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Detox / Diet / Herbs / Lifestyle / Nutrients

Step by step program for female health

The following program is effective not only for eliminating menstrual cramps but also for balancing hormones, alleviating PMS, and reestablishing normal periods in women with abnormal, heavy, or irregular periods. This program is also the mainstay of natural treatment for polycystic ovary syndrome and fibroids as well as endometriosis. It can also help with premature menopause or menopause symptoms, as well as enhancing your creativity and general well being:

- I) Bringing back lost connection to your body and listen to its signs, syncing with your menstrual cycle and circadian rhythm
- II) Addressing the underlying reasons for hormonal imbalance
- III) Detoxification of stressors, blockers, liver, kidney, virus, heavy metals, support your organs of elimination etc.
- IV) Importance of daily routine and proper lifestyle
- V) 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
- VII) Engaging your feminine energy

I) Finding lost connection with your body, Syncing with your menstrual cycle and circadian rhythm

We have already discussed these topics briefly in the previous chapter. It is a fact unfortunately that 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 it is important to make it clear: living in sync with your monthly cycle (*more info in Menstrual cycle section*) 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.

What is also important that you make friendship with your body and learn to notice its subtle signs. Do not wait until it will scream and develop illnesses.

„Hormonal breakdown results from ignoring the wisdom of our own body“

II) 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.



III) 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.

Ayurveda starts the curement of any disease with a thorough detoxification. (Pancha Karma) If you do not have 1 – 2 month to travel to Kerala and do the whole process still there are tricks you can use daily, weekly, month to keep your body and mind clean:

You can detoxify your body through your liver, kidney, intestines and stomach, skin and mentally.

**„What the kidney and liver can not eliminate,
It eliminate the intestines,
What the intestines can not eliminate,
It eliminates the skin,**

**What the skin can not eliminate,
It kills us. ,,
Chinese proverb**

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 (curcumin, ginger, nigella sativa)
- Tongue scrapper
- Brew ganoderma mushroom grint in half dl water, and drink it after 15 minutes first thing in the morning
- Take nigella sativa oil for 6- 12 month 1-2 tablespoon in the morning and evening (cleansing and also great essential fat)
- Reflexology, lymph massage, cold shower, sauna (not for men who wants to stay fertile)
- Use a dry brush on skin regularly to help shed old skin and stimulate lymph flow. Brush in the direction of the heart. (These brushes are available at natural food stores.
- Herbal teas during the day (Stinging nettle, dandelion, fenugreek etc.)
- Clean your joint (Cleaning the joints you should always start with kidney and liver detox)
- Curcumin: Boil water or plant milk, take 1 spoon of curcumin with a pinch of pepper and honey evening for 3- 6 month (great detoxification for liver, joint and stomach)
- Freshly squeezed juices (red beet and carrot for 2 month on empty stomach)
- Zellery stick juice
- 1 tablespoon of bio apple vinegar with half dl lukewarm water first thing in the morning and also possible in the evening for a year at least
- Antioxidants as fisetin, astaxantin
- Lemon water in the morning to clean liver
- Daily use of ginger
- Half dl. castor oil once a month

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? You would have an intoxication. *(A buildup of estrogen, for instance, provides fuel for tumors to grow.)* That's why it is so important to cure if you have constipation.

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 (That's why it is important to

consume enough fiber, or DIM supplements, inozitol, barley grass juice, psyllium husk etc.) and finally exit your body. 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.

Liver detoxification

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 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. 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. One of the main job of your liver to convert inactive hormones to active hormones. And also 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 hormone activation and 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 so many people suffer from diabetes today. Carefully selecting the foods is one of the best ways to keep your blood sugar levels as balanced as possible.

„Eat food which maintain normal blood sugar thorough the day, so liver can focus on activating hormones, eliminating surplus estrogen and its other task“

Detoxification of liver

- Start the day with lemon water
- Do not eat fried food, eat instead steamed
- Lots of green vegetables (called Liver detox)
- Milk thistle quality products
- Nettle, dandelion and walnut tree leaf tea
- Regenor, Silegon, Silymarin
- DIM, Artichoke supplements, inozitol

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.

High blood sugar is also dangerous as it can quickly lead to insulin resistency and overproduction of testosterone which is the main cause of hormonal imbalance and infertility.

„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”

Constipation and water retention

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 cramps, weight gain, mood changes, swollen breast, infertility, 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

„If you are constipated toxins and excess hormones can not leave your body and become reabsorbed”

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

For water retention take regularly high dose of good Mg in the evening, drink dandelion and stinging nettle tea a few times a week. You can also take bio apple vinegar with lukewarm water on empty stomach and make sure you regularly clean your kidney. Ginger tea from grate ginger is also a good diuretic.

Cause of water retention:

- Inflammation in the body
- Vitamin and nutrition deficiency (B1, Mg)
- Organ problems (heart, kidney, liver)
- Extra fat, estrogen dominance, toxicants

Lossing weight efficiently

If you're like many women with endocrine fallout, it may seem like your body have and extra 5 – 20 kg surplus. No matter how little you eat and how much you move, those excess kg refuse to budge. 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 your fat: up your dietary and supplemental forms of intake of *vitamin A, vitamin B, and vitamin C, vitamin D 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

Additionally

- Detoxify daily, weekly, monthly and yearly
- Check your hormones, usually thyroid and adrenal dysfunction can slow down or inhibit weight loss (More on Hormon chapter)
- It is important to cease inflammation thorough the body
 Causes for inflamation: food intolerances / allergie / diet rich in refined and high GI carbs and sugar / high cortisol, stress / wrong dietary habits / fat cells / toxicants / chronic virus and bacteria infection (epstein bar, cytomegalo, varicella zoster, anti streptolizin, HPV, boricella)
 You can battle inflammation with essential fatty acids, nigella sativa oil, curcumin, antioxidants (astaxantin, fisetin), food which decreases inflammation, artemisia annua
- Stress management and good sleeping routine is inevitable for weight loss
- Take vitamins and minerals daily
- Main eating law: Eat food which is high in nutrition and low in calorie
- Take L Carnitine and Glucomannan to loose weight
- Eliminate sugar, refined product, milk product and processed meat from your diet
- You can not loose weight successfully without disciplined exercise routine
- Take electrolytes as magnezium, potassium, sodium
- 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.

How to cease inflammation thorough the body

Use antioxidants as fisetin, astaxantin. Take the IGG test and avoid food which you are intolerant. Avoid sunflower and other saturated fats. Eats lots of green vegetables and crucifrous. Use the right spices as curcumin, pepper, ginger, corriander. RainSoul, CBD fullspektrum, Nigella Sativa oil, Herbal mushrooms, Vitamin D, Aloe Vera drink on emty stomach, Essential fatty acids etc.

Viruses, bacteria

We all meet with viruses and bacteria's 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 immediately but some infection can go unnoticed for yours just giving symptoms like chronic fatigue, oily hair, lethargy, acne.

If you have any long persist symptoms it is good to test 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 Claws 3 month / Artemisia Annua/ Curcumin / Resveratrol / Ganoderma or Shitake mushroom 3-6 month / Celery stalk juice / Antioxidants and flavonoids / Lots of vitamins and nutrient dense food

Heavy metal saturation

Heavy metals can accumulate in our tissues, they can cross the brain-blood barrier, they can affect heart, digestive system, your neurons, make you anemic, attack ATP and make you tired, block certain proteins (for example which grows hair), create a lot of free radicals.

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)

- Giga dosage of vitamins and minerals in order to fill cells receptors so heavy metals can not take vitamins place in cells
- 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)
- Glutathione and superoxide dismutase (SOD) prevents free radical damage
- Cilantro, broccoli sprouts (3 times a week), garlic, curcumin, cruciferous vegetables, more organic vegetables, water filter

IV) 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. And furthermore it is leading to burn out and early aging.

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 and leads to early aging.

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. **Key is moderation.** 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 of mind and good mood.

„Clean your life from too much coming and going”

„The key is moderation”

Reestablish Cyclic Ovulatory Flow

Get in tune with your body's daily cycles, regulated by a kind of internal body clock located in the part of the brain known as the hypothalamus. This is true whether or not you are having menstrual periods. These daily cycles follow the day-and-night rhythms of nature, relying on light and darkness to time the release of various hormones and neurotransmitters that make us sleepy or wakeful (among other things). But because our modern lives with electric lights and fastpaced schedules are out of sync with natural rhythms, we find it harder if not downright impossible to stay in tune with our bodies' natural cycles. It becomes difficult to hear the ticking of our body's internal clock.

With small changes, however, we can help reset our genetic clocks and get our bodies back in sync so we have more energy, we get more sleep, and our lives flow more smoothly.

- Go for regular walks outside during the day, preferably in nature.
- Get up at the same time each day, no matter what time you go to bed the night before, preferably before 11.00 PM.
- Create an “electronic sundown” every night around ten o'clock by turning off your computer, television, cell phone, and any other piece of electronic equipment.
- Make your bedroom completely dark, covering or turning off any of the blinking or glowing lights from your alarm clock, cell phone, computer, DVD timer, and other devices. (Or, if you can't do that, wear an eye mask.) Even these tiny bits of light can affect your melatonin levels, which are important for restful and restorative sleep.

- Allow mealtime to follow your body's natural rhythms. Your metabolism peaks around noon, so have a bigger breakfast and lunch and a smaller dinner. Start the day with a breakfast containing plenty of protein and healthy fats instead of a sugary, carb-heavy meal.

Sleep disorders, insomnia, circadian rhythm and importance of good sleeping habits

„You are not healthy if your sleep is not healthy“

Circadian rhythm is internal clock. Sunlight affects your body production of hormones especially melatonin. A healthy circadian rhythm reflects nature. People with good circadian rhythm has a better overall health.

Sleep does the body good. It is a time to rest and repair. It is reverse aging as your body release human growth hormone, your brain takes out the trash, lymphatic system removes toxins and dead cells away from brain. It is very important for mental sharpness, memory and for your mood.

It helps with hormone balance. By getting a goodnight sleep you lower your cortisol level, which helps with weightloss. Improves body composition, reducing belly fat and lowers inflammation.

What happens when you do not sleep well

- It can effect your mood with irritability, anxiety and depression
- You can experience loss of memory, long term sleep deprivation higher risk of developing Alzheimer disease
- You become more prone to infection
- Chronic sleep deprivation can put you in higher risk of developing cancer
- It can lead to hormonal weight gain as it raises your cortisol and insulin level which will make you hungrier and produce fat storages. It also reduce leptin production. Leptin is a hormone which tells you when you are full and you should stop eating.
- Reduce blue light and electronic devices light, no exposure to electronic

What can be done

- Take mg, calcium at bedtime, they help with muscle recovery (helps prevent migren, calming mineral, lowers blood pressure, helps reduce menstrual cramps)
- Dinner should be balanced include protein, healthy fats and fiber. Skip cocktail and deserts at evening, as this cause blood sugar to crash middle of the night causing it to wake up. Some people even experience hot flashes when blood sugar is unstable.

- Aware of your allergies and intolerances
- Hot shower or hot tub with Epsom salts, helps relax muscle and detox the body
- Meditate : One of the reason why people can not sleep because their stress and cortisol level is high in the evening.
- Exercise releases hormones and when you go to sleep you have a deeper sleep as your body focuses on regeneration and tissue building. Avoid strenuous exercise before bedtime.
- Work on your gut health. Serotonin and melatonin is made in your gut. It contains 4 times more amount, than in the pineal gland. Gut is your second brain. There is a close connection between your gut microbiome, mood and sleep. It is important to improve your microbiome.
- Improve on your hormones. Lower cortisol level and take melatonin if you need to.

Stress Reduction

Meditate. Women who practice meditation or other methods of deep relaxation are able to alleviate many of their symptoms. Relaxation of all kinds decreases cortisol and epinephrine levels in the blood and helps to balance your biochemistry, including the reduction of inflammatory chemicals. There are numerous types of meditation that work. Each woman should choose the type of meditation that she feels most drawn to and incorporate this discipline into her daily routine.

One study showed significant relief of PMS within three months of regular practice.

Training routine

Do something every day to work up a sweat. Get at least twenty to thirty minutes of aerobic-type exercise five times a week. This is beneficial for several reasons, including the fact that sweating is a natural way to detoxify. Also, exercise increases levels of endorphins (naturally occurring morphine-like substances that help the body deal with depression and physical pain) and lowers levels of stress hormones, which decreases cellular inflammation. It is estimated that half of all depression cases can be helped through exercise alone. Yoga is also helpful for a number of reasons, including the fact that it often relieves cramps.

Strengthen Your Pelvic Floor

Getting in touch with your pelvic floor can be an enjoyable experience. Remember that your pelvic floor is the seat of your life force and sexual energy. Since energy follows awareness, just placing your awareness in your pelvis can begin to change your experience of this area.

Eastern cultures says that our life force depends on the strenght of the pelvic floor (Muladhara chakra). This part of the body is usually vulnerable as all the emotional stress can accumulate here and weaken it and also hormonal changes can affect it negatively, as well as bad posture habits. So we must pay special and continuous attention to keep this area strong and healthy.

Becoming aware of your pelvic floor and exercising it regularly not only strengthens the pelvic floor, but also increases blood flow to the vagina, bladder, and urethra, making the tissue more resilient. This will greatly improve both your sex life and your bladder control. I believe that most of the urinary, bladder and vaginal problems can be prevented or becomes easier to manage with a pelvic floor which is regularly strenghtened by women yoga, kegel or aviva. This is especially true around menopause and before or after childbearing.

I believe that you have more energy, confidence and less pain with a strong pelvic floor.

Do some inner work

Ask yourself the following questions and answer them honestly:

What are my emotional needs?

What would I like to see happen in my job or my life that would nourish me fully?

Am I getting enough rest?

Do I believe that I have the power to change the conditions of my life?

Consider journaling the answers. As you do so, also write down everything that you'd like to create in your life. See how much enthusiasm and energy you can muster simply by imagining what it would be like to let your creative talents or secret selves manifest fully. Note where you have any blocks to this process. They will usually be identifiable as "yes, but . . ." statements, such as "Yes, I'd love to sew beautiful clothing regularly, but there's no way I can get the time." You will soon be able to identify the limiting beliefs that are blocking your creativity. Realize that this inner work is a vital part of any plan to promote pelvic health, because while any one of the components of this plan (including dietary changes and supplements) will help, none is likely to completely cure pelvic problems if you do not also address the energetic cause and release the energy blockages in the pelvis. In fact, I've seen fibroid patients go on very strict macrobiotic diets, only to find that their fibroids have actually grown. These women usually had unresolved childhood issues, such as incest, or were married to abusive partners.

Use affirmations

Regularly affirm your power to change your life for the better by saying this affirmation out loud in the mirror twice per day for a month: “The healing power that created the universe is now working in and through me, creating quickly and easily the perfect outcome—the perfect result.”

V) Focusing on hormon diet, medicinal foods, spices and herbs

Diet

Main guidelines in diet:

- High in nutrient low in calorie (If you eat nutrition dense food you will not engage in overeating as your brain will stop you from over eating)
- Live food which includes prana, not canned food
- Organic food
- Natural ingredients not refined, transfat, half prepared food

Red flag food to omit completely from your diet:

- Sugar, refined carbs and high GI carbs, sunflower oil and saturated fat
- Processed meat
- Processed food, white flour, bakery products, pastas
- Dairy or at least decrease the amount

Eat a low-glycemic-index diet to stabilize hormone levels. *A nutrientpoor diet that contains too many refined foods that raise blood sugar levels too quickly (known as high-glycemic-index foods) favors the production of inflammatory chemicals through out the body that result in pain and tissue damage. When high-glycemic-index foods are consumed in an individual who also has high circulating levels of stress hormones, the amount of inflammatory chemicals produced is even higher. Menstrual cramps are just one manifestation of this vicious cycle. Others include fluid retention, headaches, insomnia, and muscle aches and pains. In fact, all of the symptoms of PMS are caused, in part, by cellular inflammation from the overproduction of inflammatory chemicals.*

„When high-glycemic-index foods are consumed in an individual who also has high circulating levels of stress hormones, the amount of inflammatory chemicals produced is even higher”

Therefore, a nutrient-rich, whole-food diet that balances insulin and glucagon and also decreases the production of inflammatory chemicals is the backbone for treatment of cramps and many other health problems. The basic approach is the following:

- Eliminate or greatly reduce refined carbohydrates (including products with refined sugar and/or refined flour, such as cookies, cake, chips, crackers, and so on).
- Decrease grain products to no more than one or two servings per day. Most dry cereals contain far too much refined carbohydrates to justify their fiber content, so stick with oatmeal and shredded wheat.
- 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.
- Other intolerances: Take food intolerance test IGG not IGE (<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, eczema etc. is the consequence of your food sensitivity.
- The diet should consist mostly of fresh vegetables, nuts and fruits along with lean protein such as chicken, fish, eggs, and legumes. Specifically, cruciferous vegetables such as kale, collard greens, mustard greens, broccoli, cabbage, and turnips have been shown to modulate estrogen levels (helpful for conditions such as endometriosis and fibroids). Try for one or two servings of these daily (or take a supplement containing indole-3-carbinol, the active ingredient in these vegetables;
- If you are overweight, loss of excess body fat increases insulin sensitivity and normalizes insulin secretion, which results in normalization of blood sugar and a reduction in excess androgens. Women with type 2 diabetes often greatly improve their health by this approach.
- Stop dairy foods, especially ice cream, cottage cheese, and yogurt— even low-fat versions of these products. Many women get relief of symptoms such as menstrual cramps, heavy bleeding, breast pain, and endometriosis pain when they stop consuming dairy foods. Dairy products cause inflammations, lead to hormonal imbalances and water retention.
- Limit red meat and egg yolks to no more than two servings per week, or eliminate them. If you do eat red meat, use cuts from grass-fed animals. Red meat and egg yolks are very rich in arachidonic

acid (AA), which can result in increased cellular inflammation and uterine cramps in susceptible individuals. Not all individuals are sensitive to AA, so this recommendation will not apply to everyone; to find out if you are sensitive to AA, avoid all red meat and egg yolks for at least two weeks, then eat several servings in one day and see if your symptoms return. Red meat can be very high in saturated fats, which also can increase cellular inflammation—that's why you need to stick with the low-fat cuts.

- Eliminate partially hydrogenated fats (trans fats) whenever possible because they increase the production of inflammatory chemicals. Check labels on all prepared foods.
- Eliminate or limit caffeine. As I've learned through the years, just getting off caffeine, even if consumption has been as little as one cup of coffee or one can of cola per day, can have a dramatic effect on PMS for some women.
- After 40 years take protein and collagen too, our body needs it to maintain strong and healthy for the years ahead.
- Take a fiber supplement containing both soluble and insoluble fiber, which helps the body excrete excess estrogen and other substances. One of the best such supplements is one to two tablespoons of whole psyllium seed husks in liquid every morning (which are much milder than wheat bran); oat bran or slippery elm is also excellent.

Herbal teas

Instead of juices and sodas take herbal teas to promote hormonal balance and ideal weight.

Herbal teas and beverages contain bioactive compounds or phytochemicals which have been reported to have beneficial effects in the prevention of metabolic disease such as diabetes, glucose intolerance, and obesity. These plant compounds like polyphenols have been associated with antioxidant, antiinflammatory, antineoplastic, and antimutagenic effects in experimental animals; while epidemiological surveys in humans have demonstrated an inverse relationship between the risk of chronic disease and the consumption of polyphenols.

- Chamomile: antioxidants to anti-inflammatory elements, relief from anxiety
- Dandelion: diuretic, cancer-fighting and bone-strengthening properties

- Fenugreek seed: alleviate digestive issues, such as upset stomach and inflammation. It may also help control appetite, relieve acid reflux, and lower inflammation (for mamas increase milk production)
- Red Clover: treatment for menopausal symptoms, PMS, most notably hot flashes, high in isoflavones, compounds that act as phytoestrogens which are similar to the human form of estrogen. Red clover helps keep this sex hormone balanced in the body
- Yarrow: Is great for women experiencing uterine spasms or any painful periods, especially for women with a heavier flow, astringent, anti-inflammatory, antispasmodic, diuretic
- Peppermint: is good for stress relief. It also helps with stomachs and digestive issues and helps to freshen the breath.
- Lady's Mantle: As in the case of Vitex, Lady's Mantle can also help in balancing our female sex hormones by working in opposing ways. For example, in situations of heavy periods or excessive bleeding between periods, Lady's mantle is great in taming hormones working in over-drive through its astringent [i.e. decreasing bleeding] and emmenagogue [stimulates menstruation] actions.
- Motherwort: Can be used for females who do not have periods [amenorrhea] or if periods are delayed by stimulating the onset of menstruation. In addition, this herb is also useful in palliating menopausal symptoms by acting as a relaxing tonic. It's nervine [calming the nervous system] properties are well indicated for women who are anxious and may experience palpitations.
- Raspberry Leaf is a common herb to balance female hormones. The plant compound in red raspberry leaves may have antioxidant effects and can help to relax blood vessels. These compounds may have a muscle relaxation effect, depending on the amount consumed, making it useful for menstrual cramps in some women [3]. Red raspberry leaf tea is also often used during late pregnancy to support labor and delivery. Discuss herbs with your doctor before starting.
- Rose hips: are a natural source of vitamin C and bioflavonoids. They are a liver, kidney, and blood tonic, and are a good remedy for fatigue, colds, and cough.
- Stinging Nettle Leaf regulating blood sugar, supporting the liver, fighting inflammation. In addition, some reports indicate that nettle leaf can lower DHT, a hormone that is strongly linked to female hair loss (source). As a matter of fact, when it comes to hair loss, many women use nettle leaf not just internally, but also as a restorative hair rinse!

- **Shepherd's Purse** This herb helps to reduce bleeding and all aerial parts can be used, such as the leaves and flowers.
- **Sage:** This herb helps to reduce hot flushes.
- **Catchweed Bedstraw, Galium aparine** is very useful, protects our whole endocrine system. It is a good depurator, also recommended for kidney diseases and prostate. It is also effective in case of hyper- and hypothyroidism.
- **Valerian root:** Valerian root has mild sedative properties and people can use it as a sleep aid and to treat anxiety.
- **St. John's Wort:** It increases the levels and longevity of neurotransmitters in the brain, especially serotonin, dopamine, GABA, and norepinephrine. St. John's Wort has been clinically shown to help with mild-to-moderate depression and anxiety (not to be relied upon for severe depression.) Avoid if you take heart medication.

Spices

Ginger Relieves indigestions, lower menstrual cramps, heals irritated skin, reduce nausea, reduces blood sugar, boost immunity, eases arthritis syndrome,

Curcumin It possesses antioxidant, anti-inflammatory, anti-cancer, anti-arthritis, anti-asthmatic, anti-microbial, anti-viral and anti-fungal properties.

Nigella seeds Researchers are investigating nigella seed's protective and therapeutic effects in those living with polycystic ovarian syndrome (PCOS). PCOS is a disorder associated with abnormal hormone levels, among other symptoms, in women of reproductive age. According to studies, nigella seed extracts have helped regulate insulin, testosterone, luteinizing hormone, and thyroid hormone levels, among others. What's more, Nigella sativa extract exhibits estrogenic activity, meaning it acts similarly to the hormone estrogen in your body. In fact, some studies in rats are exploring whether nigella seed extracts could be an alternative to hormone replacement therapy (HRT) during menopause, a time when the body typically produces less estrogen than it used to.

Linseed Flax seeds support hormone balance in two main ways. Firstly, lignins bind to estrogen in the intestine, ensuring that those estrogens get excreted in the feces. This "interrupts" the reabsorption of estrogen back into the blood stream via the liver, meaning that we can reduce the body's overall estrogen.

In addition to the important omega-3 fatty acid ALA, flaxseed, NOT the oil, also contains phytoestrogens, which are plant chemicals called lignans. Phytoestrogens act like the hormone estrogen and may help protect against some kinds of cancer.

Dong quai is sometimes called the "female ginseng." Relieves cramps, irregular menstrual cycles, infrequent periods, premenstrual syndrome (PMS), and menopausal symptoms.

Homeopathy

I wholeheartedly embrace homeopathic medicine, which addresses the vibratory nature of life at its deepest levels. Practitioners report that fibroids shrink or disappear and many gynecological symptoms can be alleviated with the right homeopathic remedy. A variety of homeopathic remedies are available specifically for gynecological and hormonal problems.

Energy Medicine

Try traditional Chinese medicine, which includes both herbs and acupuncture. This modality has been shown to eliminate or greatly decrease many gynecological problems. The usual course of acupuncture is ten treatments, but many women feel relief after as few as three treatments.

(Something like shrinking a very large fibroid, however, could, according to some studies, require a major commitment to having daily treatments for a while.) Just as many emotional settings and energy dysfunctions are responsible for setting the scene for a woman's menstrual disorders, many appropriate and specific oriental herbal and acupuncture treatments may be prescribed.

VI) Vitamins and nutrition

Search for reliable brand available in your country. (Look for GMP, which stands for "good manufacturing practice," on the label.)

Vitamin deficiencies can be one of the main reason for depression, fatigue, mood swings, weak immunity and infection (virus, bacteria, heavy metal) menstruation and hormon imbalances. When you start to fill up your vitamin reserve, you will notice a quality change in your mood, health and endurance.

- Most of the people is low in Mg and vitamin D. Mg participate in more than 600 physiological process. Take it with vitamin C. Vitamin D is a hormon, most of us lacking it too, we need to take it all year around to ensure healthy hormonal system.

- Take selenium and zinc a few month a year. Iodine is also important for healthy thyroid, breasts, and female organs. For good estrogen balance take vitamin E and A. Vitamin A, C,D, E and Mg can help with PMS and studies showed in can alleviate symptoms of endometriosis.
- Take essential *fatty acids*. Omega-3 fatty acids in the form of fish oil, which contains DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid), have been shown to work well for menstrual cramps even in those who didn't change other aspects of their diets. A much cheaper and often healthier alternative is to eat sardines packed in their own oil or in olive oil or other good quality oil 1-2 tablespoon daily in the morning or evening. You can also buy fresh flaxseed and grind it in a coffee grinder just before adding it to soups, salads, or cereals. Usually one to two tablespoons per day of the freshly ground seeds will be enough.
- Take black cohosh, or "cramp bark," as a preventive. This herb is available in tablet or tincture form in natural food stores. Follow directions on the bottle.
- Try Menastil, a very effective roll-on product made from calendula oil, for cramps. It's widely available online.
- Consider natural progesterone(chastberry, yam root, Zein Pharma, Swanson, Natures way), which in combination with lifestyle changes often produces profound improvement in PMS symptoms. Natural progesterone also works well for women whose major premenstrual symptom is a migraine-type headache. These headaches often start with the gradual change in estrogen and progesterone levels that tends to occur in the years leading up to menopause. Natural progesterone is not the same thing as the synthetic progesterones (progestins), such as medroxyprogesterone acetate (Provera) and norethindrone (commonly used in birth control pills). There are no serious side effects with natural progesterone at the usual doses. Sometimes it might cause inter-menstrual spotting or delay the period. This usually resolves itself in one to two months.

VII) Engaging your feminine energy

More on it in previous chapter.

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