



Jumpstart

GET YOUR HORMONES HAPPY AND
HEADED IN THE RIGHT DIRECTION!

By Elle Griffin

Jumpstart

Get your hormones happy and headed in the right direction!

Welcome! I'm so excited to help you heal your hormonal imbalances holistically. I have used the system outlined in this guide to coach clients back to health for a number of years. Now that I no longer provide health coaching services, I decided to bottle it all up in this guide and hand it to you. The only problem (and the solution) is that it isn't up to me to heal your hormones, it's up to you. I absolutely cannot write you a prescription to solve whatever ails you. Only you can.

Sure I can give you the basics. I can tell you what foods will support your unique hormonal imbalances, I can provide you with meditations that will help you heal. I can even tell you all the scientific backing for everything that has been proven in randomized trials to "work." But at the end of the day only you can heal yourself. Only you know what you are starving for in life, what version of malnutrition you are experiencing. And only you can take steps in your life to heal it.

The absolute best thing I can do, in working with you, is to help you unlock your own inner wisdom. That part of you that knows where you're hurting, that knows what needs nourished, but just might not know how exactly that relates to their endocrine health.

It might not be measurable, or even completely explainable. But your body knows what it needs.

For this reason, I've included three prescription pages as part of this guide. Though I've outlined how to use them it's up to you to write your own prescription. Your body is smart and it knows when something is wrong. Which is why we need to change the mindset of hormonal health. We need to stop thinking like a diagnostician, picking apart our periods and taking different supplements for different imbalances. Instead we need to start thinking like the intuitive women we are, addressing those needs that are going unmet.

Thankfully, there are some clues as to which emotional hurdles may be causing your hormonal imbalances. Lets get started!

What's Your Hormone Type?

So, what do you need to do to heal your body? Well, that depends. It's likely that what is going on with you is entirely different from what is going on with someone else. You are your own unique little cocktail and I want to make sure we cater your program just for you. Which is why I'm going to take you through a little pop quiz, so we can sort out what needs to be nourished and how.

To do that, we'll need to know your hormone type. If you are experiencing hormonal imbalances, it's likely you'll (predominately) fit into one of three hormone types: Low Hormones, High Hormones, or Low Thyroid Hormones. By narrowing you down into one of these three categories, we can begin to understand what we need to do to help you heal at a physical level (and at an emotional and spiritual level, as well—but we'll get to that).

Keep in mind that you may fit into one, two, or even all three categories. That's fine. I'll be letting you know which to prioritize and when. Just follow my lead.

Take the Pop Quiz

Alright darling, let's take a look at your symptoms. Get out a piece of paper, number it 1-18 and then answer the below questions with a yes or no. We'll tally it all up in the end to see what's going on.

PART 1

1. Has it been longer than three months since your last period?
2. Are your menstrual cycles anovulatory (AKA, no ovulation)?
3. Are your menstrual cycles short, long, or irregular?
4. Do you have a low sex drive?
5. Is sex painful?

PART 2

6. Do you have acne?
7. Do you have excess facial hair?
8. Do you have polycystic ovaries?
9. Is weight an issue?
10. Do you have greasy hair or skin?
11. Are you experiencing hair loss?

PART 3

12. Do you experience brain fog or lethargy?
13. Do you get cold easily or have cold hands and feet?
14. Do you have brittle fingernails?
15. Do you bruise easily or show signs of anemia?
16. Have you experienced a miscarriage?
17. Do you feel depressed?
18. Are you constipated?

The Results

Great! You made it! Now let's take a look at those results. If you had yesses in any or all of the above three parts, you'll want to check out what that might mean:

Results Part One: Low Hormones

If you answered yes to any of the questions in part one, it's likely you are experiencing low hormones. Specifically the important ones: estrogen and progesterone. Generally women in this category are experiencing one of three things: amenorrhea (lack of menstrual cycles), anovulation (lack of ovulation), or irregular menstrual cycles. Or, if progesterone is especially wonky, painful sex or low sex drive could be at play, as well. All of these are associated with super low levels of the two main hormones that govern a healthy menstrual cycle. Thyroid hormones could be to blame as well, but we'll get to that in part three.

Generally what is going on here is a two-part problem. The first half of the month, estrogen is supposed to be hard at work building up that endometrial lining, lubing up your cervical fluid for ovulation, prepping your little eggs for takeoff, and ultimately, spurring on ovulation. The whole event was designed to get you knocked up.

But if estrogen is low, or just about non-existent, it's likely your body just can't reach the estrogen threshold necessary to ovulate or menstruate—or at least do so in a timely fashion.

And what about progesterone? The second half of your cycle, the appropriately named "nesting hormone" should be balancing out the effects of all that estrogen (which should, by now, be decreasing). When that little egg is released in the beautiful event of ovulation, it leaves behind its "ghost," the corpus luteum, which should now be emitting progesterone throughout the latter half of your cycle, balancing out your estrogen and holding that endometrial lining intact (just in case of pregnancy).

The corpus luteum only has about 14-16 days worth of progesterone in its tiny little ghost body, so if your body winds up not-pregnant, it will eventually die for good and your body will menstruate. Yay periods! Which means that, yes, you will ALWAYS menstruate after you ovulate. Unless of course you wind up pregnant, in which case your body will find other sources of progesterone to sustain the pregnancy.

The thing about this cycle is that these hormones are so incredibly linked. If estrogen can't get high enough to produce a substantial egg, it's likely that egg's ghost, the corpus luteum won't be substantial either. In other words, a wimpy egg leads to a wimpy ghost. Or, hormonally speaking, wimpy estrogen = wimpy progesterone. And thus the cycle continues. Estrogen continues to be subpar, progesterone continues to be subpar. Cycles continue to be irregular or non-existent and sex can continue to be not the greatest. Don't worry, we'll get to how to heal this later on.

Results Part Two: High Hormones

Alright, and what about you ladies who answered yes to the questions in part two? It's likely you are experiencing high androgens, a fancy way of saying that you have way too many hormones circulating in your blood stream, and it's possible you might have polycystic ovaries, as well. Not fun.

When androgens are high we have two main problems going on: First, there are too many hormones entering your body, and second, there are not enough hormones leaving your body. The best way to think about it is to imagine your trash bin. In a typical week you probably only need to take out your trash once or twice. That's normal, totally doable. But what if you throw a party? Suddenly your trash bin is overflowing and you just can't empty it fast enough! All that mess just starts spilling out onto the floor. That is what is going on in your body. You're taking in all of these extra hormones at record speed, and your body (and liver) just can't get rid of this toxic load fast enough.

With all those excess hormones, your body can't ovulate properly (polycystic ovaries, irregular menstrual cycles), you hold onto excess weight for dear life (weight gain) and the residual hormones have nowhere else to go but out through your urine, bowel movements, or skin (digestive disturbances, acne). With all this hormonal chaos going on it's no wonder your hair may be falling out in chunks! Once again, don't fret. That's why we're here!

Results Part Three: Low Thyroid Hormones

If you've answered yes to any of the questions in part three, it's likely low thyroid hormones are part of the mix. In fact, often women experiencing low or high hormones are also experiencing some sort of thyroid issue as well. Especially if you're fresh off the pill. Yikes! Once again, we'll get to this soon enough.

Now that we know your hormonal type, we can use that information to heal your body mind and soul! Woohoo!! Let's have at it.

What's Causing Your Hormonal Imbalances?



<i>The Symptoms</i>	Amenorrhea Anovulation Irregular Menstrual Cycles Low Sex Drive Painful Sex	Acne Excess Facial Hair PCOS Ovarian Cysts Irregular Menstrual Cycles Heavy Periods Painful Periods Hair Loss	Fatigue Depression Low Energy Hair Loss Brittle Fingernails Dry Skin Anemia
<i>The Hormones</i>	Low estrogen Low progesterone Low testosterone	High androgens High testosterone	Low thyroid hormones
<i>The Physical Causes</i>	The pill Too healthy Not enough fats Not enough proteins Too much exercise Gluten intolerance	The pill Excess environmental estrogens Too much stress Mismanaged blood sugar Blocked pathways of elimination	The pill Nutrient deficiency Mineral deficiency
<i>The Emotional Causes</i>	Trying to prove your worth	Undervaluing your sacred femininity	Not expressing your true self
<i>The Spiritual Cause</i>	Disconnection from the Divine (Feminine)		



Jumpstart
Your Body

Jumpstart Your Body

The Physical Causes

So first off, what is causing your low hormones, high hormones, or low thyroid hormones? Physically speaking, they could be caused by a number of reasons. Let's talk about the most common culprits:

IF YOU HAVE LOW HORMONES

The Pill

We know about this one, right? Hormonal methods of birth control rework your body's ability to metabolize nutrients, meaning you are being (or have been) robbed of precious vitamins and minerals that are oh so crucial to your fertility (and thyroidal health). These symptoms are only likely to worsen over time, as the longer women are on them, the more chronically malnourished they become.

For this reason, many women get off the pill only to wind up with the battle scars of post-pill infertility. After years of hormonal suppression, your body has to relearn how to ovulate, menstruate, and keep your hormonal makeup in check.

And what about those who had hormonal imbalances to begin with? According to a recent study, 58% of women using hormonal birth control use it for reasons other than pregnancy prevention. Women are put on the pill as a means of reducing menstrual cramps, migraines, PMS, endometriosis and even acne!

The problem? All of these symptoms are signs of an underlying hormonal imbalance that the pill doesn't actually cure. Instead it sweeps the symptoms under a rug, masking your hormonal imbalances and preventing you from achieving real and vibrant health.

Later on, if you want to get pregnant or get off the pill, your symptoms will be right there waiting for you—and often in a worse state than they were before. Keep in mind, the longer a hormonal problem exists, the more complicated it is to treat.

Too Healthy

I meet this woman time and time again. She doesn't understand why her periods don't come regularly because she is so healthy! She works out consistently, loves her green juices and

super foods, and more than likely she's a practicing vegetarian or vegan. At the bare minimum she follows a "plant-based diet."

Sometimes this lady has a history of restricting diets or eating disorders. Sometimes she used to be an athlete or dancer. But whatever her past, she feels healthy in the present. She knows that excess exercise and low body fat are major contributing factors to amenorrhea, but she doesn't think she fits into that category. She exercises, but not excessively, and she's skinny, but not exceptionally so.

Physically, many of these women wind up with low estrogen, low progesterone, and sometimes low thyroid hormones. Her menstrual cycles become absent or irregular, and her endocrine system shuts down in an effort to protect her nervous system. However, simply eating less healthily isn't the cure. As we'll soon see in the next chapter, there are several emotional factors that may be contributing to this cause.

Not Enough Fats Or Animal Proteins

In our hyper-healthy world, so many women lack the fats and proteins necessary to sustain a healthy menstrual cycle. Fats and proteins are the staple of a fertile diet (hormones are made from them!), and while there are plenty of women who thrive off vegan or vegetarian diets, if you're experiencing hormonal imbalances of any kind, or you're fresh off the pill (and thus chronically mineral deficient), then darling, you aren't one of them.

Too Much Exercise

Physical exercise such as running or power yoga

are great for women with depression or low self-esteem who need a solid dose or two more of testosterone, but more often than not, many of the women I meet are doing far more work than her body actually requires. Even if you don't think you are doing too much (most women don't), switching to activities that don't require a change of clothing can give your body the break it so desperately needs.

Gluten-Intolerance

It's estimated that 97% of gluten intolerance cases go undiagnosed (Gottfried, 2013), and for some women, the only signs of the intolerance are menstrual issues or infertility. Gluten-Intolerance has been linked to imbalanced estrogen, amenorrhea, and unexplained infertility, so if you suspect gluten to be a culprit, ditch it for a month or two to see how you feel.

IF YOU HAVE HIGH HORMONES

On a physical level, this hormonal upheaval can be caused by a number of things. Let's talk about those for a moment:

Environmental Estrogens

Unfortunately, excess estrogens are lurking just about everywhere these days, and depending on where you're getting them from, you'll likely have to reduce, or remove, each and every one of them. If high hormones are a problem for you, it's likely you're eating them in non-organic meats; you're ingesting them by microwaving your food in plastic or drinking from plastic water bottles; you're lathering them on your skin in the form of all those non-natural makeups, soaps, shampoos, and perfumes (which, by the way, get slurped up by your skin just as if you've eaten them),

and you're drinking them; from the tap since our sanitation systems do not remove hormones from our water supply. Unfortunately there are loads of antibiotics and synthetic estrogens in the water, thanks to livestock runoff and the millions of women peeing out their birth control pills every day. (Can we say gross?)

Too Much Stress

I know, you've heard this one for years but allow me to be a broken record for a minute: So many women with high hormones are accidental cortisol junkies. You've become hooked on the stress hormone and your body just can't get enough. No longer facing the challenges of the wild, you've started to take on excess stress either mentally (are you a busy little bee?) or in the form of physical exercise (we talked about this one-time to take it easy!) The problem is, all that excess cortisol is adding more hormonal turmoil than you are needing at the moment and your body just can't function like that. With too much on the table, your body shuts down your endocrine system—it's secondary, after all, to the one that keeps you breathing: your nervous system.

I know, the worst thing you can ever tell someone is to "stress less." That just doesn't work, now does it? Stay with me. We'll get there soon enough!

Mismanaged Blood Sugar

When hormones are already on a bender, the last thing you need is another one on the fritz. Made by your pancreas, glucagon and insulin are the hormones responsible for keeping your blood

sugar in line. Glucagon is the fat burning hormone, while insulin is the fat storage hormone. Glucagon keeps your blood sugar from dropping too low and insulin keeps your blood sugar from spiking too high. They generally do a pretty good job at maintaining that balanced equilibrium, but if your diet isn't helping them out, an imbalance can throw your hormones into a domino effect, where too much insulin means too many androgens. If you feel shaky an hour or two after a carb-heavy breakfast or even just a serving of fruit, this one could be your culprit!

Blocked Pathways Of Elimination

High quantities of excess hormones (those pesky androgens again) wreak havoc on your system leaving your body struggling to clean up the mess. This is why so many women with polycystic ovaries also suffer digestive and skin ailments. Your body is trying to dispel excess hormones through your primary pathways of elimination, but if your liver is blocked, your body has nowhere else to stow the mess than out through the colon or pushed through your skin! And that could mean a lot of backlog in the form of constipation and acne. The more we can support your ability to eliminate those excess hormones from your body, the better!

IF YOU HAVE LOW THYROID HORMONES

Nutrient And Mineral Deficiency

In the case of hypothyroidism, mineral deficiencies are almost always a culprit. Hormonal methods of birth control, as well as fluorides in your water or toothpaste, can cause mineral stores crucial to your endocrine, thyroid, and even bone health to become depleted. Even eating too much raw kale can deplete your iodine levels, so make sure you are getting plenty of variety in your greens!

Jumpstart Your Body

Ok, so now that you know which hormonal imbalances are to blame, I want to let you in on a few of the things you can start doing right this second to take care of your body and get back into balance.

So let's go ahead and start with my most asked question:

WHICH SUPPLEMENTS SHOULD I TAKE??

No matter which hormonal imbalance you are experiencing, all of you should be taking the following daily, at least right now while we are trying to ramp things back up:

- Omega-3 Fish Oil
- B-Complex
- Magnesium
- Vitamin C
- D3
- Maca

If You Have Low Hormones, Add:

- Vitex (Chaste Berry)
- Black Cohosh

If You Have High Hormones, Add:

- Turmeric
- Cinnamon
- Liver Support that includes Milk Thistle (I like Gaia)
- Adrenal Support that includes Holy Basil & Rhodiola (I like Gaia)
- Green tea

If You Have Symptoms Of Excess Testosterone Such As Hair Loss, Excess Facial Hair, Or Acne, Add:

- Licorice
- Saw Palmetto

If You Have Low Thyroid Hormones Add:

- A quality mineral supplement that includes copper, selenium, zinc, folate, and iodine (I recommend Thyroid Strength by Mega Foods).

If You Have Signs Of Anemia Or Bruising Easily, Add:

- A quality iron supplement such as Floridex. Or, you could just start cooking with a cast iron skillet!

Write out your unique supplement prescription on your first prescription page.

WHICH FOODS SHOULD I EAT (AND AVOID)?

I want each and every one of you to be doing the following:

Please for the love of goodness, eat your animal proteins. Your poor body needs 'em for at least two meals per day. While some women thrive on vegan or vegetarian diets, if your menstrual cycles are long, erratic, or amenorrheic, chances are you aren't one of them! Chicken, turkey, and the occasional grass-fed beef are perfect. Have at it!

And your fats, A woman's body needs *fat* (that's in italics, so it MUST be important!) in order to ovulate and menstruate. Make sure you are getting plenty of quality fats in the form of olive oil, avocado, coconut oil, eggs, fish, nuts, seeds, and quinoa. Milk may be ok for the low-hormone folks, but please limit it, if at all possible (milk can mimic estrogen in your system, but not in a good way!)

Start lunch and dinner with a salad. I want you to alternate between beautiful cleansing and nutrient-rich greens, such as kale, swiss chard, collard greens, spinach, and bok choy. Variety is key!! If you eat only spinach, or only kale, you'll be missing out on all kinds of valuable micronutrients crucial to happy hormones and abundant fertility.

Eat three meals a day. That means breakfast, ladies, a protein-filled one, followed by lunch and dinner. If you get hungry or tired in the afternoon, add a 4pm snack or else make your dinner a three-course affair and have your appetizers early (that's my preferred method, it just feels fancier).

Avocados, sweet potatoes, and cinnamon are your best friends. All are hormone balancers, so enjoy as many as you'd like. (PS: Mashed cinnamon sweet potatoes make an excellent breakfast with some yummy turkey sausage.)

Reduce conventionally-raised meat and dairy. Eating conventionally-raised animal proteins means you are getting a hefty dose of synthetic hormones and antibiotics that are sure to mess with your hormonal harmony. Go organic, grass-fed, and free-range.

Reduce sugar, caffeine, & alcohol. Insulin is a prime suspect when it comes to wreaking hormonal chaos, which is why you should reduce these blood sugar culprits as much as possible. The last thing you want to add to the hormonal turmoil is another hormone on the fritz! If you do decide to indulge, stick to green teas and red wine (good for the soul).

Drink purified water. Sanitation systems don't filter hormones out of our water supply, which means if it's coming from the tap, it's likely you're drinking a hefty dose of synthetic estrogens left over from livestock production and birth control pills. Install a reverse-osmosis filter under your sink to drink clean.

And finally,

Skip anything processed, packaged, or purchased from the center aisles of a Safeway. Because there are major hormone hindrances lurking in there and you want none of that. If you don't know

what an ingredient is, you don't want it in your body. And if you're trying for a babe, this goes for your hubby, too.

Oh, and no smoking. For both you and your man. But you already knew that right? (And by the way, this includes marijuana.)

HOW DO I MOVE MY BODY?

Alright, now what about movement? I think we should discuss that a bit too. Especially since, very likely, you're doing TOO DARN MUCH of it!

I know, I know, decades of health madness have led us to believe we need to be fitness junkies to be healthy. This is far (FAR!) from the truth. You don't need to run a marathon or pull a giant sandbag across a parking lot to be gorgeous and svelte. As women, we have been subjected to the belief that masculinity is superior to femininity and that has put a damper on how we move our bodies. I know what you're thinking: "That sounds ridiculous! I've never felt inferior to men or experienced feelings of inadequacy. I mean this is the 21st century!" But think about this—have you ever come back from a workout feeling fatigued rather than refreshed? Ever guilt-tripped yourself into an activity because that's what you felt you "should" be doing? Ever spent the rest of the evening vegged out on the couch, or maybe even overeating after a workout left you like a zombie? Yeah, that's your body overworked, and she doesn't like it. Our bodies weren't meant for that kind of physical stress and when we push it to the limit, our body clings to excess fat for dear life. Poor little body!

That means it's time to ditch the gym. Go on, quit your membership, and yes that goes for your power yoga studio too. For the time being I want you

to focus only on movements you can get in your beautiful day clothing, with your perfume on and your hair perfectly coiffed (this ESPECIALLY goes for you low hormone ladies. I know you're going to try to sneak in a workout, don't do it!) That means walk to lunch, take the stairs, walk around at the airport instead of sitting there at the gate. You know, just move!

There are beautiful ways you can move your body that will actually enhance your life, not detract from it (like ballet, or maybe archery). Again, we're thinking gentle, not mental.

WE SHOULD ALSO TALK ABOUT LIGHT THERAPY:

I have found this approach to be extremely beneficial especially for women with absent or irregular menstrual cycles. The theory behind it is pretty simple: The tides of the ocean, the phases of the moon, and the seasons of the year all influence the natural rhythms we experience in our bodies. Even if you aren't yet menstruating, your body follows a natural ebb and flow that varies from day to day. By getting in touch with the natural rhythms around you, your body will begin to follow suit, naturally reacquainting itself with its own cyclic rhythm and eventually regulating your cycles and healing your hormones.

It has long been known that mimicking the moon's cycles using artificial light can increase egg production in chickens, as well as affect the sexual cycles of mammals. The reason? Just as melatonin, a hormone produced by the pineal gland, inhibits ovarian function, the synthesis of this hormone is actually inhibited by light. Put simply: just as light cues your circadian rhythm to be awake, and dark

cues your circadian rhythm to sleep, the full moon cues your body to ovulate and the new moon cues your body to menstruate.

A study of nearly two thousand women with irregular menstrual cycles found that more than half were able to regulate their cycles to 29-day cycles simply by sleeping with a nightlight by their beds during the three days around ovulation. This simple act, using light in place of the moon, influences your body's circadian rhythm, inviting it to fall in love with its flow once more.

So how can you use moon therapy to regulate your cycles and balance your hormones? Start by making sure your room is completely dark every night before bed. This includes even the tiniest lit up button on your phone or computer. Then, place a small lamp on the floor next to your bed fitted with a 100-watt bulb. Situate it just below head height if possible! If your menstrual cycles are longer than 29 days in length, leave the light on while you sleep on days 13-17 of your cycle (since typically we are hoping for a day 15-ovulation). If you aren't yet menstruating, leave it on during the five days of the full moon.

If you already have menstrual cycles and want to geek out with your moon therapy, all you have to do is get the Luness app for your iPhone (or buy a fun little Luness device if you don't have an iPhone). Simply turn it on every single night before bed and it will automatically light up during your full moon phase and darken during your new moon phase. Over time, the app is guaranteed to regulate your cycles using ancient moon therapy. Doesn't get much better than that!

Borrow Your Rhythm from Nature

There are many ways to sync the seasons of your body with the seasons of the moon. Here are a few things you can do to balance your hormones using nature's rhythmic cycles. Note: if you are not yet ovulating or menstruating, let the moon be your guide. Use the new moon as your menstruation week and the full moon as your ovulation week.

Limit light at night: Limit the amount of artificial light you use as much as possible when it is dark. At my house, we use one light bulb to light our kitchen while I cook and the rest of our house is completely lit by candlelight. We even brush our teeth by candlelight! Put candles all over your home and then start the nightly ritual of lighting them each night before dark.

Get more light during the day: Keep those moon cycles going during the day! Skip sunglasses during your ovulatory phase to let in more light.

Connect to the moon: Add the moon cycles to your calendar or planner and note how you feel during the full or new moon. Do you sleep, feel, or act differently depending on the phases of the moon? For example, many women notice they sleep better during the new moon or feel more outgoing and social on the full moon.

Go moon bathing: Get outside during the full moon to lay out under the moon and stars. Bonus points if you can hang naked under the full moon! Soak up those lunar rays!

Drink Moon Water (or bathe in it!). Simply leave a water bottle (or two) outside under the moonlight for an evening.

Enjoy natural air: We've shut ourselves out from nature pretty spectacularly. Get reacquainted by keeping a window open and letting the natural air flow through your home.

Remember: Never underestimate the power of a walk outdoors!

CAN WE TALK ABOUT SEX TOO?

Which brings me to sex. You just need more of it! Or at least you need more orgasms (good for the mind, body, and soul, life's essential trifecta).

Orgasms are an important part of your fertile foundation, and I don't just mean with your man. Turn on some tunes, wear something sexy, and touch that gorgeous body of yours. Please do it. There's something so beautiful about turning yourself on and it flushes your body with oxytocin and nitric oxide that are bound to help your hormones. But don't do it just for your hormones. Do it for you. You deserve it.

Great. Got all that?

Now let's customize:

IF YOU HAVE LOW HORMONES:

As I mentioned, our focus here is ramping up estrogen and progesterone, which means we're going to need a dual-action approach. One regimen for the first half of the month, another for the second half.

THE FIRST HALF OF YOUR CYCLE: PHASE ONE:

This phase lasts from the first day of your period until the day you ovulate (the day of your temperature spike if you're charting). If you are not yet having menstrual cycles (I'm talking to you ladies with amenorrhea or anovulation), I want you to follow the phases of moon: from the new moon until the full moon.

During phase one, we are single-mindedly focused on raising estrogen in your system and there are only two foods high enough in phytoestrogens to enable your body to do just that: flaxseed and soy. That means I want you to get at least 4 tablespoons of flaxseed daily and one meal per day that is focused on soy as your main protein source. Note: Your soy **MUST** be organic and it **MUST** be in the form of edamame, tofu, or tempeh. Soy milk and all that other processed business just won't work.

THE SECOND HALF OF YOUR CYCLE: PHASE TWO:

This phase lasts from ovulation to the first day of your period. Or if you aren't having menstrual cycles: from the full moon to the new moon. This phase is all about (you guessed it) ramping up progesterone! Once again there are only a few progesterone raisers out there: Vitamin C (which you're already taking), Vitamin B6 (although really all the B's are super handy which is why I have you taking a B-Complex), saffron, turmeric, oregano and thyme. Vitex and Black Cohosh can also help with this, which is why I have you taking those as a supplement.

However, most of the methods I just listed take a while for your body to pick up on, which is why I recommend also going with the fastest progesterone booster: using natural progesterone cream. Loaded with wild Mexican yams (an excellent progesterone source), and available at Whole Foods and other natural food stores, natural progesterone cream can be an amazing progesterone booster when you are first getting going. I recommend using it daily, during phase two only, for a maximum of three months in a row (long-term use of progesterone cream can actually hinder ovulation, but you won't be using it long enough to do that!). I also want you to have a daily dash of saffron and a turmeric supplement.

NOTE: It's important to remember that there shouldn't be any cross-phasing going on here. So no eating tofu during phase two and no eating saffron or using progesterone cream during phase one. That will throw everything off. Be consistent, create your regimen, and your body will start to pick up its flow more naturally.

IF YOU HAVE HIGH HORMONES

Alright, now what about you ladies with high hormones? Don't worry we've got a regimen for you too. We need to take care of those pesky androgens on two fronts: First, by stopping the hormone parade (because lord knows you're making too many in the form of cortisol, insulin, and the like) and second, by cleaning up the mess afterwards (aka, clearing up those pathways of elimination).

Here's how you can do this.

Quit the hormones: First, we need to get rid of all those excess hormones that you're picking up from just about everywhere. That's why going organic, grass-fed, and free range with your meats is a MUST and why you absolutely need to ditch the synthetic personal care products. Look up the safety rating of your products on the EWG Skin Deep database at ewg.org/skindeep or go to spiritbeautylounge.com to purchase new clean beauty products..

Get regular: As far as the cleaning up the mess part? That means we need to get you pooping regularly. Yay!! So let's talk about what an ideal day would look like. After tip-toeing out of the sheets, take a short meditation breath, then sip on a glass of water. Soon after, you should be ready to have a nice morning bowel movement. You might also feel the urge to go sometime later in the day as well. Maybe after lunch. Aim to go one-to-two times daily. If this isn't what's happening quite yet, I want you to up your water, greens, magnesium, and ability to chill out for a hot minute. If your poop is hard, small, and round, that's a sign you aren't getting enough water and fruit—the juicy kind like

berries, which are natural stool softeners. (Apples, pears, and bananas are not juicy enough and can actually be constipating.)

Finally, make sure you are setting time aside in your day to go. It is so easy to become wrapped up in the things you are doing every day and just hold it all in. Try not to do that if you can. Every morning, relax while you drink your glass of water and then go sit on the toilet even if you don't have to go. Eventually you will form a habit and can start doing the same for after lunch! You will be regular in no time! A healthy bowel movement means a healthy you and that is crucial for your body's ability to rid itself of excess hormones.

Do a liver cleanse: Nicole Jardim offers an excellent one at nicolejardim.com.

Have more fun: Oxytocin, the "pleasure" hormone, counterbalances cortisol, the "stress" hormone much faster than simply trying to stress less. Which, let's face it, is kinda impossible anyway. Hang out with friends, stay out late, eat chocolate, and drink champagne. Whatever makes you feel happy, do it!

IF YOU HAVE LOW THYROID HORMONES

Darling, you're in luck, because this is an easy prescription (at least as far as the physical part goes). Quit the pill (geez, hopefully you have already), install a reverse-osmosis water filter, and opt for fluoride-free toothpaste (at least every other tube) to keep your mineral stores intact. Then eat plenty of sea veggies to increase your intake of iodine. You should already be getting the mineral supplementation you need need and the iron supplement will help as well.

Ok good, I think we've covered the most important of the physical factors. Now we just need to write it all down and get you on the plan—you can start now!! Yay!

Prescription #1

Supplements	Moon																											
	<input type="checkbox"/>																											
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
	Phase 1														Phase 2													
Movement	Sex																											
	Food																											
	Yes														No													
Other																												



Jumpstart
Your Mind

Jumpstart Your Mind

As we know, it's not all about the food (as much as we may want it to be). As it turns out, that is especially true when it comes to hormonal imbalances and infertility. More likely than not, if you're experiencing either, it's because there is something deeper going on that is begging for your attention. After all, those physical symptoms aren't caused by nothing. In fact, I bet you didn't know this (or maybe you do), but your emotions could actually be CAUSING your hormonal imbalances!! Yikes!

Which is why I want to start this chapter by debunking a myth. Because somewhere along the line you've heard that your hormones are to blame. But that's just not true.

Just as depression is not caused by low levels of serotonin, infertility is not caused by hormonal imbalances. Depression may be associated with low serotonin, but in and of itself, that is not the cause.

The same goes for our hormones. Low estrogen may be associated with amenorrhea, but it's not the cause. Low thyroid hormones may be associated with infertility, but it's not the cause. In reality, something is causing this hormonal imbalance, and if we focus solely on correcting it

using food or lifestyle changes, we'll never find what's causing it. So what is?

Just as with depression, hormonal imbalances are not the cause of your infertility but rather the effect of an underlying emotional cause (which, in turn, could actually be caused by one giant spiritual cause—more on that in the next chapter).

The Emotional Causes

Here's the tricky part about emotional healing: yours will be entirely different from just about anyone else's. I don't know which emotional factors could be contributing to your hormonal turmoil, only you do! However, for the sake of time, I want to narrow us down to what I believe are the three core emotional causes of hormonal imbalances. Once again, knowing your hormonal type will come in handy here.

IF YOU HAVE LOW HORMONES

Trying To Prove Your Worth (Aka, Perfectionism)

Many of the above physical causes of low hormones, such as eating too healthily, eschewing fats and proteins, working out too much, or stressing out too intensely, are actually caused

by one overarching emotional factor: trying to prove your worth. Either through diet or exercise, climbing the corporate ladder, getting good grades, or starting a business, many women hold the underlying belief that she isn't enough as she is, that she needs to be better. She needs to be more.

Most women, if you asked them outright, would never 'fess up to feelings of inadequacy. Even now as you're reading this, you might be filing yourself away into the "this is so not me" category, and yet I wonder if you can allow yourself a steaming bowl of spaghetti without entertaining feelings of guilt or if you could skip your weekly runs without feeling weak or even lazy.

Control, perfectionism, self-pressure, and a harsh inner-critic. These are words I hear every day from my healthy, beautiful clients. Their vocabularies are loaded with "I shoulds" and not nearly enough "I'm allowed tos." By following all the "rules," but never actually paying attention to what their bodies need, many women often compensate for their self-imposed inadequacies by taking control of their health or their lives. By doing everything in their power to be healthy, wealthy, or influential, these women tick off their life checkboxes boxes one by one without devoting any real love and attention to what actually makes them happy or feel good.

In trying to control her health or life, the perfectionist does just the opposite. She blames her body for not responding to all her efforts and forgets to thank it for keeping her alive. Lacking a compassionate language of self-love, many women try to "earn" their worth through exercise, eating healthy, getting into the best college, or working

their way up to the most powerful job. Receiving constant criticism (either from herself or others), a woman's endocrine system shuts down in an effort to protect her precious nervous system.

By taking a step back, most of these women might realize they are trying too hard. That by giving themselves permission to break their own rules, they can stop putting so much pressure on themselves and heal their hormonal imbalances. That they don't "have" to do all the things they're packing into their already busy schedules. That they are already enough as they are. They're already worth it.

IF YOU HAVE HIGH HORMONES

Undervaluing Your Femininity

Oooh, man, is this one a biggie in the name of hormonal imbalance. And trust me, I've been there. A few years back, my husband and I joined a Crossfit gym. Our desk jobs left us desperate for activity, so at the time it just seemed like the thing to do. Yet something didn't feel right to me. Sure, I was getting stronger physically, but I couldn't stop the tears from pouring down my face after each workout. I was constantly starving, and my body would seize up with pain despite following a mostly paleo diet. It's all part of it, though. We were a community and we told each other to push harder, lift heavier, and hey, a little puking never hurt anyone. In fact, we loooved it when people puked. It meant they worked hard, they were strong, PRIMAL. We were warriors.

But we were missing a key piece of the puzzle. The paleo lifestyle means following in the footsteps of

our ancient ancestors. And sure, ancient hunter-gatherer societies meant surviving off of (what else?) hunting and gathering. Men were hunters, warriors! But what about women? Women weren't out running, hunting, and beating their chests with the men. They stayed at home to raise the next generation; to feed, clothe, and heal the tribe. They were revered as mothers, nurturers, goddesses. Yet somehow when cavemen made their way to modern society, something got lost in translation. We focused on the warrior archetype and forgot about the goddess.

Now we've lost something in ourselves. We forgot that innate, previously-revered ability we have as women to nurture and care for one another. We no longer value qualities such as emotion and compassion and focus instead on strength and stoicism. We view tears as a sign of weakness and feel bad when our husbands have to put up with us during our menstrual cycles. We value testosterone and criticize estrogen. In short, we want to be more like men, less like women. At least subconsciously.

As women, our bodies have very different needs from men, and when we take a masculine approach to exercise or living, our reproductive organs suffer. As Christiane Northrup, a longtime OB-GYN and holistic healer, points out in her famed book, *Women's Health, Women's Wisdom*, most gynecological, reproductive, or hormonal imbalances stem from emotional baggage we carry associated with a woman's femininity.

Which is why PCOS has become an epidemic in cultures where women are oppressed. On a subconscious level, feelings of inferiority or weakness associated with how a woman feels in her own skin can trigger negative endocrine responses. Tipped in a more masculine direction, the endocrine system follows suit and takes on a more androgynous approach to reproduction. Eschewing estrogen and turning up the testosterone means your body shuns those parts of you that are meant to be womanly (so long, menstrual cycles!) and emphasizes the masculine (hello, excess facial hair, acne, and half-cooked eggs!).

It's hard to be a woman today. We don't think it is. Not on the surface anyway. But deep down there is still an underlying current that man is revered, woman is secondary. That's why we need to remember our sacred femininity. We need to remember that while men are the warriors, women are the goddesses. We are sacred, abundant, necessary. Men are a vibrant and beautiful force in this world, and we need their tenacity, their yang. But we also need women, their caring, their yin. We are connected, spiritual, vital. We are the bringers of life!

You are a divine being, and how you think about your sexuality, fertility, body, and menstrual cycles greatly affects your health! What beliefs do you hold about your cycle, your sex drive, your desire for children or your view on womanhood? How does that relate to the symptoms you are experiencing?

IF YOU HAVE LOW THYROID HORMONES

Not Speaking Your Truth

I absolutely love the thyroid gland because it's like the reigning goddess of all your reproductive hormones. Without this lady intact, the rest of the system suffers: Menstrual cycles go missing and pregnancies miscarry. But the fact that the thyroid is situated right up against your voice box is no accident. Imbalances of the thyroid often result when women aren't speaking their truth.

Is this the dream job you've always desired? The husband you've always admired? Is this what you believed you would be doing with your life? Where is the fairy tale? The romance? Where is the magic you deserve to believe?

Ok, so you have hormonal imbalances. But what about starting your own business? What about creating a masterpiece? What about saving a life, or changing the world? What about changing yourself? This world grants us so much opportunity, and yet time and time again I hear my clients missing out.

I often ask my clients what they would do if they had the entire week to do whatever they wanted. Do you know they always tell me? Oh, they would do yoga, go to the farmers market, maybe check out this new restaurant in town, or finally take the time to meditate. This is my proof. You have a week to do anything, anything, and you want to go to yoga??? Girl, no. That's not fun. I don't care who you are or how into yoga you are. You are not having enough fun in your life, if yoga is what you want to do with it.

I believe with all my heart that you can heal your body. But not until you start living the life you were born for. It's not easy. You're going to have to do all those things that you are about to tell me you just can't do (ahem, quit your job). But it is going to be SO MUCH FUN. And amazingly worth it. Oh yeah, and your thyroid will straight-up heal because of it. Talk about a miracle.

Jumpstart Your Mind

I'm not going to go into too much detail here since only you know what you need here. After all, my soul is a hot pink, fiery priestess with a passion for ribbons, ruffles, bows, and a pretty pair of ballet slippers. I'm guessing yours looks a little bit different. What I do know is that each and every one of you needs more of everything listed below on your prescription page. Write it out girl!

Prescription #2

Passion	
Pleasure	
Creativity	Community
Femininity	
Other	



Jumpstart
Your Soul

Jumpstart Your Soul

Oooh yes, now we are reeeeeally getting to the good stuff. My absolute favorite portion of our journey. I bet you didn't think we could get any deeper, but this is me you're talking to, so we can and we will!

The Spiritual Causes

Ok so you know how your wacky hormones are caused by physical imbalances? And then you know how your physical imbalances are caused by emotional imbalances? Well your emotional imbalances are caused by one core spiritual cause. Yep, for all of you. Regardless of which hormonal type you are, at the root of it, you're all suffering from one core ailment:

Disconnection from the Divine (Feminine)

Here's why this is important and why it probably sounds pretty crazy: because your soul is inherently fertile. She just is. BUT you're not listening to her. If you were, you would have noticed the imbalances before they even arose. These days I am so in-tune with my soul that I notice instantly the needs of my own Divine Feminine. Sometimes I wake up and think, I want to bake a cake today! So I do. Other days I feel on fire and just want to write, write,

write. So I do! And often, I feel rather adventurous urges to ditch yoga, play hooky from work, go tree climbing, or monkey barring, or just plain singing at the top of my lungs. So I do! As a result, an imbalance never has a chance to get far. I'm listening. Intently.

But you aren't listening—yet. I know this because you have hormonal imbalances (been there, done that!). And you wouldn't have hormonal imbalances if your soul wasn't desperately trying to get your attention. Because somewhere along the line, you blew off your inner voice and she had no choice but to get loud and rowdy and throw one hell of an uproar—all in an attempt to get you to listen.

That's why hormonal imbalances are beautiful. Because they are the straw that broke the camel's back, the last stand of your soul screaming "this is not the life you were born for!" And usually (finally), this is the one you listen to. Because now you have a problem that needs fixing and since the doctors say there is no cure, you scramble for, well, me. Which is awesome! Totally radical. And I love absolutely everything about that. Except...

Except that sometimes your body isn't the one that needs fixing, but your soul. Sometimes your soul needs to knit, or go to a rock concert, or learn how to do magic, or I don't know, buy yourself a zoo. And then—and here's the most beautiful part—once you get that zoo, your body suddenly and miraculously heals. You now have beautiful menstrual cycles that are synced with the phases of the moon and a life you can't help but feel, well, over the moon about. And all because you became aligned with your soul. You met her, you smile, and you laugh your whole head off because you just bought a zoo and you KNEW (you just didn't know) that this is what you were born to do your entire life long. That God brought you there, so He could bring you here.

And THEN (and only then) you can one day have a beautiful baby that is born into a world where moms follow their dreams. Which means that baby will grow up following her dreams. Now isn't that the true miracle?

That's the kind of miracle God uses me for—to bring you back to His feet, to the miraculous. So He can remind you what you're here for and why you're important and how gosh-darn beautiful you are in those hot pink high heels. Only then can you heal (and so much more than your body, I might add).

Jumpstart Your Soul

Now we're getting a little bit too individualized to really get you any real information on how to jumpstart your soul. Write three pages of journal entries every morning, hire a life coach, find a friend who can speak bluntly and tell you exactly what it is that you need out of life. Then write it out on your prescription page girl. It's time to live the life you were born for. Because when you do, your emotional state will heal. And when your emotional state heals, your body will too.

Prescription #3

What do I need?