

Hi – Welcome!

A bit about me – I'm a Certified Holistic Fertility, Hormone, Menopause and Pregnancy Coach as well as a birth and postpartum doula. My goal is to help women feel balanced and energized in a holistic way that helps them realize their health goals.

So, did you know that PMS and any period pain is not normal? Because these are so common, we think that it is normal.

We are constantly told our pain or symptoms are normal – we are told its all in our head – we are also told that the only option available to us are birth control or ibuprofen and the heating pad!

Over the years I have heard countless stories of being told these words so it's not a surprise that many women are feeling lost and helpless. Well, I am here to tell you differently.

There are definite reasons you are experiencing PMS and painful symptoms like these:

- Cramps
- Breast tenderness
- Headaches
- Migraines
- Bloating
- Acne
- Food cravings
- Mood swings
- And the many other symptoms you could be experiencing!

Most of these symptoms come down to two common root causes:

1. Estrogen Dominance
2. Inflammation

So, that being said, it is a bit more complicated than just that. Estrogen dominance isn't just high estrogen – it is estrogen that is high in relation to progesterone. So, understanding estrogen levels compared to progesterone is necessary. We'll talk about how we figure that out in a bit.

Any kind of pain we experience is a sign of inflammation in the body. Answers to – What pain am I experiencing and what is the source of the inflammation are needed.

Our symptoms answer the WHAT is showing up for you and your specific root causes answer the WHY this is showing up for you?

Common root causes I see that contribute to PMS are:

- Stress
- Nutrient deficiencies
- Gut imbalances
- Underlying infections
- Environmental toxins
- Blood sugar imbalances
- Over-exercising and under-eating
- Food reactions
- Inflammation
- Genetic factors
- Too much alcohol
- Poor sleep
- Past traumas

- Lack of self-care

Addressing root causes can help with finding a sustainable and symptom relief plan.

There generally is not just one reason we are experiencing period symptoms. When it comes to cramps, it can be a combination of:

1. Estrogen dominance
2. Stress
3. Prostaglandins (these are inflammatory compounds released right before your period to help the uterine lining start contracting for your period. They can contribute to painful cramps)
4. Inflammation
5. Poor estrogen detox
6. Xenoestrogens (these are estrogen-mimicking chemicals that can be found in our personal care products, cleaning products and plastics)
7. Nutrient deficiencies – things like magnesium, zinc, Vitamin B6 which all contribute to hormone production

Healing period pain and cramps involves a combination of lifestyle tweaks and figuring out your exact imbalances to target for healing. When you understand the root cause you can stop throwing all the things at it that you haven't tried and use a targeted approach that works!

So, how do we know why we are experiencing painful cycles and what can we do about it?

Hormone balance is like my three-legged stool!

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

Your liver plays numerous roles in our body which influence hormone balance. A sluggish liver disrupts your 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 in the following ways:

- Amplifies your symptoms - sugar makes everything worse
- High blood sugar raises testosterone
- High blood sugar raises estrogen
- High blood sugar raises insulin and cortisol
- Low blood sugar stresses your adrenals
- Blood sugar fluctuations worsen hot flashes
- It 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.

So, what products can we use? I have had great success with using doTerra products with my clients. Looking at my three-legged stool, here are some initial suggestions:

There are others but these are good ones to start with. Setting up a 3-6 month plan of action can incorporate other products into your plan

Restore your gut:

- PB Assist Probiome Gut Complex
- PB Restore

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Liver detox:

- Phytoestrogen Essential Complex
- Lemon oil daily in your water

Blood sugar stabilization:

- Metapwr Starter System

Other helpful products that support optimal hormones – namely good sleep, and nutritional support:

Lifelong Vitality – helps with inflammation, minerals and other vitamins that are needed for hormone production as well as Omega 3's that help with managing cramps.

Women's Health Kit – provides the phytoestrogen complex, minerals and the ClaryCalm blend which provides Vitex which is helpful for progesterone production and can be applied over the abdomen and ovaries for support and pain relief.

Deep blue can be used to support relief for pain.

Serenity Bedtime Kit can be very helpful for getting better sleep. Good sleep is necessary for optimal hormone production and healthy adrenals. When sleep is compromised our cortisol levels can become affected – this throws our body into turmoil and good hormone production is compromised.

Some tools we can use to help see where our hormone issues are would be:

Charting our cycle – by charting our cycles we can see where the fluctuations are in our cycle and we can see when the changes we are making are actually making a difference. We can use it as a gauge to determine when we have to do more or change things up.

Along with charting, we can work with the 4 phases of our cycles. Each phase has different needs and supporting each cycle with nutrition, lifestyle, exercise etc. will help bring them into balance. If you are not experiencing a cycle or have irregular cycles because of hormone imbalances, PCOS or menopause, you can use the moon cycles for help supporting each cycle. Each phase of your cycle relates to a moon phase. There is a sample in the handouts.

Functional Lab Testing can give you a much better picture of your hormones and how they are working in your body. It's much more comprehensive than blood testing – which only gives you a snapshot of what is happening at that one moment.

Here is a salve that you can make for PMS symptoms –

I hope this helps with the why's of period pain and how you can start balancing your hormones and feel better. Get in touch for a complimentary discovery call and we can review your unique hormone picture. Start with one process and add as you see changes. Addressing issues one at a time may be helpful so you don't overwhelm your system and you can see when changes are actually being made.

Handouts will be provided that you can download for more information and solutions.

Thank you!