Healing by Design

Women's Hormone Balancing

PCOS, Endometriosis, Hot Flashes, PMS, Menopause, etc.

10 STEP PROTOCOL TO PARTNERING WITH GOD'S DESIGN

1. **FRUITS, GREENS, VEGGIES, HEALTHY FATS and QUALITY PROTEINS (PLANT OR LEAN ANIMAL) for best results.** If you truly want to heal, changing diet is crucial. Avoid grains, dairy, sugars, alcohol, soda, processed foods, etc. These foods CAUSE inflammation and imbalances in the body. The key to hormones is supplying them with what they need for success.

2. **Eliminate synthetic estrogens.** Avoid hormone filled meat and dairy products, buy organic produce, avoid soy of all kinds, replace deodorants, makeup and other personal care products with natural solutions and try to avoid plastics. Estrogen dominance is huge factor in hormonal imbalances! **DIM by Quicksilver (best) or DIM by Nature's Way are great to rebalance estrogen levels.**

3. **Balance estrogen and progesterone.** Some helpful herbs would be vitex (chast tree berry), red raspberry leaf, stinging nettle, red clover, lemon, burdock root or a nice combination of these herbs. We like a formula called **Balance by Herbally Grounded.** There is a great formula by **Wishgarden called Progesteronic.** Try **Proferia by Arthur Andrew Medical** for a few months as a progesterone cream.

4. **Focus on the liver!** Liver health is key to women's hormones. So many of the symptoms and struggles are from a congested liver. Do the **Spirit of Health 30 day liver cleanse.** Try **Liver and Gallbladder Tonic by Dr. Morse, Fem-Mate by Sensible Health, and Bitters by Quicksilver, Wishgarden or the Swedish Bitters by Flora.** Any bitter will work!

5. **Water, hydration and minerals.** Water bring nutrients while eliminating toxins. Avoid coffee, tea, soda and all other beverages besides water. Drink fresh pressed vegetable or fruit juices. Minerals are SUPER important to all things hormone. Here are the most important for overall health:

   - **Magnesium Chloride foot soak or bath by Health and Wisdom** - Vital for everyone, amazing for pregnancy, needed for all detoxification pathways, calms and relaxes nerves, muscles and entire body.
   - **Inner Vitality Plant Minerals by Morningstar** - Gives you ALL trace minerals from a plant source!
   - **Aqueous Zinc by Biotics Research** - Important for overall health linked to stopping and reversing post partum depression.
   - **Selenium by Biotics Research** - For thyroid function, metabolism and cellular function
   - **Multi-Mins by Biotics Research** as a good general overall mineral supplements - 4-6 daily with food
6. **Avoid chemicals.** We must clean up and change our cleaning supplies, makeup, personal care products like deodorant, hair care products, hormones in meat, dairy and pesticides, and even our job if it is toxic. These chemicals disrupt hormones and block the entire system from working well.

7. **Try enzymes and herbs combined for PCOS and Endometriosis.** Our favorite overall formula for fibroids is called *Fibrovera by Arthur Andrew Medical.* It is designed for this, and it works! Systemic enzymes help break down growths, like *Neprinol by Arthur Andrew Medical.* For endometriosis, we have *Endometri-Assist by Wishgarden.* For both a progesterone cream can help like *Fibrovera by Arthur Andrew Medical.*

8. **Balance thyroid and adrenals.** Our favorite products are *Thyroid Thrive by Ridgecrest, Xodine by Cedar Bear, Modifilan and Selenium by Biotics Research* for the thyroid and *Pure Radiance C by Synergy Company, Earthing Sheets, Great Adaptor by Jing Herbs, Adrenal Fatigue Fighter by Ridgecrest* and *Adrenal Gland Tonic by Dr. Morse* for the adrenals.

9. **Get pregnant!** You were designed to get pregnant. First, I encourage GOOD NUTRITION and LIVER CLEANSING. When you are ready to get pregnant, these can likely make it happen!
   - *Healthy Pituitary by Dr Morse*
   - *Maca Harmony by NHI*
   - *Purely-E by North American Herb and Spice*
   - *Fertility Prep by Wishgarden Herbs*
   - Getting out in the sunshine during the day or moonlight walks by night

10. **Our top 5 overall** - These can help most any health issue related to hormones and promote healthy hormones in general.
   - Endocrine Balance by Dr Morse
   - Maca Products by NHI (know which one is right for you)
   - Deer Antler by Royal Velvet or Jing Herbs
   - Methyl-B Complex by Quicksilver or B-Complex by Garden of Life or Synergy
   - **MINERALS** - *Multi-Mins by Biotics Research* is an affordable overall supplement and *Inner Vitality by Morningstar* will cover both macro and micro minerals. *Quinton sea minerals* will restore healthy blood and hormones and has been studied extensively for hormone health and pregnancy. *Extra magnesium chloride by Health and Wisdom, selenium or zinc by Biotics Research* or a top-quality prenatal are all encouraged. We encourage *PureNatal by Synergy or Garden of Life Prenatal Vitamins.*

11. For hot flashes, night sweats and menopause - Try *Hot Flash by Wishgarden, Proferia by Arthur Andrew Medical, DIM by Quicksilver* and work on that LIVER!
Women's Hormone Self-Assessment Questionnaire

*Find out if your symptoms may be the result of an imbalance in your hormones. Circle the # next to all items that apply to you during the last 6 months.*

1. Do you suffer with breast tenderness before your period?
2. Do you have fatigue on a regular basis?
3. Do you have a tendency to put weight on around the middle?
4. Do others complain of your mood swings before your period?
5. Do you have a lowered sense of well being?
6. Do you get headaches around the time of your period?
7. Have your periods stopped?
8. Do you have a low pulse or feel dizzy?
9. Do you have vaginal dryness?
10. Are you experiencing hair loss?
11. Do you have muscles lost strength and tone?
12. Do you skip periods or do you get them too often?
13. Do you have difficulty losing weight?
14. Do you have fibrocystic breast disease or uterine fibroids?
15. Do you have a loss or thinning of pubic hair?
16. Do you suffer with hot flashes or night sweats?
17. Do you get headaches around the time of your period?
18. Have your periods stopped?
19. Do you have difficulty sleeping?
20. Do you urinate frequently or have difficulty holding your urine?
21. Do you have cold hands or feet?
22. Do you have fluid retention, bloating or weight gain?
23. Do you have difficulty sleeping?
24. Do you have heavy bleeding and clotting during your period?
25. Do you feel as though there is never enough time in your day?
26. Do you get confused or have difficulty with remembering?
27. Do you think it is cold when others are comfortable?
28. Do you have low blood pressure?
29. Do you get recurrent urinary tract or vaginal infections?
30. Do you have severe menstrual cramping or pain?
31. Are you less assertive or have less initiative?
32. Are you often overwhelmed?
33. Has your endurance declined?
34. Do you have decreased sensitivity in your erogenous zone?
35. Do you have asthma or allergies?
36. Are you depressed, sad, or unhappy?
37. Is your body temperature usually below 98.6 degrees?
38. Do you have recurrent illnesses?
39. Do you have chronic aches and pains?
3 Do you have low sex drive?
5 Do you experience numbness or tingling in your extremities?

Add up the total of the #1 answers: _____
- a score of less than 2 indicates that you probably do not suffer from low progesterone.
- a score of 2 to 4 indicates a possibility of low progesterone.
- a score of more than 4 indicates a high possibility that you suffer from low progesterone.

Add up the total of the #2 answers: _____
- a score of less than 2 indicates that you probably do not suffer from low estrogen.
- a score of 2 to 4 indicates a possibility of low estrogen.
- a score of more than 4 indicates a high possibility that you suffer from low estrogen.

Add up the total of #3 answers: _____
- a score of less than 2 indicates that you probably do not suffer from low testosterone.
- a score of 2 to 4 indicates a possibility of low testosterone.
- a score of more than 4 indicates a high possibility that you suffer from low testosterone.

Add up the total of #4 answers: _____
- a score of less than 2 indicates that you probably do not suffer from low adrenal function.
- a score of 2 to 4 indicates a possibility of low adrenal function.
- a score of more than 4 indicates a high possibility that you suffer from low adrenal function.

Add up the total of the #5 answers: _____
- a score of less than 2 indicates that you probably do not suffer from low thyroid function.
- a score of 2 to 4 indicates a possibility of low thyroid function.
- a score of more than 4 indicates a high possibility that you suffer from low thyroid function.