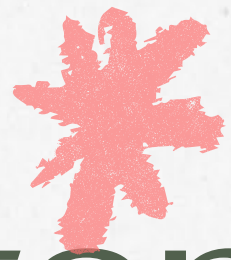


Period 😊 🌸 Pain

IS NOT NORMAL!!!!





We are constantly told:



- Our pain or symptoms are normal
- It's all in our head
- Only option is birth control or ibuprophen and the heating pad!



Reasons You Are Experiencing PMS and Painful Symptoms

- Cramps
- Breast tenderness
- Headaches
- Migraines
- Bloating
- Acne
- Food cravings
- Mood swings

- And the many other symptoms you could be experiencing!!!



Most of our
symptoms
come down to
root causes:


- Estrogen Dominance

2. Inflammation



Common Root Causes to PMS Are:



- 
- Stress
 - Nutrient deficiencies
 - Gut imbalances
 - Underlying infections
 - Environmental toxins
 - Blood sugar imbalances
 - Over-exercising and undereating

- Food reactions
- Inflammation
- Genetic factors
- Too much alcohol
- Poor sleep
- Past traumas
- Lack of self-care



PERIOD SYMPTOMS

- Estrogen dominance
 - Stress
 - Prostaglandins
 - Inflammation
 - Poor estrogen detox
 - Xenoestrogens
 - Nutrient deficiencies
- 



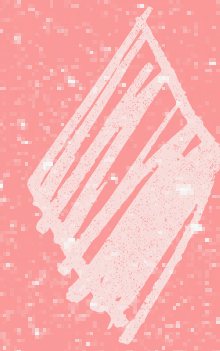
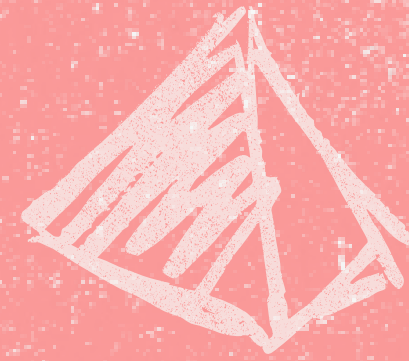
Cramps can be a combination of



Hormones are like my 3- Legged Stool

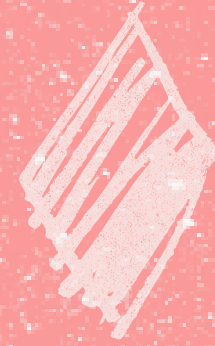
- Restore your gut
- Detox your liver
- Balance your blood sugar

Hormone
—
Balance



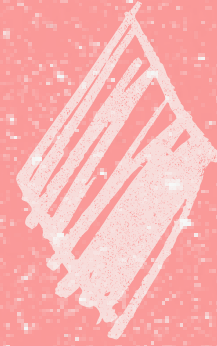
Sluggish Liver Disrupts Hormones by causing:

- Blood sugar problems
- Poor storage of minerals and fat-soluble vitamins
- Abnormal metabolism of fats
- Weakened immune system
- Inadequate detoxification, toxic overload
- Estrogen dominance



Sugar Sabotages Your Hormonal Health by:

- Amplifies your symptoms
- Raises testosterone
- Raises estrogen
- Raises insulin and cortisol
- Low blood sugar stresses your adrenals
- Blood sugar fluctuations worsen hot flashes
- Depletes vitamins and minerals
- Triggers systemic inflammation
- Lowers the immune system
- Feeds candida
- Changes the body's PH
- Messes with neurotransmitters
- Causes insulin resistance
- Drives fatty liver disease
- Creates sugar addiction

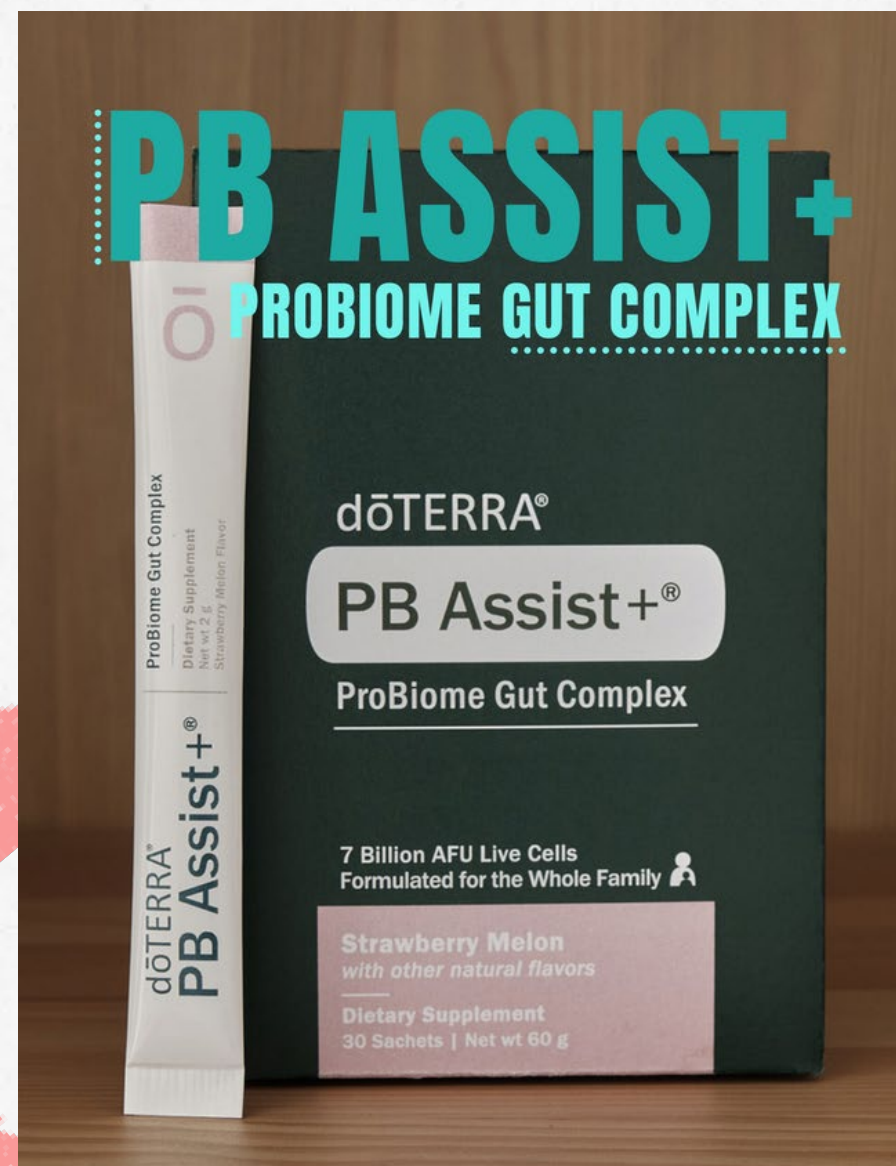


Restore Your Gut

- Poor gut microflora-- a healthy gut needs a diverse assortment of bacterial microflora to properly support immune system, absorb nutrients from food and produce certain vitamins. Microflora is in charge of metabolizing all of the various forms of estrogen.
- Not enough fiber-- Insoluble fiber does not dissolve in water. It stays intact and sweeps the colon, partly evacuating metabolized or dirty estrogens and preventing estrogen reabsorption.

Restore Your Gut

PB ASSIST PROBIOME
GUT COMPLEX



PB RESTORE



Liver Detox

PHYTOESTROGEN
ESSENTIAL COMPLEX



LEMON OIL



Blood Sugar Stabilization

METAPWR



Other Helpful Products



WOMEN'S HEALTH KIT

LIFELONG VITALITY

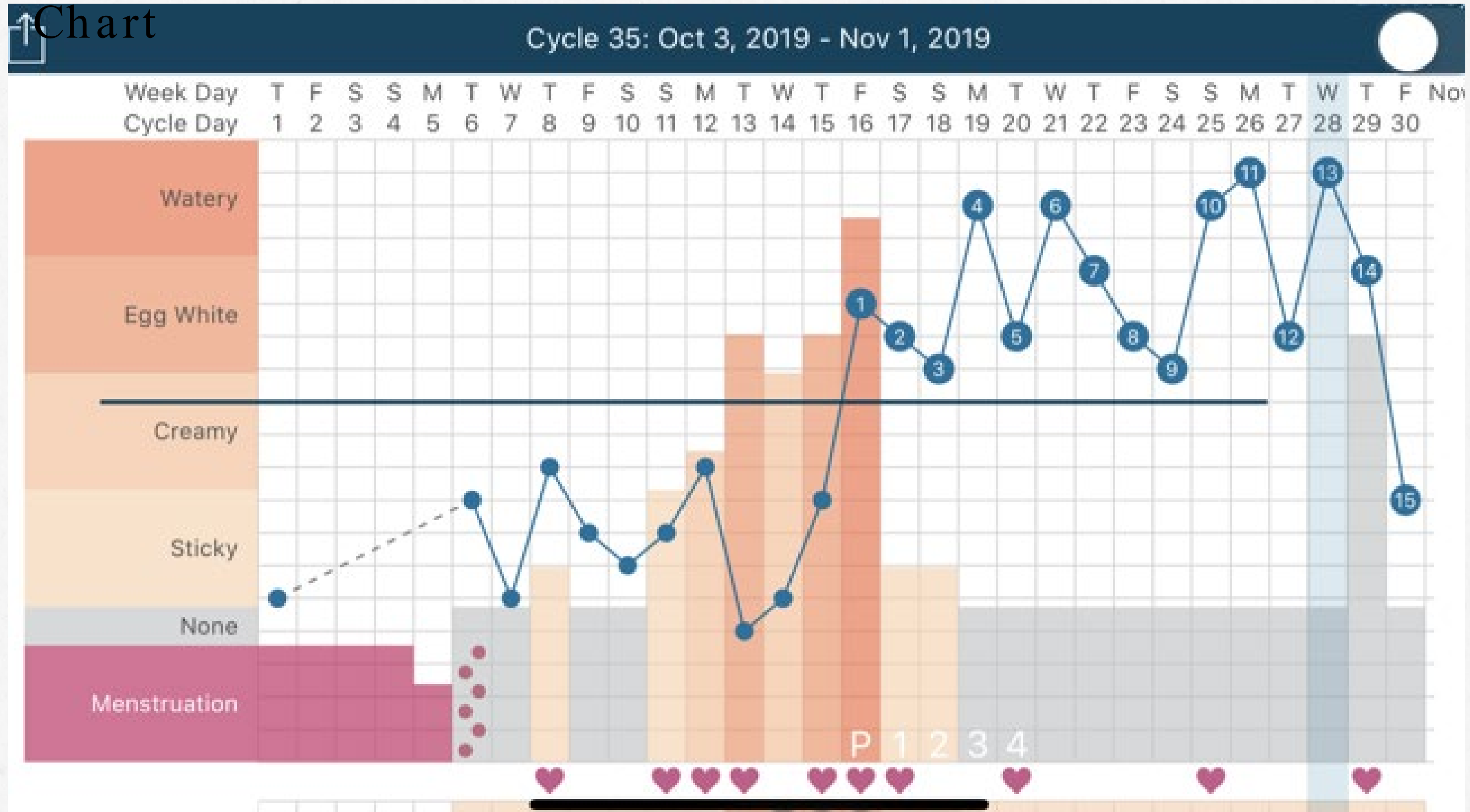
DEEP BLUE

SERENITY BEDTIME KIT





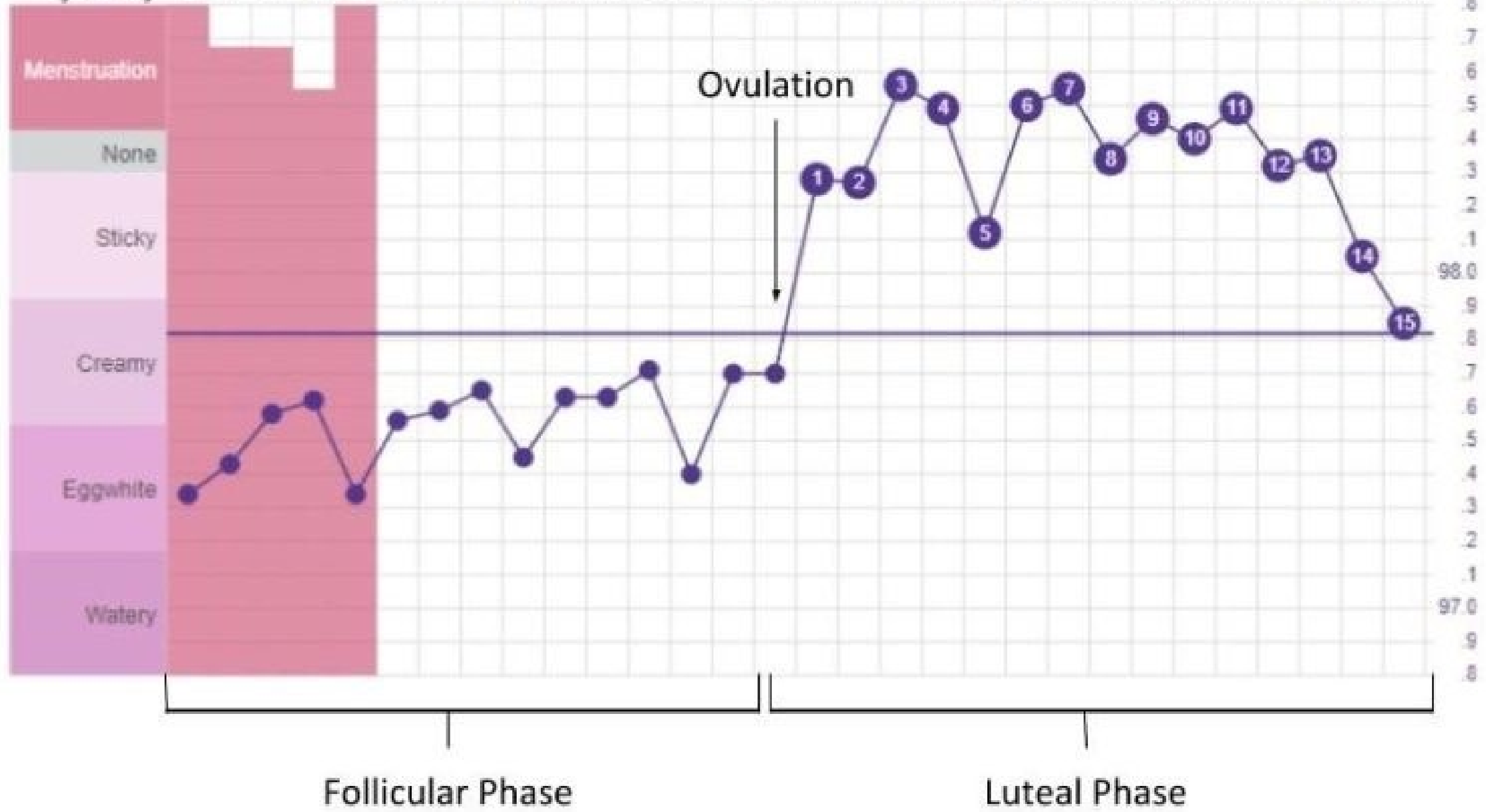
Sample of an Estrogen Dominance





Phases of the Menstrual Cycle

Oct 25 26 27 28 29 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 Nov
Week day T W T F S S M T W T F S S M T W T F S S M T W
Cycle day 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 29 30



MENSTRUAL CYCLE

vulnerability

Phase 1

menstruation

- Emotional.
- Low energy.
- Painful.



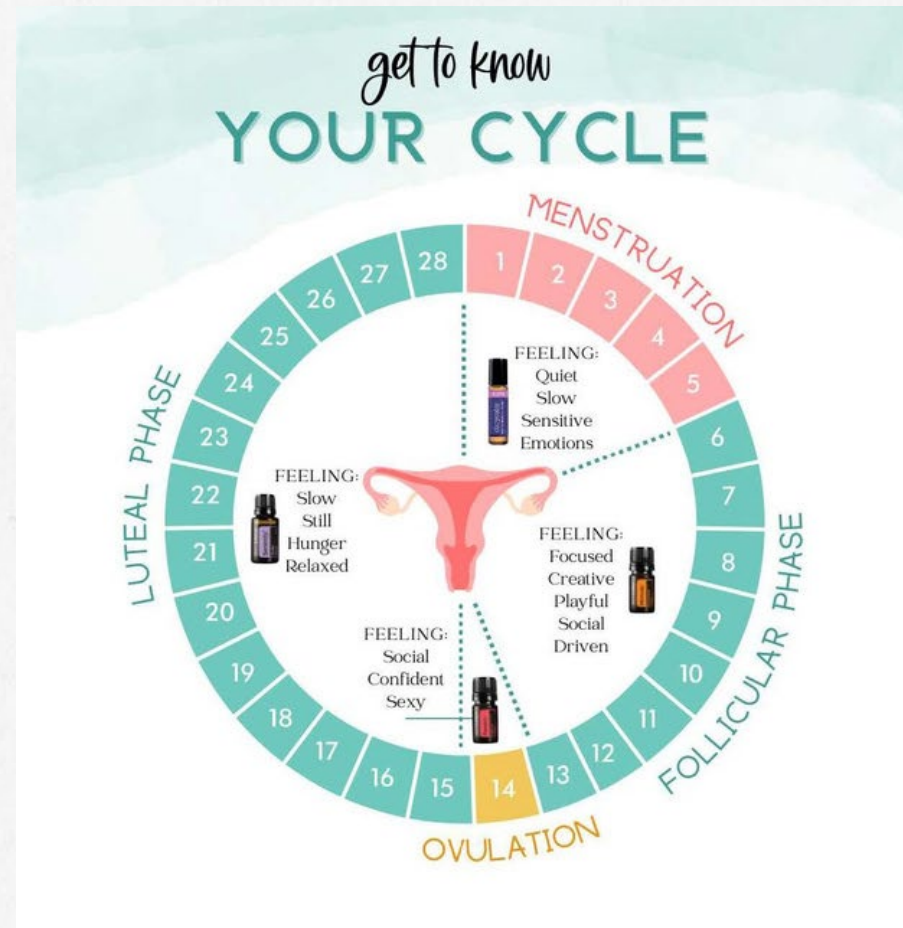
MENSTRUAL CYCLE

vulnerability

Phase 2

follicular

- Overwhelm.
- Anxious.
- Low-self-esteem.



MENSTRUAL CYCLE

vulnerability

Phase 3

ovulation

- Burnt out.
- Ungrounded.
- Drained.



MENSTRUAL CYCLE

vulnerability

Phase 4

luteal

- Self-critical.
- Exhausted.
- Retracted.





Accession #: 1414445 Test: 4990
 Patient Name:
 Date of Birth: 1/25/1988
 Age: 35 Sex: F Tech: SNP
 Collected: 1/11/2024
 Received: 1/17/2024
 Reported: 1/30/2024

Doctor ID: 16082
 ^ Lisa M. Cartier
 Women's Integrative Health
 300 South Main St. #1042
 Rutland, VT 05701
 United States
 Phone: (518) 307-9810 Fax:

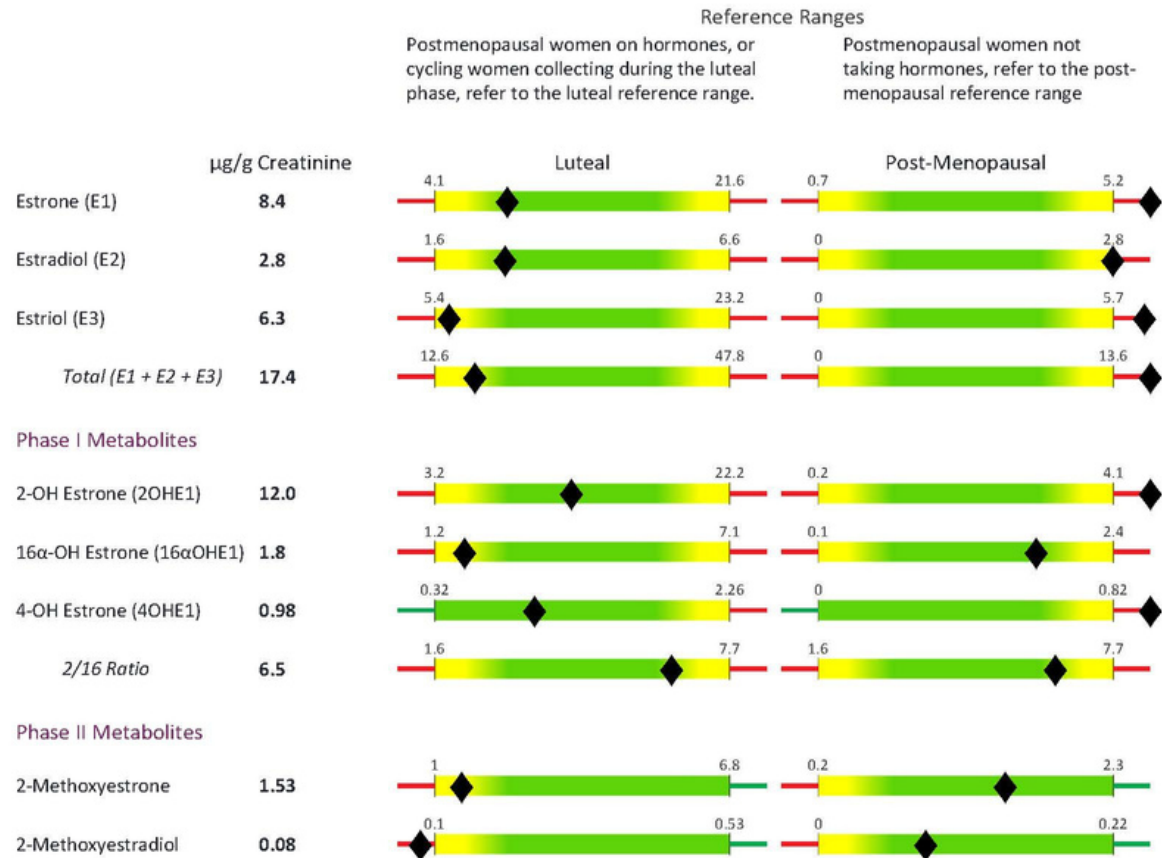
6839 Fort Dent Way, Ste 206
 Tukwila, WA 98188
 tel 206.209.4200 • 855.405.TEST (8378)
 fax 206.209.4211

DU Balance Hormone Profile

Creatinine: 212 mg/dL

Collection Times: 7:00 AM, 9:30 AM, 3:30 PM, 9:00 PM

Estrogens



| Other Reference Ranges | Estrone | Estradiol | Estriol | Estrogen Total | Pregnanediol |
|------------------------|---------|-----------|---------|----------------|--------------|
| Follicular | 2.0-39 | 1.0-23 | 3.0-48 | 7.0-110 | 0-2500 |
| Mid-Cycle | 11.0-46 | 4.0-45 | 20-130 | 38-221 | N/A |

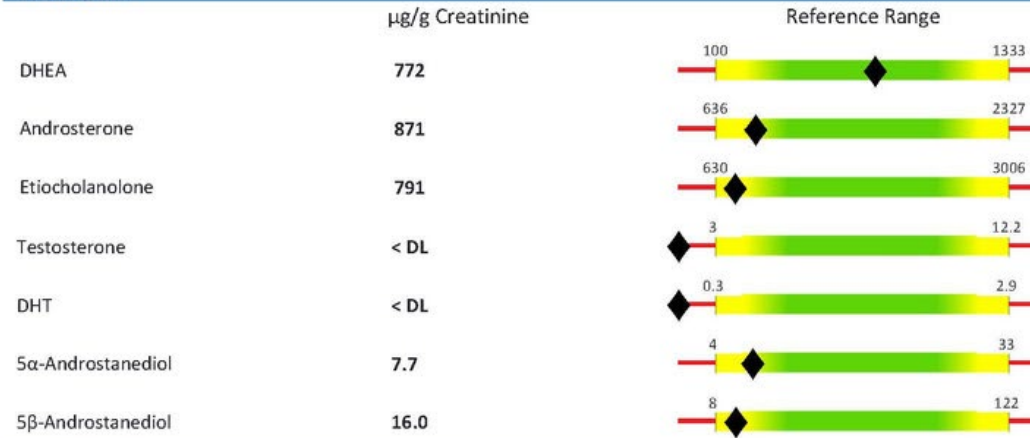
*DL - Detection Limit



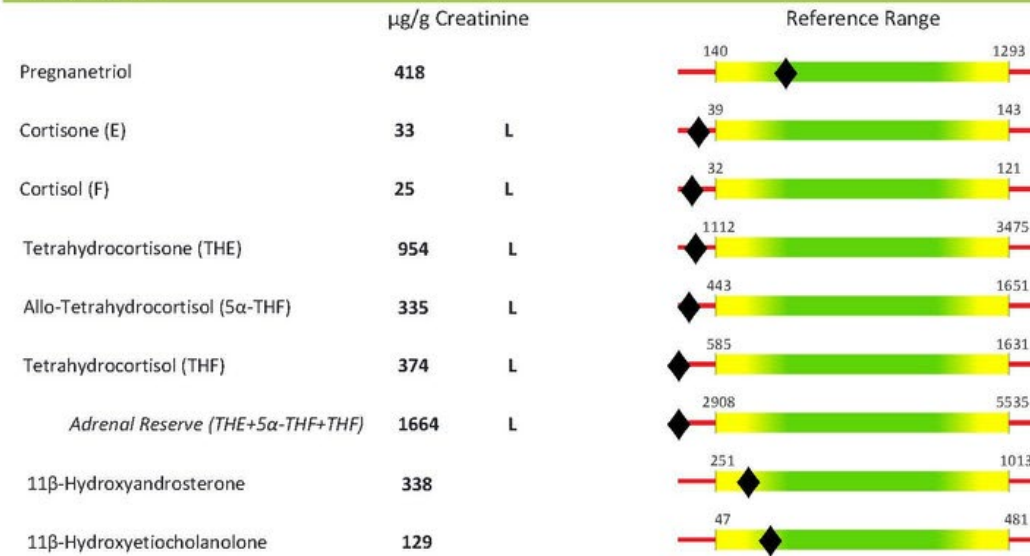
DU Balance Hormone Profile

Accession #: 1414445 Test Code: 4990 Sex: F
 Patient Name:

Androgens



Glucocorticoids



Mineralocorticoids



*DL - Detection Limit



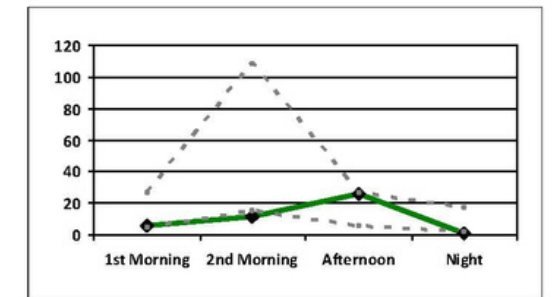
DU Balance Hormone Profile

Accession #: 1414445 Test Code: 4990 Sex: F
 Patient Name:

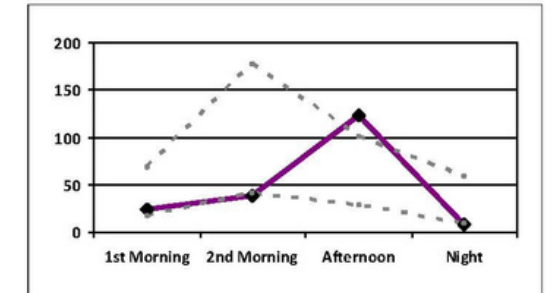
4-Point Cortisol and Cortisone

Collection Times: 7:00 AM, 9:30 AM, 3:30 PM, 9:00 PM

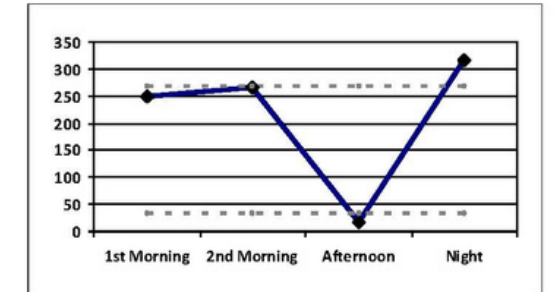
| Cortisol | µg/g | Range |
|-------------|--------|------------|
| 1st Morning | 5.3 | 4.4 - 26.9 |
| 2nd Morning | 11.9 L | 15.5 - 108 |
| Afternoon | 25.9 | 6.2 - 26.7 |
| Night | 1.3 L | 1.8 - 17.7 |



| Cortisone | µg/g | Range |
|-------------|---------|--------------|
| 1st Morning | 24.0 | 18.2 - 69.3 |
| 2nd Morning | 38.6 L | 41 - 177.1 |
| Afternoon | 123.9 H | 28.4 - 101.3 |
| Night | 7.9 L | 10.3 - 58.8 |



| Creatinine | mg/dL | Range |
|-------------|-------|----------|
| 1st Morning | 250 | 35 - 270 |
| 2nd Morning | 265 | 35 - 270 |
| Afternoon | 17 L | 35 - 270 |
| Night | 316 H | 35 - 270 |



----- Upper and lower limits of reference range.

*DL - Detection Limit





PMS Salve

2 Heaping tablespoons beeswax pellets
1/4 cup organic, cold-pressed, and hexane-free castor oil
1/4 cup St. John's Wort-infused oil
20 Drops clary sage essential oil
10 Drops lavender essential oil

Equipment - Double boiler, 4 oz glass jar with lid

Melt the beeswax in a double boiler

Add the castor oil and St. John's Wort oil and heat until the beeswax is fully integrated

Remove from the heat and cool for 15 minutes and then add the essential oils

Pour into a glass jar and let cool until solid

Secure the lid and label with the ingredients and date

Apply generously on the uterus when painful and swollen

Keep in a cool, dark place and use within 1 year





Thank You!

Hormone Balance Can Be Achieved!



WWW.WOMENSINTEGRATIVEHEALTHNY.COM



WIHNY@YAHOO.COM



518-307-9810