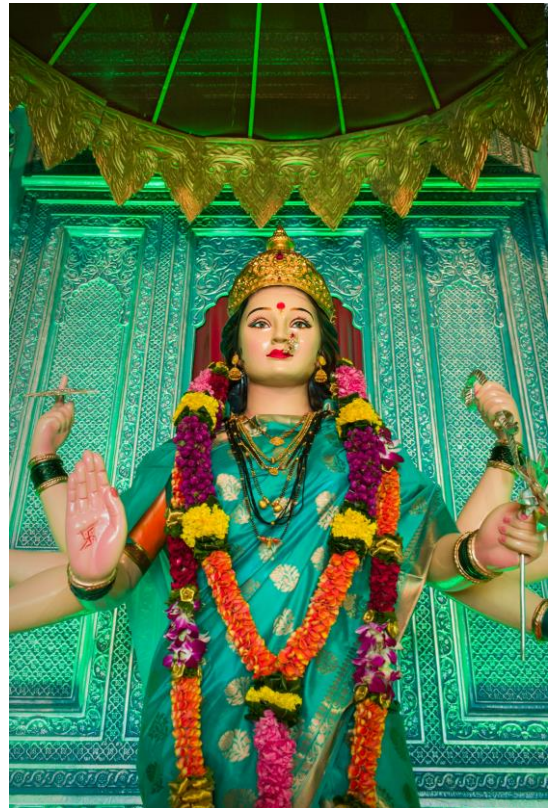


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## Menstruation cycle

Our monthly period and the menstrual cycle is an authentic representation how the body and hormonal system of the women works. As long as men are able to perform linearly throuroug the month, if ladies opt to do the same sooner or later their hormon system will be adversely affected. It is against our 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. With the static view, when you expect your body to perform the same way thorough the month, you continuously feel betrayed when it falls short. Why is it so crucial to 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 afternoon nap at home instead of pushing yourself through a sweaty zumba class. (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.) 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.

**„To give a static performance each day of the month is against our very nature, we operate in a cyclical manner”**

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.

Another important thing to keep in mind. If you have looked upon your menstruation so far as something disturbing, inconvenient, debilitating, no wonder why it was problematic and painful. First you have to change your relation with your period. Think of it as something mysterious, during that few days your brain chemicals are changing and you can experience life from a more meaningful point of view. During these days try to give up as much coming and going as possible, just stay at home recharging your batteries and listening to the inner voice of your soul for guidance for the next month.

**„First you have to change the way you look upon and think about your menstruation”**

When you experiencing problem with your menstruation, it is very likely that you have unsolved issues in your life (you are not living your days aligned with your feminine energy). It can be too much working, stress, relationship, feud, may you overuse your masculin energy etc. Our body is a system which operates more punctually than a Swiss clock. Our body uses pain to get attention. You may think with your brain that all is ok in your life, but subtle signs and discomfort shows your are not on the right track. It is important that you notice this subtle signs of pain in order to avoid developing diseases. To sum up if you have problem with your cycle do not neglect it, make research and all attempt to correct it, and bring back balance into your body and life.

**„Our body is a system which operates more punctually than a Swiss clock. Our body uses pain to get attention”**

If you have irregularities sometimes (shorter or longer periods or skipping a period) (unless you are pregnant), if it is within 3 month, it should not be a big concern. As our cycle is very sensitive whatever happens in our life (home office, no light, too much travelling, change in diet or exercise etc.) However if irregularities persist, you should see a doctor and also make effort to cure yourself.

During periods you should not have sexual intercourse through the vagina. The cervix is open during this time and there is ten times greater risk that you get infection. If you not refraining during period from sex, you can end up with longer period, brown spotting between periods, heavy cramps and later uterus diseases.

**„During periods you should not have sexual intercourse through the vagina”**

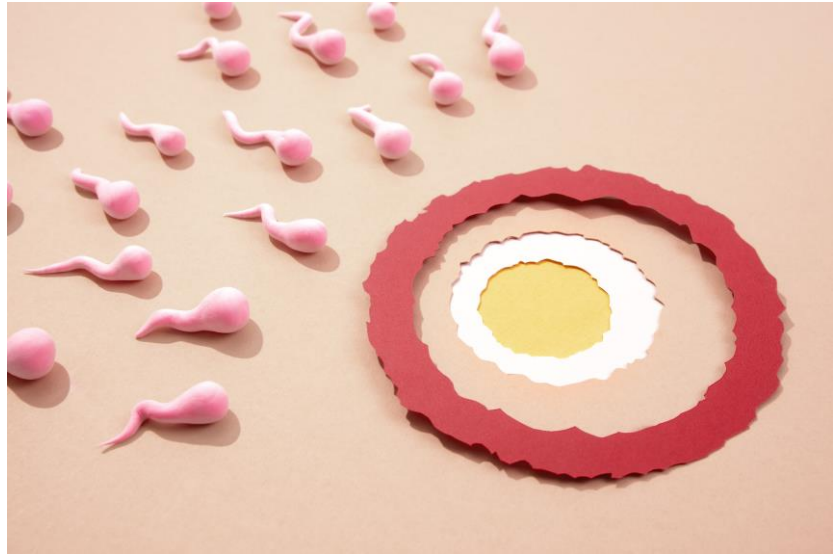
The menstruation for some ladies last for 3 days, for some 7 days. All is good between 3 and 7 days. In the western world females usually have a higher intake of animal and grain products which can lengthen menstruation. Vegetarians can experience shorter periods.

The menstrual cycle is usually between 21 and 35 days. When you are younger cycle can be longer and after 35 years cycle starts shortening which can be a sign of overpushing yourself or approaching of the menopausal phase. If it is happening too soon, you may consider resting, changing your lifestyle and curing your adrenal and thyroid. You can also take natural progesterone Yam root.

After 15 years of yoga teaching I can surely say regular asana practice (2-3 times at least a week) can make miracle with your cycle only after a few weeks month.

## 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.

During these phases you experience changes in the following areas:

- Your appetite
- Your internal temperature
- Your endurance
- Brain skills
- Loosing weight and building muscle
- Water retention
- Vaginal discharge
- Relationships

## Foods that supports healthy cycle

Vegetarian or almost vegetarian diet low on animal product, refined and can food and low on carbohydrates supports healthy cycle.

- Magnesium
- Iron, folate, vitamin B, C, D, E, Q10
- Ginger
- Hibiscus, Shepherd purse
- Yarrow tail tea till ovulation, Mantle grass tea after ovulation
- Essential fatty acids (2 table spoon grindled linseeds in yoghurt, walnuts, nigella sativa oil etc.)

- Royal Jelly

## Phases of your cycle

### PHASE 1: Menstrual Phase

Duration: 3–7 Days

Self-analysis, relaxation and meditation 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 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.

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 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.

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.

## PHASE 2: Follicular Phase

Duration: 7–10 Days

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, plan invitations during this week, when you'll have the most energy to be out and active. Fresh, vibrant, light foods make you feel more energized during this phase.

This phase your body is not retaining water, it is easier to built muscle and to lose weight. And you can do with less amount of food as well. You can perform more strenuous exercise program. 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.

## PHASE 3: Ovulatory Phase

Duration: 3–4 Days

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.

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.

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 4: Luteal Phase

Duration: 10–14 Days

Progesterone naturally goes down at the end of the month. As progesterone is the calming hormone, when it goes down, it can lead to a lot of symptoms like PMS, breast tenderness, migraines, anxiety. Physical energy declines, and premenstrual symptoms may develop toward the end of your cycle—symptoms such as bloating, irritability, headache, mood swings, and cravings.

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 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 or reconcile your online banking. 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 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.

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. For fluid retention grated ginger in turmix or dandelion nettle tea combo is also efficient. 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.

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.

### Causes that can cause complication in your cycle

- Sedentary lifestyle weakens your pelvic floor in a few months which increases the risk for female diseases. It is good to have a sedentary job, just compensate every day with an hour walking, running, yoga or other activity.
- Stress, absence of daily routine, not enough sleep
- Lack of sufficient light exposure
- Too much travelling
- Faulty dietary habits
- Organ prolapses
- Contamination in the pelvic floor area
- Hormonal changes (FSH, LH, Estrogen, Progesterone, Testosterone, Thyroid, Prolactin, Cortisol etc.)
- Female diseases (Cyst, Fibroids, Polyps, endometriosis)
- Vitamin and mineral deficiencies: Mg, Folate, B12, Iron, B, C, D, E vitamin

### Pain causing factors

- Dislocated uterus
- Low progesterone
- Female organ diseases
- Bad sitting and posture habits during day which compress abdomen and overtilt pelvic area

- Shifted sacram
- Inflammatory chemicals in food

Aligning your monthly routine with your cycle, eating food low in animal product and high GI carbohydrates, but abundant in veggies and nutrition, taking essential fatty acids, natural progesterone, magnesium, B, C, D, E vitamin, regular yoga class and strict exercise routine, feet reflexology, Aviva method all can help with painful menstruation. Shatavari supplement and homeopathy (Pulsatilla and Magnesium phosphoricum) also have helped many ladies.

### Birth Control pills

Although it gives women a reproductive choice which is very good. There is also data available that reducing risk of ovarian cancer by inhibiting ovulation. Those ladies who are nuns for example or have not had child and they have a period every single month during their reproductive life, they are in greater risk for cancer. If you take the pills for 5 years, it reduces risk with 50 %.

Although many doctors recommend it for acne, for painful periods, endometriosis etc., but unfortunately has so many deteriorating effects on women's health that should be the last possible option. The risks of taking it far outweigh the benefits:

- Usually contains progestin which is dangerous and provocative to women's health
- Depletes certain micronutrients (Mg, B vitamins etc.), affects microbiome, risk for inflammatory bowel diseases and autoimmune diseases, increases inflammatory tone
- Hypothalamus – Pituitary – Adrenal axis becoming more rigid
- Affects thyroid functions
- Decline in sex drive and risk taking
- After 5 years of taking pills the AMH hormone is close to 0, which means it is almost impossible to become pregnant (you should take 600 – 1000 mg Q10 at least 6 – 12 months to cure the situation)

Pills are not solving the original cause of the problem, just hiding it for a while. You should start to look for a solution for yourself and not mask the problem with pills.

If you have to take pills in order to avoid surgery then it is inevitable to add K2D3 to your diet.

There are so many alternatives you should look for a more natural solution.

## PMS

No modern disorder points to the need to rethink our ideas about menstruation and reclaim the wisdom of our cycles more directly than the common malady known as premenstrual syndrome, or PMS. Rethinking and sync with our cyclical nature is needed to get to the root causes of PMS. Dietary change, exercise, yoga, vitamins, and natural



progesterone therapy are all useful in treating PMS. But in persistent cases of PMS, a deeper imbalance exists that lifestyle changes alone won't help. As studies have confirmed, unresolved emotional problems may disrupt the menstrual rhythm and the normal hormonal milieu. The reason for this is the intimate connection between our thoughts, emotions, and hypothalamus—the part of the brain that governs the master gland, the pituitary.

Usually those women who synchronize their life with their cycle has less if any PMS symptoms. Whether you get pregnant or not your body prepares for pregnancy 1 week before the onset of menstruation (you need to rest and eat a bit more, and your body retaining water). If you pushing yourself the same way as in the follicular phase you, it is very likely you will end up with sever PMS symptoms. Try to give more importance to rest and nutritious food a week before your menstruation starts and lets see if your symptoms improve.

There are more than one hundred known symptoms of PMS. Every one of these symptoms is related to cellular inflammation, resulting from a complex interaction of emotional, physical, and genetic factors.

If nothing is done to interrupt PMS, it often gets worse over time. In the early stages of PMS, women describe symptoms that arise a few days before their menstrual period and then stop abruptly when the bleeding starts. Then the symptoms gradually begin to appear one to two weeks before the onset of menses. Some women experience a cluster of symptoms at ovulation, followed by a symptom-free week, then a recurrence of the symptoms a week before menses. Over time, a woman may have only two or three days of the month that are symptom-free. Eventually, no discernible pattern of “good” days and “bad” days is left: She feels as if she has PMS virtually all the time.

Some women equate menstrual cramps and PMS, but PMS is different from menstrual cramps (dysmenorrhea). This difference is not always clearly stated in writings on PMS. Many women with PMS have completely pain-free periods. Many women with severe cramping have *no* premenstrual distress. Menstrual cramps are caused by uterine contractions and cramping that results from excess prostaglandin F2 alpha, a hormone produced as the lining of the uterus breaks down during the menstrual cycle. Prostaglandins and other inflammatory chemicals are also involved in PMS symptoms. For that reason, dietary change, vitamin and mineral supplements, and antiprostaglandin medication (usually nonsteroidal antiinflammatory drugs such as Advil) are often useful both for cramps and for PMS.

Although thousand of doctors have tried to find a simple pill solution for PMS, simply doesn't work because the causes of PMS are multifactorial and must be approached holistically. The effects of the mind, emotions, diet, light, exercise, relationships, heredity, and childhood traumas must all be taken into account when treating PMS. All combine to create the end result of cellular inflammation, which manifests in many different ways. All of the following events result in hormonal changes in the body. PMS is apt to be initiated or exacerbated by these changes unless treatment is initiated.

#### Factors contributing to PMS

- Onset of menses or the year or two leading menopause
- Stress
- Sedentary lifestyle
- Coming off birth control pills
- After a time of no periods (amenorrhea)
- The birth of a child or the termination of a pregnancy
- Pregnancies complicated by toxemia
- Tubal ligation, especially when done in such a way that the major blood supply to the tube is interrupted
- Unusual trauma, such as a death in the family
- Decreased light associated with autumn and winter and also lack of exposure to natural, full-spectrum light
- A variety of nutritional factors contribute to PMS. Studies have shown that women with PMS tend to have the following nutritional and physiological characteristics.
  - High consumption of dairy products.
  - Excessive consumption of caffeine, in the form of soft drinks, coffee, or chocolate

- Excessive consumption of foods that raise blood sugar too quickly, resulting in elevated insulin levels and subsequent cellular inflammation.
- A relatively high blood level of estrogen, resulting either from overproduction from dietary and body fat or from the decreased breakdown of estrogen in the liver. High estrogen levels are associated with deficiencies of the vitamin B complex, especially B6 and B12, iodine and vitamin E. The liver requires these vitamins in order to break down and inactivate estrogen.
- A relatively low blood level of progesterone, the hormone that works to balance excess estrogen. This decreased level is felt to be secondary either to lack of production or to excessive breakdown of this hormone in the body. Studies in this area are inconsistent.
- A diet that leads to increased levels of the hormone prostaglandin F2 alpha and also contributes to high levels of estrogen in conjunction with low levels of progesterone.
- Vegetarians with a whole food, high-fiber diet are known to excrete two to three times more estrogen in their feces than nonvegetarians. They also have 50 percent lower blood plasma levels of unconjugated estrogens (a type of metabolized estrogen) than women who eat the standard diet, and as a result they have a decreased incidence of PMS.
- Excessive body weight, which increases the chances of excessive levels of estrogen and PMS. Body fat manufactures estrone (one of the estrogens) and is also associated with an increase in inflammatory chemicals.
- Low levels of vitamins C and E, iodine and selenium. As with the B vitamins, the liver also requires these substances to metabolize estrogen properly.
- A deficiency of magnesium, which is very common. Chocolate cravings have been linked to low magnesium levels. The liver needs magnesium, along with B vitamins, to metabolize estrogen optimally.
- Lack of exercise.

## Treatment

- Try Vitex formula (chastberry) Vitex or Yam root (Zein Pharma) has been shown to help balance of estrogen and progesterone during the menstrual cycle and alleviate PMS symptoms.
- Drink plenty of fluids to ease abdominal bloating. This includes herbal teas, like red raspberry leaf or chamomile, which may ease cramping.
- Eat a balanced diet that includes plenty of fruits, vegetables, and whole grains.
- Consider cutting back on sugar, salt, caffeine, and alcohol, especially if you're particularly sensitive to their effects.
- Try DIM and inozitol to flush out extra estrogen from your body.
- Ask a healthcare professional about trying supplements like folate, vitamin B-6, calcium, E vitamin and magnesium to help reduce cramps and mood symptoms.
- Try getting more vitamin D via natural light, food, and supplements.
- Aim to get 7 to 9 hours of sleep each night to help relieve fatigue and improve overall well-being.
- Try to get at least half an hour of physical activity each day, if you're able. Exercise can not only help relieve bloating and cramping, but it can also help ease anxiety and depression symptoms.

- Set aside time each day for self-care, which might include exercise, relaxation, time to yourself for hobbies, or time for social interaction.
- Ultimately, when women are willing to be present with the emotions behind their PMS and heed their messages, they are eventually able to change their internal hormonal status *without* outside hormones. The process of addressing our emotional and psychological stresses directly results in biochemical changes in our bodies.

### **An Annual Wake-Up Call: SAD**

If the monthly messages go unheeded, a woman's body may send a louder wake-up call on a yearly basis, in the form of seasonal affective disorder, or SAD. It begins with an intensification of the symptoms of PMS during the autumn and winter of the year, when the days are shortest and darkness dominates. Eventually it can evolve into full-blown depression and despair during the time of year when daylight is abbreviated. It is well known that providing two hours of full-spectrum artificial light in the evening, to trick the body into thinking the days are longer, can reverse the weight gain, depression, carbohydrate craving, social withdrawal, fatigue, and irritability of SAD. (Studies have also shown that light therapy helps depression in pregnancy. But without continued use of the artificial lights, the symptoms return the following autumn ... unless the wake-up call is heeded. The link between PMS and SAD is a profound example of how women's wisdom is simultaneously encoded into both our monthly cycles and the annual cycle of the seasons.

The natural tendency to turn inward during the premenstrual time of our monthly cycle is reflected in the natural tendency to turn inward during the autumn of the year. All of nature reflects this wisdom back to us. In fall and winter, the trees send their energy down into their roots, where profound activity and revitalization go on even though it is not obvious to us. The early luteal phase of the menstrual cycle, following ovulation, is when our energies go deep into our roots so that we can take stock and then prepare for the next cycle of outer growth in the world. Because our culture doesn't understand this cyclic wisdom, we have been taught to be afraid of both the times in our cycles and the seasons of year when wisdom demands that we go into darkness, withdraw, and take stock of our lives.

We have been taught to be suspicious of these natural energies—and too many women see them as a weakness that needs to be overridden and ignored. Heaven forbid we should follow our body's wisdom and take a break from getting it all done!

The second half of the menstrual cycle and autumn are times when the tide is out and everything that you don't want to see on the muddy bottom of the bay is uncovered for all to see. Women

need to learn to pay attention to the information available to them at these times of the month and of the year. Think of this information as compost that you'll be using to create new growth in your life once the light comes back. Remember Eckhart Tolle's teaching that a woman's "pain body" arises premenstrually (and also during the autumn and early winter of the year). It is our individual responsibility to recognize and do what we can to dissolve our pain bodies with our presence. To do that, we simply feel the discomfort in our bodies and witness it with the part of ourselves that exists beyond time and space.<sup>1</sup>

### How to treat depression

- Deep sleep
- Religious and meditation practice
- Exercise
- Sun light
- Intermittent fasting
- Low carb
- Mg, D vitamin, HTP 5, L Tyrosine, Methyl B komplex (Hihgland)

## Compilcation with your cycle

### Absent periods – amenorrhoea

- Over exercise or too much stress
- Fatigue or anxiety
- PCOS
- Thyroid problem or cysts
- Aftermath of birth controll pills

### Absent ovulation

When you have healthy ovulation you are more likely to have balanced hormones. If there is no ovulation (in case of PCOS or too prolonged stress), than your estrogen progesteron axis goes awry. Estrogen has a pivotal role in healthy bone density, sound



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<sup>1</sup> Christiane Northrup: The Wisdom of Menopause

cardiovascular system, intact insulin level, it helps building muscle and normal functioning of the brain. Progesterone reduces inflammation, strengthens the immune system, supports brain, breasts and thyroid function as well as natural diuretic. If you do not ovulate your body is not producing progesterone the calming hormone. In this case you can become moody, anxious, sleeping disorders, gaining weight and experience irregular menstruation. Healthy ovulation is a corner stone of healthy hormonal system. When you do not have period for a prolonged time or you are on birth control pills there is no ovulation at all.

### 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 or it can refer to thyroid problems. 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. Yam root or Vitex supplementation is excellent for this symptom. If it is between periods it can be a sign of thyroid problems or female organ diseases. If it persists go for an STD test, it can be a sign of sexual disease (Chlamydia, Gonorrhea, Urea Plasma etc.).

### 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

This can be a sign of cysts, fibroids or polyps and it's important to visit your gynecologist to be examined. Focus on fiber (DIM supplement) here to help improve estrogen metabolism so the uterus is less stimulated during your cycle. It is also good to radically decrease intake of animal products (meat and dairy) as well as refined carbs. Natural progesterone supplement can also help. Symbolically can mean feed, fight or unfinished issues.



### Short bleeding

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 and essential fatty acids 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-Tryosine, essential for the thyroid gland to have on hand to do its job properly. Another reason can be endometriosis, cysts or fibroids. Shortening of menstrual cycle is also normal a few years before menopause, or if you suffer from premature menopause. You should take bioidentical progesteron yam root.

### Irregular periods

Women are sometimes taught that their periods are irregular if they do not occur every twenty-eight days. I consider periods regular when they occur roughly every twenty-four to thirty-five days. Usually your period are longer in your youth and start shortening a few years before menopause. Radical shortening of cycle lenght can be a symptom of adrenal fatigue or early premenopause. Thousands of women who don't fit the every twenty- eight-day pattern are under the impression that their periods are irregular, when in fact they are completely normal. Period regularity is determined by a complex interaction between the brain (hypothalamus, pituitary gland, and temporal lobes), the ovaries, and the uterus. Period patterns can change with changes in seasons, lighting conditions, diet, or travel, or during times of family stress. Irregular and anovulatory menstrual cycles are associated with premature bone loss.

### Excessive Buildup Of The Uterine Lining (Endometrial Hyperplasia, Cystic And Adenomatous Hyperplasia)

In some women with irregular periods, a biopsy of the inside of the uterus (endometrial biopsy) reveals a condition in which the normal lining of the uterus has been replaced by an overgrowth of glandular tissue. This overgrowth results from overstimulation of the uterine lining by estrogen

without the balance of progesterone. It is known as cystic and adenomatous hyperplasia (meaning too many glands) of the endometrium. (It is not to be confused with endometriosis, which will be discussed later) Hyperplasia results when a woman's ovaries haven't produced eggs regularly. Instead of a uniform thickening and then sloughing off of the uterine lining (the endometrium), caused by the hormones associated with regular ovulation, the endometrium gets out of sync. Some parts of the lining "think" it's day seven, while others "think" it's day twenty-eight. This results in irregular and intermittent bleeding. Cystic and adenomatous hyperplasia or simple endometrial hyperplasia is not considered dangerous unless abnormal cells are present in the biopsy of the uterine lining. Finding some simple endometrial hyperplasia on the biopsy is fairly normal and is not a case for alarm if it happens only once or twice. Many women in their forties and fifties skip an ovulation every now and then as their ovaries undergo the changes leading up to menopause. When a woman's periods become irregular, she does not necessarily require a uterine biopsy, though this decision must be made on a case-by-case basis depending on her history and examination findings.

### **Treatment**

Many cases of simple endometrial hyperplasia go away on their own. However, a very small percentage of women with this condition have atypical cells on their biopsies. Endometrial hyperplasia needs to be monitored and followed to be sure it is going away rather than progressing. Women with chronic anovulation over many years do have a statistically higher incidence of uterine cancer, especially if they are also obese or have been diagnosed with polycystic ovary syndrome. Gynecologists are trained to treat everybody as though there were a potential cancer risk. Therefore initial conventional treatment of endometrial hyperplasia consists of giving a synthetic progestin such as Provera or Aygestin for one to three months and then repeating the endometrial biopsy to make sure that the condition has cleared. I often recommend natural progesterone for this purpose, especially in those women who have adverse side effects from synthetic progestin. Physicians vary widely on how much of the drug they give and for how long they give it. Prescribing a progestin drug is sometimes called a "medical D&C" (dilation and curettage of the uterine lining), because it causes the endometrial lining to slough off in a uniform manner all at once and helps the uterus get rid of the tissue buildup. Natural progesterone, on the other hand, has the ability to down-regulate estrogen receptors, meaning that it reduces the cells' sensitivity to estrogen; this often clears up benign endometrial hyperplasia. Some women with persistent endometrial

hyperplasia do not respond to treatment with progestin or progesterone and may require a surgical intervention. Also completely abstaining from animal product can be beneficial. For many women helped drinking a tea blend called Hölgyi tea (women tea) for 3-6 month available here: [kapcsolat@holgyitea.hu](mailto:kapcsolat@holgyitea.hu) ([www.holgyitea.hu](http://www.holgyitea.hu)).

### Dysfunctional Uterine Bleeding (Dub)

Skipping periods more than just occasionally, frequent bleeding between periods, or spotting between periods is known as dysfunctional uterine bleeding, or DUB.

Women who have had cesarean sections may occasionally have abnormal bleeding patterns because of disruptions of the uterine lining caused by the scar on the uterus. Many abnormal patterns are hypothalamic in origin, meaning that they are related to the complex interaction between the brain, ovaries, and uterus. Severe anxiety and depression change neurotransmitter levels in the brain and can affect hypothalamic function. Dysfunctional uterine bleeding is often associated with anovulatory cycles and too much estrogen relative to progesterone. It is also related to the hormonal imbalance that results from elevated cortisol and insulin levels, which change the way estrogen is metabolized. Though doctors are trained to look for endocrine abnormalities—such as thyroid problems or pituitary problems— that can cause menstrual abnormalities, these tests almost always come back normal. Because DUB is sometimes (though rarely) related to high prolactin levels caused by small pituitary tumors known as pituitary microadenomas, a blood test for this hormone is also indicated. However, prolactin hormone levels that are too high, a condition known as hyperprolactinemia, is not common. Moreover, the tiny pituitary tumors that cause it have often been found to go away on their own. A diagnosis of DUB is made on the basis of history, blood tests that check pituitary and thyroid hormone levels, and sometimes a biopsy from inside the uterus to see if the uterine lining shows signs of anovulation or abnormal cells.

Studies have shown that the risk of menstrual irregularities is two to three times greater in obese women than in women of average body size. Dietary change to decrease excess body fat and stabilize blood sugar and insulin levels can help create hormonal balance as well as lower estrogen levels.

As with PMS and menstrual cramps, unabated stress, a diet high in refined foods and low in nutrients that raises blood sugar and insulin, and a lack of exposure to natural light can *all* result in DUB. Many women with DUB and/or PCOS have been helped by lifestyle and dietary changes alone. Some make these changes in addition to hormonal treatment.<sup>2</sup>

### **Conventional Treatment**

The conventional treatment consists of giving hormones such as birth control pills to regulate the periods. Birth control pills do result in reliable periods every month, and taking them may be the first choice for women whose lives are too busy to change their diets, take supplements, or exercise. But pills don't heal anything—they simply mask the underlying issues in the body or put an imbalance to sleep for a while. Taking birth control pills to regulate a woman's period is like shooting out the indicator light on the dashboard of your car that tells you the engine needs attention. Women with DUB who are in their forties and older are statistically at greater risk for endometrial hyperplasia, and most physicians will do an endometrial biopsy before they initiate hormonal treatment. Progestin hormone (synthetic progestin such as Provera or Aygestin) is often the treatment of choice, both to clear up the hyperplasia if it is present and to stop the abnormal bleeding. I recommend natural progesterone for the same purpose (Zein Pharma Yam root 500 mg). If a woman is skipping periods and wants to get pregnant, the fertility drug Clomid, which tricks the brain and ovaries into ovulation, will often be prescribed.

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### **Heavy Periods (Menorrhagia)**

Women with menorrhagia have periods at regular intervals, but the periods are heavy. Over time, menorrhagia may lead to anemia (a low red blood cell count) if a woman doesn't get enough iron in her diet or if her body can't replace the blood she loses each month. Menorrhagia can be caused by fibroids, endometriosis, or adenomyosis. Rarely, it is associated with a thyroid problem. Some women bleed heavily for no obvious reason. Chronically heavy periods can be related to chronic stress over second chakra issues, including creativity, relationships, money, and control of others.

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<sup>2</sup> Christiane Northrup: The Wisdom of Menopause

<sup>3</sup> Christiane Northrup: The Wisdom of Menopause

Adenomyosis, a common cause of pain and heavy bleeding, is a condition in which the glands that normally grow in only the lining of the uterus— the endometrium—grow deeply into the walls of the uterus. The uterine wall becomes spongy and engorged with blood, producing a condition in which the uterine muscles can't contract normally to decrease the bleeding.<sup>4</sup>

### **Treatment**

Women whose menorrhagia does not respond to diet or who prefer other options can often be helped by a synthetic progestin to keep the bleeding under control. The usual regimen is 5 to 10 mg of Provera or Aygestin taken once or twice per day during the last two weeks of each menstrual cycle.

Birth control pills also can work well in many cases. Natural progesterone, either applied as a skin cream .

Following a hormonal balancing diet often decreases or eliminates the need for the progestin or progesterone over time. Some women have used this treatment for months or even years as an alternative to hysterectomy.

Prostaglandin inhibitors, such as ibuprofen (Advil or Motrin) or naproxen sodium (Aleve or Naprosyn), have also helped some women decrease menstrual bleeding. These are best taken one or two times per day for three to four days before the menstrual cycle is due and continuing through the days of the period that are usually the heaviest.

Endometrial ablation, in which the lining of the uterus is removed either by electrocautery or by laser, is a surgical treatment for heavy bleeding in women whose menorrhagia has failed to respond to other treatments. This is an excellent alternative to hysterectomy and effectively controls heavy bleeding in more than 85 percent of cases. It can be done on an outpatient or overnight basis in the hospital. Women who opt for this procedure must be carefully screened beforehand to make sure that their condition is likely to respond, because it doesn't work for all women. NovaSure is one type of endometrial ablation that has worked well for many. Hysterectomy is also an option.<sup>5</sup>

### **Sources:**

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<sup>4</sup> Christiane Northrup: The Wisdom of Menopause

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