routine in life.

Meditate and feel what activities make you content and only keep those activities in a long term in your life and abandon those activities which not giving you full contentment or benefits. Feeling your life with too much coming and going just makes your mind scattered and exhaust your nerves in a long term.

Strict daily routine is the requisite for success and to stay healthy and do not age prematurely.

Identify activities which steal your time and abandon them.

Identify happenings, people, activities in your life which give you stress or make you feel unrest and try to minimize them.

Anything you over or underdo harming your being. Sleeping, eating, resting a lot or little all harms you, try to bring balance in all your activities in your life.

Instead eating always outside, go home and cook your own delicious healthy food. If you have to eat outside try to eat always from one restaurant. If every day you eat from different kitchen, your stomach will be weakened by too many types of spices and dishes.

Prioritize your activities to align them with your health. For example if you make a routine of waking up in the morning to practice asanas, then do not go out with workmates every night.

Choose the right thing and activities in your life and it will give you a lot of joy in long term.

Daily asana, meditation and sport activities bring you numerous benefits. It will keep you away from doctors, provides you with energy, confidence, clarity and good mood.

#### **Detoxification tips in daily routine**

- Morning walk or yoga
- Evening 20 minutes meditation
- Deep, smooth breathing and practice of mindfulness during the day
- Warm water for empty stomach
- Lots of healthy spices in your dishes
- Tongue scrapper
- Reflexology, massage, sauna (not for men who wants to stay fertile)
- Herbal teas during the day
- Curcuma to clean your joints, joint exercise
- Apple vinegar or lemon water for empty stomach (min. 6 month)
- Daily use of ginger

## **IV) Focusing on medicinal foods and herbs**

### **Blood sugar**

Let's start with the basics. When your blood sugar, adrenals, and pathways of elimination aren't being cared for and nurtured with an "every meal, every day" approach, they quickly become unstable. The difficulty almost always begins with mismanaged blood sugar. Just as low blood sugar can compromise your liver function, so can excess glucose in your bloodstream. When you consume more sugar than your body needs, the excess gets stored in your fat cells, including those in your liver, which expand to accommodate the surplus. Excessive fatty deposits in the liver decrease the liver's ability to break down estrogen from your body, allowing that estrogen to hang around longer than it should.

For those of you contemplating drastically cutting carbs or eliminating them altogether—don't. Glucose is your brain's primary source of fuel. Without it, you'll feel moody and lethargic and will even experience deficits in your ability to concentrate and retain new information

**Importance of cholesterol:** Many of the common sex hormones in the human body are originally derived from cholesterol, which your body turns into pregnenolone. Pregnenolone is the "mother" hormone (or "prehormone") from which other hormones are made. Under normal and calm circumstances in your adrenal glands, pregnenolone is converted either into progesterone or DHEA, another stress hormone and a precursor to testosterone. When you are chronically stressed, you make more cortisol—it gets

stolen from pregnenolone and other hormone levels may fall—a process called Pregnenolone Steal. Of course, not all hormones are derived from cholesterol.

**Gluten intolerance:** Typically, problems with gluten cause diarrhea, abdominal pain, and bloating. In women, however, sometimes the only tipoff is bone loss, irregular cycles, amenorrhea or difficulty getting pregnant. Gluten intolerance has been linked to altered estrogen levels and consequences such as amenorrhea (no periods for several months), infertility, and diminished ovarian reserve.

**Cutting out dairy:** Adults do not need dairy to cover their protein demand. But dairy products cause inflammations, lead to hormonal imbalances and water retention.

**Take food intolerance test** ( <https://foodtest.hu/>): Do not mix intolerance with allergy. While allergy has severe symptoms, intolerance may you even not recognizing for decades or you do not know that your belly fat, stomach upset, bloating, autoimmune disease, IBS, ekcema etc. is the consequence of your food sensitivity.

## VI) Menstruation cycle

For a slew of reasons, many of us maintain a static mind-set about how our bodies should be. We believe that if our body performs at the same level each and every day, we've achieved a state of health, vitality, and success. Yet what I've found is that it's against your very nature to be static; everything in your life, in your body, and in the world around you functions in a cyclical manner—from the seasons, to the moon, to your menstrual cycle, to your hormones, and so much more. To expect yourself to wake up feeling exactly the same way tomorrow morning as you did today is a misunderstanding of how forces in your body operate. Opening your eyes to this new, cyclical way of understanding your body may be the most profound thing you can do when it comes to repairing your relationship with your body. Harnessing this dynamic cycle allows you to enter into a state of flow in your life. That's because, with the static view, when you expect your body to feel fabulous day in and day out, you continuously feel betrayed when it falls short. Not any longer. Why is it so crucial to



take this leap of faith and revise your mind-set? Because how you view your body determines the choices you make for it. If you're aligning with the cyclicity of your hormones, you'll make choices that respond to the cues your body is sending you. Your endocrine system does this cue-sending beautifully and predictably in an observable way that, if honored, will usher you toward a more efficient way of life. Achieving your health goals becomes possible when you rely on your endocrine system for guidance. Living from this new place of cyclicity, on a day when you're feeling run down you might decide to take an easy thirty-minute walk instead of pushing yourself through a sweaty boot-camp class simply because you think that's what you should be doing. (Had you gone to that class, your tired body wouldn't have

performed at the level you expected of it, leaving you feeling let down and depleted—not so after that soothing stroll.) In addition to tailoring your exercise in response to physical cues, you’ll also make food choices that support your body instead of robbing it of energy. You’ll develop a degree of sensitivity and attunement if your mind-set is one in which you believe things are meant to change. With that mind-set, it becomes your responsibility to adjust your daily regimen of food, exercise, sleep, and pleasure to respond to the daily and monthly cycles that occur.

Organizing myself, my life, my projects, my priorities, and my passions around my menstrual cycle. I call this my embodied time management. I knew that doing so would support my health; it would not put me in a position of setting up my life at the expense of my body, but rather would enable me to set it up in a way that would allow my body to flourish

And I realized that if I could organize my lifestyle under this context of cyclicity, I could get more done with less stress on my body and mind, and with greater ease, pleasure, and grace than I ever knew was possible.

But what I found from honoring the four phases of my cycle, and what I see in the women I work with every day who learn these same skills, is that doing so gives a woman access to so much more than a healthier, more fertile, more energetic body. Women who partner with their hormones live more efficiently and strategically. These women end up becoming the fullest expression of themselves and live as leaders and change-agents in their own lives and communities.

## **Syncing with Your Cycle for a Symptom-Free Future**

There are five hormones that govern your experience of your menstrual cycle: estrogen, progesterone, follicle-stimulating hormone (FSH), luteinizing hormone (LH), and testosterone. The quantities of these five hormones change four times throughout your menstrual cycle. This creates four distinct phases within each cycle—follicular, ovulatory, luteal, and menstrual—based on the concentrations of those hormones at each point. Not only do the varying ratios of hormones determine what’s going on inside your body from a reproductive standpoint; they also determine how you feel physically and emotionally during each of the four phases.



### **PHASE 1: Follicular Phase**

Duration: 7–10 Days

- **Hormone focus.** The hypothalamus signals your pituitary gland to send follicle-stimulating hormone to your ovaries, telling them to get ready to release another egg. Several egg follicles start to swell in preparation. Estrogen increases to thicken your uterine lining so that it can host an egg.
- **Body focus.** Physical energy increases throughout this phase, and you may sometimes feel restless. Initially little to no vaginal secretions occur; then they start to increase—yellow or white in color and tacky or sticky in texture.
- **Lifestyle focus.** Creativity and new beginnings characterize this phase. This is the time to direct your energy into stimulating projects at work and at home. Plan brainstorming sessions with your coworkers; save your most mentally challenging assignments for this week, since your brain’s penchant for creativity at this time makes it easier to problemsolve. Your physical energy is at one of its highest points during your follicular phase. Emotionally, you feel outgoing, upbeat, and revitalized. When setting your social calendar for the month, RSVP yes to invites during this week, when you’ll have the most energy to be out and active. It’s also an ideal time to plan to see a new exhibit or check out a new band: you’ll be most open to the new experience and will find it most stimulating during this time.
- **Food focus.** Fresh, vibrant, light foods make you feel more energized during this phase, when all hormone levels are at their lowest. Your body can tolerate foods with a higher phytoestrogen content since, with estrogen just starting to increase, you won’t be piling additional estrogen on top of already-elevated estrogen levels. Think: pressed salads (kimchi and sauerkraut), plenty of veggies, lean proteins, sprouted beans and seeds, and dense, energy-sustaining grains. How you cook your foods matters, too, so favor light cooking methods such as steaming or sautéing during the follicular phase.
- **Exercise focus.** Try something new—take that Zumba or yoga sculpting class you’ve been yearning to try at your gym. Putting your brain and body in a new, stimulating situation feels like an easy, natural thing for you to do at this time of the month. You also form new neuroconnections in the brain more easily, which means that stepping outside your comfort zone is a seamless thing to do; furthermore, new activities are more likely to stick when you start them now than at any other point in your cycle. You have the energy to go for those more challenging workouts at this time, too.

## **PHASE 2: Ovulatory Phase**

Duration: 3–4 Days

- **Hormone focus.** A sharp rise in follicle-stimulating hormone followed by an increase in luteinizing hormone, also from the pituitary, stimulates one follicle to swell further and burst, releasing an egg into one of the fallopian tubes; that egg then travels to the uterus. Estrogen levels continue to increase, further thickening the uterine lining and supporting the growth of immune system cells in the uterus. Testosterone takes a quick surge and drops right around ovulation.
- **Body focus.** Vaginal discharge increases and is clear, wet, slippery, or stretchy on your day of peak fertility. As you move past that peak day, vaginal discharge dries. You may feel pelvic pain with the release of the egg as well as a surge of energy or a sense of depletion, along with cravings or a headache.
- **Lifestyle focus.** Connecting with community is at the heart of this phase. This is the time to have important conversations, whether it’s with your spouse, your mom, or your boss. If possible, hold off on having those conversations until this ovulatory phase, when your heightened communication skills will allow you to convey your thoughts and opinions more clearly, as well as to be more receptive to those

of others. If you're planning to ask for a raise, do it during your ovulatory phase. This is also an ideal time to go on first dates, since your increased communication skills will make you that much more magnetic. And since you're at your most fertile in this phase, chances are (studies tell us) you put extra effort into looking and feeling your best in an unconscious effort to attract a mate when ovulating.

- **Food focus.** You have plenty of natural energy and your mood is stable because of all the estrogen floating around, so go easy on the carbohydrates and stick to lighter grains such as corn and quinoa. Still, you want to be sure your body is metabolizing and eliminating the surplus of estrogen efficiently, so fill up on veggies (the fiber aids elimination) and fruit (high levels of the antioxidant glutathione support the first phase of detoxification in the liver). Continue to focus on lighter preparations of foods, such as steaming or, when appropriate, eating foods raw.
- **Exercise focus.** When deciding which activities are best during this phase, keep two things in mind: high-impact workout and group settings. Your energy levels are at their max, so you're primed to take on more strenuous exercise such as weight lifting, plyometrics, and running. Since communicating and connecting with others also feels great on these days, consider running with friends or a team or taking swimming, dancing, or spinning classes.

### **PHASE 3: Luteal Phase**

Duration: 10–14 Days

- **Hormone focus.** The corpus luteum (the follicle from which the egg bursts) grows on the surface of the ovary, causing it to produce progesterone. The rise in progesterone signals the body to keep the uterine lining intact. It also signals the pituitary to stop sending out follicle-stimulating hormone and luteinizing hormone, ensuring that only one egg is released into the uterus at a time. Estrogen levels continue to rise. Toward the end of the cycle, if the egg hasn't been fertilized, the corpus luteum is reabsorbed into the body. Progesterone production will soon halt as a result, triggering your period. Testosterone will increase toward the end of this phase.
- **Body focus.** Physical energy declines, and premenstrual symptoms may develop toward the end of your cycle—symptoms such as bloating, irritability, headache, mood swings, and cravings.
- **Lifestyle focus.** Awareness, attention, and comfort are key now. As the corpus luteum is reabsorbed, your energy begins to soften and turn inward. You'll notice that you have the desire to nest, making the luteal phase an ideal time to take care of domestic chores, whether your list includes reorganizing your shoe closet, doing a month's worth of laundry, or making a big grocery-shopping trip. The particular ratio of estrogen to progesterone in this phase makes you notice things around you that you didn't see before. As a result, your brain begins to prioritize administrative detail-driven responsibilities you may have ignored all month, perhaps giving you the urge to clean your apartment from top to bottom, reconcile your online banking, or cook a week's worth of meals at one time. You'll also feel a need to nest on an internal level, perhaps paying extra attention to your self-care regimen, such as taking long, luxurious baths or simply relaxing with a book or a movie. Try slowing down social engagements during your luteal phase so you won't feel needlessly exhausted.
- **Food focus.** The foods that are rich in B vitamins, calcium, magnesium, and fiber. Combined, they will optimize the quality of the luteal phase in several ways. First, these foods stave off sugar cravings caused by the heavy use of B vitamins in promoting progesterone production. Second, the calcium-magnesium combination in leafy greens is essential in mitigating the effects of fluid retention that are so problematic

for women during this phase. Finally, the fiber concentration will help your liver and large intestine flush estrogen more efficiently through the bowel, ameliorating the effects of estrogen dominance. In addition, healthy, natural sugars help with the dip in estrogen that occurs in the second half of the luteal phase and that can make you feel irritable. One of the best ways to achieve this is by roasting or baking vegetables, which increases the concentrations of those sugars so the veggies taste sweeter. In addition, make sure you have an adequate intake of complex carbohydrates to stabilize serotonin and dopamine levels in the brain and help prevent mood swings.

- **Exercise focus.** During the first half of the luteal phase your energy may still be high, so continue with the more strenuous activities you took on during ovulation. Then scale back on your intensity during the final five days with activities such as walking, Pilates and vinyasa yoga. You may feel a little more sluggish and experience more water retention toward the end of this phase, so choose exercise with lower resistance (such as using the elliptical trainer)— you'll still be working your muscles, but it won't be as jarring for your body.

#### **PHASE 4: Menstrual Phase**

Duration: 3–7 Days

- **Hormone focus.** Progesterone production drops off as the corpus luteum disappears, triggering the shedding of your uterine lining in your menstrual phase, a.k.a your period/bleeding phase. Estrogen peaks and then drops, stimulating your hypothalamus to prepare for another cycle of ovulation.

- **Body focus.** A combination of brown spotting and red bleeding characterizes this phase. You may also experience pelvic cramping, low backache, fatigue, and cravings. Sometimes you may feel a sense of relaxation and relief as your estrogen peak passes.

- **Lifestyle focus.** Self-analysis and course-correction are dominant now. During your menstrual phase, the communication between the right and left hemispheres of your brain is more powerful than at any other time. This enables you to judiciously evaluate how you're doing in your life and, if necessary, begin identifying and making course corrections that will reposition you in the direction that you want to be heading. Because of the way your hemispheres are firing back and forth, you're also most likely to receive clear intuitive-gut messages during your menstrual phase. Check in. Listen to what those subtle messages are, especially if every month you're coming up against the same thoughts, worries, or fears at this time. Many women find that journaling during their menstrual phase, especially when they first learn to sync with their cycles, allows them to access deeper insight into what their instincts are telling them. It also helps them begin to notice thought patterns that may occur month after month, urging a particular action. Many women feel relieved when they learn that feelings such as restlessness and dissatisfaction during the menstrual phase are completely normal. Instead of allowing these thoughts to make you feel overwhelmed, take advantage of this phase to identify which areas of your life need your attention. Those messages will be most clear to you at this time. Then use the other weeks in your cycle to address these issues in a variety of different ways to help you come up with the best solutions and improvements for you.

- **Food focus.** During your menstrual phase your body is involved in an intense process—eliminating the lining of your uterus—so focus your diet on foods that add nutrients. These include foods with a low glycemic index and water-rich fruits and vegetables. Seafood and sea-based veggies will also help remineralize your body with iron and zinc, which you lose during menstruation. The foods for the menstrual phase are all deeply restorative to the blood and kidneys—perfect for while you are bleeding.

Choose whatever preparations feel most comforting to you. (Hint: for most of the year that will be soups and stews.)

- **Exercise focus.** Rest and recovery are important parts of any exercise program so that your body can repair. Schedule rest or yoga during the early part of the menstrual phase, especially the first day or two, when your flow may be heaviest. Take time to stretch and walk on these days. As you move into the end of bleeding and toward the follicular phase again, begin to amp up your activity according to how you feel.

### **Interpreting Your Period**

**Brown stains:** If your period begins with a day or a few of this, it's an indication of some blood stagnation due to lower progesterone levels. When progesterone is low, you may also be noticing that your cycle doesn't start on time and though you may ovulate on time, your luteal phase is much longer than it should be. Vitex supplementation is excellent for this symptom.

**Dark red or black clots:** Large or small, this is another indication of lower progesterone, elevated estrogen, and congestion in the uterus. Dong quai is an excellent herbal support to reduce clotting, as well as uterine massage or acupuncture to help break up any adhesions that may be impeding blood flow.

**Heavy bleeding:** You go through a tampon an hour and a pad. You feel like you are bleeding out. This can be a sign of fibroids or polyps and it's important to visit your gynecologist to be examined. Focus on fiber here to help improve estrogen metabolism so the uterus is less stimulated during your cycle. Ward off potential anemia by eating plenty of beets to replenish your blood and supplementing with vitamin B12.

**Short bleeding:** Have you been feeling good about your period only lasting a day or two? It can indicate both extremely low estrogen and progesterone, which could be coming from key nutrient deficiencies and adrenal burnout. Get on a multivitamin and supplement with Omega-3 oil to supply your body with the key building blocks for hormonal output.

**Very frequent bleeds:** Do you feel like you're getting your period twice a month or all month long without a break? This is usually due to a sluggish thyroid and it would be great for you to have your thyroid levels checked to know what you're working with. Supplements which contains iodine and L-Tyrosine, essential for the thyroid gland to have on hand to do its job properly. Another reason can be endometriosis, cysts or fibroids.

## **VI) Engaging femininity**

Reveal how connecting with your feminine energy and partnering with your body can help you create and achieve the life of your dreams. Once you get healthy, you'll start to realize just how the practice of planning your day and your life through the lens of what's best for your endocrine system allows you to be successful at getting more done with less stress and effort. This is what living in partnership with your body looks like. When you live in partnership with your body and operate with every tool that's naturally available to you, you experience your full potential. Your health becomes the platform upon which you can design a life with intention, passion, and purpose.

## Here's what masculine and feminine energy look like in action.

### Masculine Energy

- Tenaciously pursuing what you want
- Deciding when/where/how a project grows
- Focusing on the end result, less on process
- Focusing on one thing at a time
- Relying on only yourself and your individual achievements
- Setting boundaries around emotions and body in order to accomplish goals
- Relating through camaraderie, entertainment, and problem solving



### Feminine Energy

- Magnetically attracting what you want
- Holding the space for projects to develop at their natural pace
- Enjoying the process of creation independent of the end result
- Seeing the big picture; multitasking on many aspects of life
- Working with others; effortlessly creating community
- Connecting to emotional and physical life as a catalyst for change and development
- Relating to others by listening, sharing, and nurturing

Many of us get out of balance by focusing on or valuing one type of energy over the other. In most instances, I've found that women—especially those who've experienced hormonal breakdown—overly rely on our masculine energy and underutilize our feminine energy. Here's what I notice in women who've lost touch with their feminine energy.

### **Signs of Excess Masculine Energy in Women**

- Feeling significant disconnection from your emotions and sensations
- Locating a sense of self-worth outside of yourself—based on material success in the world and the opinions of others
- Finding it difficult to give and receive nurturing and intimacy, including pleasure during sex
- Having fewer verbal skills for building deep relationships with friends, family, and romantic partners
- Being unable to fully get projects up and running the way you envision them

- Feeling isolated and unsupported

## What Is Your Masculine/Feminine Balance?

Now it's your turn to identify your personal energetic balance. Think of how you typically proceed through your day. As you approach the scenarios presented, ask yourself, Am I using masculine or feminine energy in this situation? Then use the checklist below to reflect back on your behavior. For each item listed, check off which approach is more like you most of the time. When you've responded to all the statements, record your total number of checkmarks next to "masculine" and checkmarks next to "feminine." Are you out of balance?

### Morning Routine

Masculine. You mentally review your goals for the day and plan out how you're going to accomplish them all. You try to stick to your schedule like clockwork, yelling at the kids to keep them on time, tossing sandwiches into bags, and running out the door. By the time you're dropping the kids off at school and/or sitting down at your desk, you're not even sure how you got there. The morning is a blur.

Feminine. You wake up and take stock of how you're feeling today. You take time to do something to nurture yourself—taking a few deep breaths, doing a short meditation, or enjoying a warm shower. You make sure you connect emotionally to the people in your household— hugging the kids, kissing your partner, or chatting with your roommate. As you go about your morning routine, you check in with yourself about how you're feeling and get an intuitive sense of what you need to do to work at your best today.

### In the Thick of Your Day

Masculine. You focus on your to-do list and take the next steps right away to keep up your momentum. You push yourself and others to finish every task.

Feminine. You reflect on the big picture, intuit what task is needed next, and trust that everything will come together. You prioritize based on what tasks will have the most value and impact for you today.

### Social Engagements

Masculine. When you're with others, you don't share what's going on; you internalize your problems until you figure out a solution. You don't want or need others' opinions because you rely on your own judgment about what's best for you.

Feminine. You feel comfortable sharing freely about how you're feeling, and you're open to hearing supportive input from others.

### Meals

Masculine. You eat what's in front of you, forget to eat because you're too focused on other tasks, or rigidly adhere to a diet plan even if it makes you feel hungry and depleted.

Feminine. You plan your day ahead of time, making sure you have the food you need at hand when you'll need it. You anticipate what your body needs to prevent blood sugar crashes given your schedule for the day. You observe the signs your body gives you about your hunger levels and blood sugar and respond with appropriate food choices.

### **Exercise**

Masculine. You select your workout based on your fitness goals for the month. You push through no matter what.

Feminine. You choose your workout based on how you're feeling right now. You do it to the best of your ability and do only what your body is capable of at the moment.

### **Time with Your Romantic Partner**

Masculine. You want to talk about what you accomplished today and then crash in front of the TV.

Feminine. You want to talk about how you're feeling and how the people in your household are doing. You make time to connect, whether cooking and sitting down to dinner together, going for a shared walk, or spending time nestled close to your partner in bed before going to sleep.

### **Winding Down for the Day**

Masculine. You organize the house, do the last bit of laundry, make your next day's to-do list, and take care of anything else you can to make sure you have a focused start tomorrow.

Feminine. You look for opportunities to connect with your children, your partner, and yourself. You choose soothing activities toward the end of the day, such as reading or taking a bath.

For many women, an overreliance on masculine energy is what leads to hormonal breakdown in the first place. Masculine energy and its drive to get things done despite your body can lead you to skip meals, binge on sweets, push yourself too hard at the gym, stay too long at work, and sacrifice sleep. This, as we have seen in earlier chapters, can destabilize your blood sugar, fry your adrenals, and expose you to things that clog your pathways of elimination. Masculine energy can cause you to ignore your menstrual cycle as much as possible or silence it with hormonal contraceptives in an attempt to push your body to be the same every single day. When you're relying on masculine energy, you experience a disconnection from and a disassociation with your female body.

This is why turning up the volume on your feminine energy is so crucial to your healing. It allows you to switch from retroactively fixing the effects of poor food, exercise, and lifestyle choices after you experience hormonal breakdown, to proactively making endocrine-supportive decisions to prevent hormonal breakdown. To embrace feminine energy is to live in partnership with your body. Feminine energy puts you in a mind-set of acknowledging that your body works in a cyclical fashion and encourages you to trust that it has the answers you need to continue feeling well.

## Questioner

### — PART A —

- A feeling you're constantly racing from one task to the next?
- Feeling wired yet tired?
- A struggle calming down before bedtime, or a second wind that keeps you up late?
- Difficulty falling asleep or disrupted sleep?
- A feeling of anxiety or nervousness—can't stop worrying about things beyond your control?
- A quickness to feel anger or rage—frequent screaming or yelling?
- Memory lapses or feeling distracted, especially under duress?
- Sugar cravings (you need “a little something” after each meal, usually of the chocolate variety)?
- Increased abdominal circumference, greater than 35 inches (the dreaded abdominal fat, or muffin top—not bloating)?
- Skin conditions such as eczema or thin skin (sometimes physiologically and psychologically)?
- Bone loss (perhaps your doctor uses scarier terms, such as osteopenia or osteoporosis)?
- High blood pressure or rapid heartbeat unrelated to those cute red shoes in the store window?
- High blood sugar (maybe your clinician has mentioned the words prediabetes or even diabetes or insulin resistance)? Shakiness between meals, also known as blood sugar instability?
- Indigestion, ulcers, or GERD (gastroesophageal reflux disease)?
- More difficulty recovering from physical injury than in the past?
- Unexplained pink to purple stretch marks on your belly or back?
- Irregular menstrual cycles?
- Decreased fertility?

### — PART B —

- Fatigue or burnout (you use caffeine to bolster your energy, or fall asleep while reading or watching a movie)?
- Loss of stamina, particularly in the afternoon, from two to five?
- An atypical addiction to a negative point of view?
- Crying jags for no particular reason?
- Decreased problem-solving ability?
- Feeling stressed most of the time (everything seems harder than before, and you have trouble coping)? Decreased stress tolerance?
- Insomnia or difficulty staying asleep, especially between one and four in the morning?
- Low blood pressure (not always a good thing, since your blood pressure determines the correct amount of oxygen to send through your body, especially into your brain)?
- Postural hypotension (you stand up from lying down and feel dizzy)?
- Difficulty fighting infection (you catch every virus you meet, particularly respiratory)? Difficulty recovering from illness or surgery or healing wounds?
- Asthma? Bronchitis? Chronic cough? Allergies?
- Low or unstable blood sugar?
- Salt cravings?
- Excess sweating?
- Nausea, vomiting, or diarrhea? Or loose stool alternating with constipation?
- Muscle weakness, especially around the knee? Muscle or joint pain?
- Hemorrhoids or varicose veins?
- Your blood seems to pool easily, or your skin bruises easily?
- A thyroid problem that's been treated, you feel better, and suddenly you feel palpitations or have rapid or irregular heartbeats (a sign of a low cortisol/low thyroid combo)?

— PART C —

- Agitation or PMS?
  - Cyclical headaches (particularly menstrual or hormonal migraines)?
  - Painful and/or swollen breasts?
  - Irregular menstrual cycles, or cycles becoming more frequent as you age?
  - Heavy or painful periods (heavy: going through a superpad or tampon every two hours or less; painful: you can't function without ibuprofen)?
  - Bloating, particularly in the ankles and belly, and/or fluid retention (in other words, you gain 3 to 5 pounds or more before your period)?
  - Ovarian cysts, breast cysts, or endometrial cysts (polyps)?
  - Easily disrupted sleep?
  - Itchy or restless legs, especially at night?
  - Increased clumsiness or poor coordination?
  - Infertility or subfertility (you've been trying hard to conceive but haven't hit the official twelve-month mark of no conception—six months if you're thirty-five or older)?
  - Miscarriage in the first trimester?
- Keep going! We're halfway there!

— **PART D** —

- Bloating, puffiness, or water retention?
- Abnormal Pap smears?
- Heavy bleeding or postmenopausal bleeding?
- Rapid weight gain, particularly in the hips and butt?
- Increased bra-cup size or breast tenderness?
- Fibroids?
- Endometriosis, or painful periods? (Endometriosis is when pieces of the uterine lining grow outside of the uterine cavity, such as on the ovaries or bowel, and cause painful periods.)
- Mood swings, PMS, depression, or just irritability?
- Weepiness, sometimes over the most ridiculous things?
- Mini breakdowns? Anxiety?

- Migraines or other headaches?
- Insomnia?
- Brain fog?
- A red flush on your face (or a diagnosis of rosacea)?
- Gallbladder problems (or removal)?

— PART E —

- Poor memory (you walk into a room to do something, then wonder what it was, or draw a blank midsentence)?
- Emotional fragility, especially compared with how you felt ten years ago?
- Depression, perhaps with anxiety or lethargy (or, more commonly, dysthymia: low-grade depression that lasts more than two weeks)?
- Wrinkles (your favorite skin cream no longer works miracles)?
- Night sweats or hot flashes?
- Trouble sleeping, waking up in the middle of the night?
- A leaky or overactive bladder?
- Bladder infections?
- Droopy breasts, or breasts lessening in volume?
- Sun damage more obvious, even glaring, on your chest, face, and shoulders?
- Achy joints (you feel positively geriatric at times)?
- Recent injuries, particularly to wrists, shoulders, lower back, or knees?
- Loss of interest in exercise?
- Bone loss?
- Vaginal dryness, irritation, or loss of feeling (as if there were layers of blankets between you and the now-elusive toe-curling orgasm)?
- Lack of juiciness elsewhere (dry eyes, dry skin, dry clitoris)?
- Low libido (it's been dwindling for a while, and now you realize it's half or less than what it used to be)?
- Painful sex?

— PART F —

- Excess hair on your face, chest, or arms?
- Acne?
- Greasy skin and/or hair?
- Thinning head hair (which makes you question the justice of it all if you're also experiencing excess hair growth elsewhere)?
- Discoloration of your armpits (darker and thicker than your normal skin)?
- Skin tags, especially on your neck and upper torso? (Skin tags are small, flesh-colored growths on the skin surface, usually a few millimeters in size, and smooth. They are usually noncancerous and develop from friction, such as around bra straps. They do not change or grow over time.)
- Hyperglycemia or hypoglycemia and/or unstable blood sugar?
- Reactivity and/or irritability, or excessively aggressive or authoritarian episodes (also known as 'roid rage)?
- Depression? Anxiety?
- Menstrual cycles occurring more than every thirty-five days?
- Ovarian cysts?
- Midcycle pain?
- Infertility? Or subfertility?
- Polycystic ovary syndrome?

— PART G —

- Hair loss, including of the outer third of your eyebrows and/or eyelashes?
- Dry skin?
- Dry, strawlike hair that tangles easily?
- Thin, brittle fingernails?
- Fluid retention or swollen ankles?
- An additional few pounds, or 20, that you just can't lose?
- High cholesterol?

- Bowel movements less often than once a day, or you feel you don't completely evacuate?
- Recurrent headaches?
- Decreased sweating?
- Muscle or joint aches or poor muscle tone (you became an old lady overnight)?
- Tingling in your hands or feet?
- Cold hands and feet? Cold intolerance? Heat intolerance?
- A sensitivity to cold (you shiver more easily than others and are always wearing layers)?
- Slow speech, perhaps with a hoarse or halting voice?
- A slow heart rate, or bradycardia (fewer than 60 beats per minute, and not because you're an elite athlete)?
- Lethargy (you feel like you're moving through molasses)?
- Fatigue, particularly in the morning?
- Slow brain, slow thoughts? Difficulty concentrating?
- Sluggish reflexes, diminished reaction time, even a bit of apathy?
- Low sex drive, and you're not sure why?
- Depression or moodiness (the world is not as rosy as it used to be)?
- A prescription for the latest antidepressant but you're still not feeling like yourself?
- Heavy periods or other menstrual problems?
- Infertility or miscarriage? Preterm birth?
- An enlarged thyroid/goiter? Difficulty swallowing? Enlarged tongue?
- A family history of thyroid problems?

Part A: High Cortisol

Part B: Low Cortisol

Part C: Low Progesterone

Part D: Excess Estrogen

Part E: Low Estrogen

Part F: Excess Androgens

Part G: Low Thyroid

**Sources:**

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