BEYOND THE PILL

A 30-Day Program to Balance Your Hormones, Reclaim Your Body, and Reverse the Dangerous Side Effects of the Birth Control Pill

JOLENE BRIGHTEN, NMD
This book contains advice and information relating to health care. It should be used to supplement rather than replace the advice of your doctor or another trained health professional. If you know or suspect you have a health problem, it is recommended that you seek your physician’s advice before embarking on any medical program or treatment. All efforts have been made to ensure the accuracy of the information contained in this book as of the date of publication. This publisher and the author disclaim liability for any medical outcomes that may occur as a result of applying the methods suggested in this book.

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Hormone Quiz

As you read through this quiz, check the symptoms that apply to you currently, then total up your symptoms in each category.

Category A

☐ I experience bloating or puffiness.
☐ I feel irritable or experience mood swings.
☐ I experience heavy, painful periods.
☐ I have gained weight or have difficulty losing weight, especially around my hips, butt, and thighs.
☐ I’ve been told I have fibroids.
☐ I sometimes cry over nothing.
☐ I get migraines or other headaches.
☐ I have brain fog.
☐ I’ve had gallbladder problems or had my gallbladder removed.

TOTAL __________________

Category B

☐ I’m emotionally fragile and/or I feel nostalgic about the past.
☐ I have difficulty with memory.
☐ My periods are fewer than three days.
☐ I struggle with depression, anxiety, or lethargy.
☐ I have night sweats and/or hot flashes.
☐ I’ve had trouble with recurrent bladder infections.
☐ I sometimes have problems with urinary leakage.
☐ I have difficulty sleeping and wake at night.
☐ My breasts are smaller and/or beginning to droop.
☐ I have achy joints or am prone to joint injuries.
☐ My sun-damaged skin is more noticeable.
☐ I am noticing more fine lines and wrinkles.
☐ I have dry or thinning skin.
☐ I have no interest in sex.
☐ I have vaginal dryness or pain with intercourse.

TOTAL __________________
Category C

☐ I experience PMS seven to ten days before my period.
☐ I get headaches or migraines around my period.
☐ I feel anxious often.
☐ I have painful, heavy, or difficult periods.
☐ My breasts are painful or swollen before my period.
☐ I feel agitated, irritable, or weepy before my period.
☐ I have had a miscarriage in the first trimester.
☐ I experience restless legs, especially at night.
☐ I have had difficulty getting pregnant (after trying for six or more months).

TOTAL ____________________

Category D

☐ I have abnormal hair growth on my face, chest, and/or abdomen.
☐ I have acne.
☐ I have oily skin and/or hair.
☐ I have areas of darker skin (e.g., armpits)
☐ I’ve noticed thinning hair on my head.
☐ I have skin tags.
☐ I struggle with depression and/or anxiety.
☐ I have PCOS.
☐ I have had difficulty getting pregnant (after trying for six or more months).

TOTAL ____________________

Category E

☐ I have a low libido or diminished sex drive.
☐ I struggle with depression, have mood swings, or cry easily.
☐ I have no motivation.
☐ I am tired or fatigued throughout the day or have been diagnosed with chronic fatigue syndrome.
☐ I’m unable to gain muscle, and I’m losing muscle mass.
☐ I have a decrease in bone density or have been diagnosed with osteopenia or osteoporosis.
☐ I have urinary incontinence.
☐ I have a loss of sexual fantasies.
☐ I have difficulty or am unable to orgasm.
☐ I have cardiovascular symptoms or heart disease.
☐ I’ve had weight gain.
☐ I have anxiety or panic attacks.
TOTAL _______________

Category F

☐ I feel tired in the morning, even after a full night’s sleep.
☐ I depend on caffeine to get through my day.
☐ I want to take naps most days.
☐ My energy crashes in the afternoon.
☐ I crave salty or sweet food.
☐ I’m dizzy when I stand up too quickly.
☐ I feel at the mercy of stress.
☐ I have difficulty falling asleep and/or staying asleep.
☐ My muscles feel weaker.
☐ I get sick often and/or have a difficult time getting over infections.
☐ I have low blood sugar issues.
TOTAL _______________

Category G

☐ My life is crazy stressful.
☐ I feel overwhelmed by stress.
☐ I have extra weight around my midsection.
☐ I have difficulty falling or staying asleep.
☐ My body is tired at night, but my mind is going a mile a minute—“wired and tired.”
☐ I get a second wind at night that keeps me from falling asleep.
☐ I wake between 2 and 4 a.m. and can’t go back to sleep.
☐ I feel easily distracted, especially when under stress.
☐ I get angry quickly or just feel on edge.
☐ I have high blood pressure or a fast heart rate.
☐ I have elevated blood sugar or diabetes.
☐ I get shaky if I don’t eat often.
☐ I’m prone to injury and have difficulty healing.

TOTAL __________________

Category H

☐ I have brain fog or feel like my memory isn’t quite what it used to be.
☐ I’m losing hair (scalp, body, outer third of the eyebrows).
☐ My hair is dry and tangles easily.
☐ I’m constipated often and need a stimulant (like caffeine) to get a bowel movement.
☐ I’m cold and/or have cold hands and feet.
☐ My periods are sporadic or occur more than thirty-five days apart.
☐ I have joint or muscle pain.
☐ I have dry skin.
☐ I have had difficulty getting pregnant (after trying for six or more months) or have had a first trimester miscarriage.
☐ I am in a low mood or struggle with depression.
☐ I’m tired no matter how much I sleep.
☐ I find it difficult to break a sweat.
☐ I have recurrent headaches.
☐ I have high cholesterol.
☐ I have a hoarse voice most days.

TOTAL ________________

Answer Key

0 or 1 box checked in a category = This category is unlikely to be a culprit in the symptoms you’re experiencing.

2 to 4 boxes checked = This area needs your attention.

5 or more boxes checked in a category = This just might be your troublemaker, meaning right now this is likely the dominant hormone aggravating your symptoms.
Category A: Too Much Estrogen
Be sure to read chapter 4 to find out more about estrogen dominance as well as page 237 in chapter 12.

Category B: Too Little Estrogen
See page 238 in chapter 12 for more information.

Category C: Too Little Progesterone
In chapter 4, learn how this relates to too much estrogen, plus see page 240 in chapter 12.

Category D: Too Much Testosterone
Check out chapter 8 for why you may have this even if you don’t have PCOS, and review page 240 in chapter 12.

Category E: Too Little Testosterone
Learn more about this and its effect on your libido in chapter 10, plus see page 242 in chapter 12.

Category F: Too Little Cortisol
See page 243 in chapter 12 for what you can do about this.

Category G: Too Much Cortisol
Check out chapter 7 to see how this relates to your adrenal glands, and visit page 244 in chapter 12.

Category H: Too Little Thyroid Hormone
You’ll want to carefully read chapter 7 if you have any thyroid issues, plus look at page 245 in chapter 12.
Menstrual Cycle Glossary

**corpus luteum**: A mass of tissue formed in the ovary after ovulation that secretes progesterone and eventually disintegrates if the egg is not fertilized.

**endometrium**: The mucous membrane that lines the uterus and thickens in preparation for the implantation of an embryo and is shed during menstruation.

**estrogen**: A female sex hormone produced by the ovaries, dominant in the first half of the menstrual cycle.

**fallopian tube**: One of the two tubes on either side of the uterus that carry the egg from an ovary to the uterus.

**follicle-stimulating hormone (FSH)**: A hormone produced by the pituitary gland that stimulates the maturation of the ovarian follicles in preparation for ovulation.

**follicular phase**: The first half of the menstrual cycle when estrogen is high and the ovarian follicles mature in preparation for ovulation.

**luteal phase**: The second half of the menstrual cycle that occurs after ovulation when progesterone is higher.

**luteinizing hormone (LH)**: A hormone produced by the pituitary gland that triggers ovulation and the development of the corpus luteum.

**ovaries**: Female reproductive organs that produce eggs and hormones.

**ovulation**: When the ovary releases an egg.

**ovulatory phase**: The phase between the follicular and luteal phases when LH surges, triggering the release of an egg.

**progesterone**: A hormone that is released by the corpus luteum in the ovary to help prepare the uterus for the implantation of an embryo, dominant in the second half of the menstrual cycle.

**testosterone**: A sex hormone secreted by the ovaries and adrenal glands that rises before ovulation; highest in men, but necessary in women.
Quiz: Menstrual Cycle Myth Buster*

Take the period pop quiz and see how you score. Answer true or false after each statement.

1. Every woman has a 28-day menstrual cycle.
2. A woman can get pregnant any day of the month.
3. A woman can get pregnant only one day of the month.
4. A woman ovulates only one egg per cycle.
5. Women ovulate every single month.
6. Sperm live only one day.
7. The pill regulates a woman’s period.
8. Having a period isn’t necessary.
9. Day 1 of a woman’s cycle is the first day of her period.
10. Progesterone is low in the second half of a woman’s cycle.

*See page 116 for the answers.
The menstrual cycle of a woman not using hormonal birth control.
Your Cycle at a Glance

- Your menstrual cycle is the number of days from the first day of bleeding in one month to the first day of bleeding in the next month.
- The average length of a menstrual cycle is twenty-eight days, with most cycles falling between twenty-six and thirty-six days.
- The menstrual cycle has three phases: follicular, ovulatory, and luteal.
- A spike in estrogen during the follicular phase causes a spike in LH, which triggers ovulation, typically in the middle of the cycle.
- Following ovulation, progesterone rises and peaks around day 21.
- A fall in progesterone triggers your period if you have not become pregnant.
- The average period is about four to six days in length.
TEST YOUR OVERALL HORMONE HEALTH

- adiponectin (a hormone produced by fat cells that protects against diabetes and heart disease)
- DHEA-S
- DUTCH (dried urine test for comprehensive hormones)
  Complete
- fasting insulin
- 4-point salivary cortisol
- FSH, LH, estradiol (best tested on day 3 of your menstrual cycle)
- progesterone (best tested from day 19 to day 22 of a 28-day menstrual cycle)
- sex hormone–binding globulin (SHBG)
- thyroid panel: thyroid-stimulating hormone (TSH), total T4 and T3, free T4 and T3, reverse T3, anti-thyroidperoxidase (anti-TPO), and anti-thyroglobulin antibodies
- total and free testosterone
Quiz: Are You Suffering from PBCS?

If you’ve come off the pill and have noticed a variety of uncomfortable symptoms, check the boxes that apply to you:

- I haven’t had a period (amenorrhea) for more than three months after stopping the pill.
- My periods are heavy and/or painful.
- I’ve been struggling to get pregnant.
- I’ve been diagnosed with hypothyroidism since starting or stopping the pill.
- I have terrible acne that won’t go away.
- I’ve been getting migraines, especially right before I’m about to get my period.
- I have frequent headaches, especially around my period or cyclically.
- I’ve noticed recent hair loss.
- I feel depressed or have been diagnosed with depression since starting or stopping the pill.
- I have trouble with high blood sugar or hypoglycemia.
- I struggle with anxiety, nervousness, or worry since starting or stopping the pill.
- I feel gassy or bloated.
- I’ve noticed changes in my bowel movements.
- I suffer from inflammation and other immune imbalances.

If you have more than one of these symptoms, and especially if you have several of them, you are likely suffering from PBCS.
Six Tests for a Missing Period

If you’ve been off the pill for three months or more and have not gotten your period, test your hormones:

1. **Pregnancy test.**

2. **FSH, LH, estradiol:** FSH and LH are brain hormones that tell you how your brain is talking to your ovaries. A test of estradiol will help you understand how your ovaries are responding to signals from that hormone. An elevated FSH and low estradiol are a sign your ovaries are not functioning optimally and may be due to primary ovarian insufficiency (POI).

3. **Prolactin:** Prolactin blocks you from having your period by inhibiting the secretion of FSH. The same mechanism that causes TSH to go up can also elevate prolactin levels. It could be correlated with what’s going on in the thyroid or due to a condition called prolactinoma, a benign brain tumor.

4. **Thyroid panel** (TSH, total T4, total T3, free T4, free T3, reverse T3, anti-TPO, and anti-thyroglobulin antibodies): If your thyroid isn’t functioning properly or you’re hypothyroid or hyperthyroid, it can affect your menstrual cycle, including whether or not you ovulate or get a period.

5. **Total and free testosterone:** Elevations in testosterone can suppress ovulation and stop your period.

6. **Adrenals** (4-point salivary cortisol or 4-point urinary cortisol and cortisone with DHEA-S): Your adrenals produce cortisol, especially in response to stress, which can decrease progesterone and leaves estrogen unopposed.
WTF, Why Is My Hair Falling Out?!

Are you waking up with a pillow covered in hair or do you have a clogged shower drain? Maybe you’re noticing your part getting wider? This is yet another common symptom that rears its head during PBCS. Hair loss is a sign of a deeper hormonal imbalance, and it’s important to seek treatment immediately if you’ve begun to feel like you’re shedding hair everywhere.

A number of tests can help you identify the root cause of your hair loss:

- **Complete blood count (CBC) and ferritin blood test:** Both tests screen for iron deficiency. When your iron dips, hair loss can occur. If your ferritin is below 50 ng/mL, inadequate iron may be the culprit.

- **Thyroid panel:** TSH, total T4 and T3, free T4 and T3, reverse T3, anti-thyroperoxidase (anti-TPO), and anti-thyroglobulin antibodies can all help pinpoint if your thyroid is to blame.

- **Antinuclear antibodies (ANA), celiac panel, or Cyrex Array 5:** These tests screen for autoimmunity—there are many autoimmune conditions that reveal themselves with hair loss.

- **High-sensitivity C-reactive protein (hs-CRP) and erythrocyte sedimentation rate (ESR):** Both of these check for inflammation, which is a sign that you may be at risk of developing other symptoms or disease. Clinically, I prefer hs-CRP.

- **Total and free testosterone, and dihydrotestosterone (DHT):** Most commonly associated with male-pattern baldness, testosterone can also cause women to lose their hair. Elevated testosterone may be due to hormonal imbalance or PCOS.

- **FSH, LH, estrogen, and progesterone:** Imbalances in these hormones will cause not only hair loss but also PMS, irregular periods, and/or heavy periods.

- **Sex hormone–binding globulin (SHBG):** This protein grabs onto excess hormones. If it’s low, then your free testosterone may be elevated as a result.
• **Cortisol and DHEA sulfate (DHEA-S):** Think of cortisol as an aging hormone. If cortisol is high or DHEA-S is low, you will visibly age quicker, which includes hair loss.

• **Comprehensive metabolic panel (CMP):** This is a good baseline to check liver and kidney function as well as the balance of your electrolytes.

• **Fasting insulin, fasting blood glucose, and hemoglobin A1C:** These labs screen for diabetes. Improper blood sugar regulation can cause imbalances in your hormones and impede circulation to your scalp.

• **Heavy metal test:** Are you an artist or welder, do you have a lot of silver fillings, or do you eat a lot of rice or non-organic foods? If so, you may have heavy metals driving your hair loss.
<table>
<thead>
<tr>
<th>Hair Loss Pattern</th>
<th>Possible Causes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patchy</td>
<td>A cortisol imbalance, a deficiency in B vitamins or zinc, or a heavy metal exposure</td>
</tr>
<tr>
<td>Thinning</td>
<td>A hormonal imbalance, such as thyroid</td>
</tr>
<tr>
<td>At the top of the head</td>
<td>Testosterone, progesterone, cortisol, or estrogen out of balance</td>
</tr>
<tr>
<td>Balding all over</td>
<td>Poor circulation or a deficiency in protein, essential fatty acids, B vitamins, silicon, or zinc</td>
</tr>
<tr>
<td>Total body hair loss</td>
<td>DHEA, blood sugar regulation, or circulation issues</td>
</tr>
</tbody>
</table>
LAB TESTING FOR HEAVY PERIODS

Hormone testing is a must with this amount of bleeding. Having a complete thyroid panel, along with estrogen and progesterone testing, can help determine if there is an imbalance contributing to your symptoms. You also want to evaluate if you have iron deficiency anemia. I recommend the following tests—on the noted day of your cycle for those tests that are day-specific:

- day 3: estradiol
- days 19 to 22: serum progesterone and estradiol or DUTCH test
- thyroid panel (TSH, total T4 and T3, free T4 and T3, reverse T3, anti-TPO, anti-thyroglobulin antibodies)
- CBC
- ferritin

Menorrhagia (aka Extremely Heavy Periods)
Checklist: How to Know If Your Period Is Too Heavy

If you check even one box of these, please see the related “Lab Testing” section (page 63) for evaluation options.

☐ I change a pad or large/super tampon every hour for three or more hours in a single day.
☐ I fill a menstrual cup three times in a day.
☐ I need to double up on menstrual products to control my flow.
☐ I wake to change menstrual products during the night.
☐ I limit my activities due to menstrual flow.
☐ My period lasts longer than seven days.
☐ I have blood clots that are larger than the size of a quarter.
LAB TESTING FOR PAINFUL PERIODS
If painful periods are a recent development, have a complete blood count (CBC) test to rule out infection and a human chorionic gonadotropin (hCG) test to rule out ectopic pregnancy. Your doctor may consider a transvaginal ultrasound to understand the cause of your pain. In my office, we investigate for underlying causes of inflammation, like gut or chronic infections, adrenal dysregulation, nutrient imbalances, and other stressors. Other helpful tests in understanding your root cause include:

- adrenals: DUTCH adrenal or 4-point salivary cortisol or 4-point urinary cortisol and cortisone with DHEA-S
- DUTCH Complete: On days 19–22 of your menstrual cycle, get the DUTCH test. The DUTCH Complete includes adrenal hormones.
- estradiol and progesterone: On days 19–22 of your menstrual cycle, have your estradiol and progesterone tested.
- fatty acids
- high-sensitivity C-reactive protein (a marker of inflammation)
- RBC magnesium
- stool culture, lactulose breath test, or other gut test (see chapter 6)

LAB TESTING FOR LIGHT MENSES
Hormone tests can determine your levels of estrogen during your menstrual cycle. It may be helpful to collect samples of your hormones throughout the month with DUTCH Cycle Mapping or other hormone tests. The following are some routine tests you may also want to consider:

- estradiol, FSH, and LH: On day 3 of your menstrual cycle, have your estradiol tested.
- progesterone: On days 19–22 of your cycle, have your progesterone tested.
LAB TESTING FOR LATE OR IRREGULAR PERIODS

Testing the following can help determine the cause of your delayed or irregular period:

- adrenal testing (4-point salivary cortisol or 4-point urinary cortisol and cortisone with DHEA-S)
- DHEA-S
- estradiol, FSH, and LH: On day 3 of your menstrual cycle, have your estradiol tested.
- fasting insulin, fasting blood glucose, and hemoglobin A1C
- pregnancy test
- progesterone (taken about 5 to 7 days after ovulation; you’ll need to use an ovulation-prediction kit to time this)
- SHBG
- testosterone (total and free)
- thyroid panel: TSH, total T4, total T3, free T4, free T3, reverse T3, anti-TPO, and anti-thyroglobulin antibodies
- vitamin D
LAB TESTING FOR SHORT CYCLES
If you are experiencing short cycles, consider having the following tested:

- DUTCH test
- estradiol, FSH, and LH: On day 3 of your menstrual cycle, have your estradiol tested.
- ovulation predictor kit (OPK): On days 10–15 of your cycle, use an OPK to determine if you are ovulating.
- progesterone: Test your progesterone five to seven days after ovulation.
- thyroid panel: TSH, total T4, total T3, free T4, free T3, reverse T3, anti-TPO, and anti-thyroglobulin antibodies
- 21-hydroxylase antibodies
- vitamin D

LAB TESTING FOR A MISSING PERIOD
If you’ve lost your period, I recommend considering the following tests:

- brain MRI
- celiac panel: tissue transglutaminase antibody (tTG-IgA), endomysial antibody (EMA-IgA), deamidated gliadin peptide antibodies (DGP–IgA and IgG), and total serum IgA
- Cyrex Array 5 antibody testing
- DUTCH adrenal or DiagnosTechs ASI
- free and total testosterone and SHBG
- hemoglobin A1C, fasting insulin, and fasting blood glucose
- random FSH, LH, and estradiol
- pregnancy test
- prolactin
- thyroid panel: TSH, total T4 and T3, free T4 and T3, reverse T3, anti-TPO, anti-thyroglobulin antibodies
- 21-hydroxylase
## Remedies for Period Problems

<table>
<thead>
<tr>
<th>Period Problem</th>
<th>Supplement Type</th>
<th>How to Take</th>
<th>Recommended Brands</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Estrogen dominance</strong></td>
<td>DIM</td>
<td>100 mg daily</td>
<td>Dr. Brighten Balance or Integrative Therapeutics</td>
</tr>
<tr>
<td>Calcium-D-glucarate</td>
<td></td>
<td>400 mg daily</td>
<td>Dr. Brighten Balance or Xymogen</td>
</tr>
<tr>
<td>Probiotic</td>
<td></td>
<td>As directed</td>
<td>Microbiome Labs, Klaire Labs, or Designs for Health</td>
</tr>
<tr>
<td><strong>Heavy or long period</strong></td>
<td>Iron bisglycinate</td>
<td>18–30 mg daily</td>
<td>Dr. Brighten Prenatal Plus, Designs for Health, or Thorne</td>
</tr>
<tr>
<td>B-vitamin complex</td>
<td></td>
<td>As directed</td>
<td>Dr. Brighten B-Active Plus, Innate, or Designs for Health</td>
</tr>
<tr>
<td>Turmeric</td>
<td></td>
<td>1 g daily</td>
<td>Dr. Brighten Turmeric Boost or Integrative Therapeutics</td>
</tr>
<tr>
<td>DIM</td>
<td></td>
<td>100 mg daily</td>
<td>Dr. Brighten Balance or Integrative Therapeutics</td>
</tr>
<tr>
<td>Calcium-D-glucarate</td>
<td></td>
<td>400 mg daily</td>
<td>Dr. Brighten Balance or Xymogen</td>
</tr>
<tr>
<td><strong>Painful period</strong></td>
<td>Magnesium (glycinate or citrate)</td>
<td>300–600 mg daily</td>
<td>Dr. Brighten Magnesium Plus or Klaire Labs</td>
</tr>
<tr>
<td>Cramp bark</td>
<td></td>
<td>1 teaspoon two or three times daily two days before your period and for the duration of your cramps</td>
<td>Wise Woman Herbals</td>
</tr>
<tr>
<td>Omega-3</td>
<td></td>
<td>1,500–2,000 mg daily</td>
<td>Dr. Brighten Omega Plus or Nordic Naturals ProEPA Xtra</td>
</tr>
<tr>
<td>Turmeric</td>
<td></td>
<td>1 g daily</td>
<td>Dr. Brighten Turmeric Boost or Integrative Therapeutics</td>
</tr>
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</table>
# Remedies for Period Problems

<table>
<thead>
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<th>Supplement Type</th>
<th>How to Take</th>
<th>Recommended Brands</th>
</tr>
</thead>
<tbody>
<tr>
<td>Light period</td>
<td>Prenatal or multivitamin</td>
<td>2 capsules twice daily</td>
<td>Dr. Brighten, Innate, or Seeking Health</td>
</tr>
<tr>
<td></td>
<td>Vitamin D</td>
<td>2,000 IU daily or per lab findings</td>
<td>Dr. Brighten Vitamin D3/K2 or Thorne</td>
</tr>
<tr>
<td>Late or irregular period</td>
<td>Comprehensive hormone support (B6, B12, folate, DIM, broccoli extract, calcium-D-glucarate, green tea extract, black cohosh, Vitex, resveratrol, magnesium, and chrysin)</td>
<td>2 capsules twice daily or as directed</td>
<td>Dr. Brighten Balance, Thorne, or Integrative Therapeutics</td>
</tr>
<tr>
<td>Short cycle</td>
<td>Vitex/chaste tree berry</td>
<td>As directed in a combination product or as a tincture 60 drops twice daily in the luteal phase</td>
<td>Dr. Brighten Balance or Wise Woman Herbs</td>
</tr>
<tr>
<td>Adrenal support</td>
<td>3 capsules in the morning</td>
<td></td>
<td>Dr. Brighten Adrenal Support</td>
</tr>
<tr>
<td>Missing period</td>
<td>Multivitamin or prenatal</td>
<td>As directed</td>
<td>Dr. Brighten, Innate, or Seeking Health</td>
</tr>
<tr>
<td></td>
<td>Start the Brighten Supplement Protocol (see page 246)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Period Problem</td>
<td>Supplement Type</td>
<td>How to Take</td>
<td>Recommended Brands</td>
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<td>-----------------------------------------------------------------------------</td>
<td>---------------------------------------------------------</td>
</tr>
<tr>
<td>Mid-cycle spotting</td>
<td>Vitex/chaste tree berry</td>
<td>As directed in a combination product or as a tincture 60 drops twice daily in the luteal phase</td>
<td>Dr. Brighten Balance or Wise Woman Herbals</td>
</tr>
<tr>
<td></td>
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</tr>
<tr>
<td>Adrenal support</td>
<td>3 capsules in the morning</td>
<td></td>
<td>Dr. Brighten Adrenal Support</td>
</tr>
<tr>
<td>PMS</td>
<td>Dandelion leaf tincture (water retention)</td>
<td>60 drops twice daily</td>
<td>Wise Woman Herbals</td>
</tr>
<tr>
<td></td>
<td>Passionflower (anxiety)</td>
<td>60 drops of tincture</td>
<td>Wise Woman Herbals</td>
</tr>
<tr>
<td></td>
<td>Adrenal Calm (sleep disturbance)</td>
<td>3 capsules at night</td>
<td>Dr. Brighten Adrenal Calm</td>
</tr>
<tr>
<td></td>
<td>Magnesium glycinate</td>
<td>300–600 mg at bedtime</td>
<td>Dr. Brighten Magnesium Plus or Klaire Labs</td>
</tr>
<tr>
<td></td>
<td>B-vitamin complex</td>
<td>1 capsule daily</td>
<td>Dr. Brighten B-Active Plus, Innate, or Designs for Health</td>
</tr>
<tr>
<td></td>
<td>Comprehensive hormone support (B6, B12, folate, DIM, broccoli extract, calcium-D-glucarate, green tea extract, black cohosh, Vitex, resveratrol, magnesium, and chrysin)</td>
<td>As directed</td>
<td>Dr. Brighten Balance, Thorne, or Integrative Therapeutics</td>
</tr>
<tr>
<td>Adrenal support</td>
<td>3 capsules in the morning</td>
<td></td>
<td>Dr. Brighten Adrenal Support</td>
</tr>
</tbody>
</table>
Top Liver-Loving Foods

Make sure you eat some of these top liver-loving foods every single day:

• beets
• broccoli and other cruciferous vegetables
• burdock or gobo root
• complete protein
• dandelion root tea
• garlic
• grapefruit
• green tea
• leafy green vegetables
• turmeric

Safer Beauty Alternatives

Skin care: Annmarie Skin Care, The Spa Dr., Eminence

Moisturizer: coconut oil, calendula salve, FATCO

Makeup: bareMinerals, Jane Iredale, Vapour Organic Beauty

Deodorant: Schmidt’s, Primal Pit Paste, PiperWai

Laundry: My Green Fills

For the most up-to-date personal products resources, please visit DrBrighten.com/Resources.
Quiz: Does My Liver Need Detox Support?

You may be wondering how to determine if your liver could benefit from detox support. Check any of the following boxes that apply to you:

- I use prescription or over-the-counter meds (other than thyroid medication).
- I have a current or past history of taking hormonal contraceptives.
- I experience hormonal symptoms like PMS, breast tenderness, and general period problems.
- I experience fatigue and brain fog.
- I experience headaches and migraines.
- I get rashes, hives, acne, and/or itchy skin.
- I drink alcohol weekly or drink more than three drinks in one day.
- I eat non-organic meat and/or vegetables and fruits.
- I consume canned or farmed fish and seafood.
- I experience anger, aggression, or irritability.
- I get congested sinuses or postnasal drip.
- I have chemical sensitivities.
- I experience hypoglycemia or have a blood sugar imbalance.

If you checked two or more boxes, your liver needs some attention and you would benefit from added detox support. Go to chapter 12 to start the 30-Day Brighten Program, which includes a 14-day detox to reset your hormones.
Lab Tests for Liver Function

The unfortunate thing about liver function tests is that things have to be really bad for abnormal results to show up, because your liver is such a champ. Testing the following can help you better understand the health of your liver:

- alanine transaminase (ALT)
- alkaline phosphatase (ALP)
- aspartate aminotransferase (AST)
- bilirubin
- gamma-glutamyl transferase (GGT)

Complete a 14-Day Liver Detox

To balance your hormones and minimize side effects as you come off the pill, a 14-day liver detox is vital, which is why it is the starting place for the 30-Day Brighten Program. This will improve your energy, mood, and skin, and ease your periods. As I mentioned previously, if you stay on the pill, I recommend doing a detox every three to four months. In my practice, we use either Dr. Brighten Paleo Detox or Dr. Brighten Plant-Based Detox, both of which include a variety of liver-boosting ingredients in easy-to-use packets. Here are the other liver-supporting supplements you can take on their own:

- **Liposomal glutathione** is the mother of all antioxidants. It’s one of the fastest ways to love up your liver. Take 100 to 200 milligrams daily. If you’re using glutathione on its own, I recommend the liposomal form because it actually binds to cells and facilitates the delivery of nutrients even more effectively.

- **N-acetylcysteine (NAC)** is a precursor to glutathione and does a whole lot of really great things like improving mood, fertility, and gut function, and may reduce the risk of miscarriage. Take 600 to 900 milligrams twice daily.
• **Milk thistle** has been shown to support the healthy regeneration of damaged liver cells and protect against liver damage. Take 300 milligrams three times daily.

• **Diindolylmethane (DIM)** helps your body process estrogen into safe metabolites and helps you maintain healthy levels of estrogen. Take 100 milligrams twice daily.

• **Calcium-D-glucarate** aids in liver detoxification and the elimination of excess estrogen. Take 50 to 1,000 milligrams daily, depending on the severity of your symptoms.

• **Dandelion root tea** specifically supports healthy liver detoxification and can make a great replacement beverage for people who want to kick coffee. Enjoy 1 to 3 cups daily.

• **Quercetin** is an antioxidant and anti-inflammatory found in red onions, blueberries, and chili peppers. It protects against oxidative damage and aids in phase I liver detoxification. Take 100 milligrams twice daily.

• **Resveratrol**, an antioxidant most associated with red wine (sorry, red wine won’t cut it during your detox), aids in phase II liver detoxification, which may be protective against certain cancers. Take 100 milligrams twice daily.
Quiz: How Is My Gut Health?

Check any boxes that apply to you in the following list:

- □ I have gas.
- □ I have bloating.
- □ I have discomfort and/or belching after meals.
- □ I have diarrhea.
- □ I have constipation.
- □ I have difficulty passing stools.
- □ I have food sensitivities.
- □ I have irritable bowel syndrome (IBS).
- □ I have Crohn’s disease or ulcerative colitis.
- □ I have an autoimmune disease.
- □ I need stimulants (natural or drug) to have a bowel movement.
- □ I have heartburn.
- □ I take acid-blocking medication more than once a year.
- □ I experience nausea after meals.
- □ I am nauseous often.
- □ I have rashes, eczema, acne, or hives.
- □ I have foul-smelling stools.
- □ I see undigested food in my stools (other than nuts, seeds, or corn).
- □ I see mucus in my stools.
- □ I have cravings for sugar, simple carbohydrates, or alcohol.
- □ I experience anal itching.
- □ My tongue is swollen or has a thick coat.
- □ I use NSAIDs like ibuprofen or naproxen regularly.
- □ I have taken antibiotics more than once in the last year.
- □ I have taken the birth control pill.

TOTAL ________________
Quiz: How Is My Gut Health?

Answer Key

1 or 2 boxes checked = high gut health (mild dysfunction or imbalance)

3 or 4 boxes checked = intermediate gut health (moderate dysfunction or imbalance)

5 or more boxes checked = low gut health (severe dysfunction or imbalance), and you would benefit from taking the supplements recommended in the “Nourish” section on page 116.

Whatever your gut health, follow my Brighten Gut Repair Protocol to improve your gut—it’s the foundation to healing PBCS, rebalancing your hormones, and protecting your health while you’re on the pill. In this chapter we are going to explore just how one little pill can wreck your gut.
A healthy gut is selective, allowing only necessary particles through and keeping pathogenic organisms and large food proteins out. When the tight junctions between the cells are compromised, undigested food, harmful bacteria, yeast, and parasites make their way in, which triggers the immune system and leads to inflammation and food sensitivities.
What Causes Leaky Gut Syndrome?

• acid-reducing drugs
• antibiotics
• birth control pill
• BPA (bisphenol A)
• chronic stress
• dental and sinus infections
• dysbiosis
• food sensitivities
• gluten
• gut infections
• head injury
• heavy metals
• high-sugar diet
• HPA (hypothalamic-pituitary-adrenal) axis dysregulation, or adrenal fatigue
• low-fiber diet
• NSAIDs (non-steroidal anti-inflammatory drugs)
• nutrient depletion
• pesticides
• SIBO (small intestinal bacterial overgrowth)
• steroids
• surgery
• trauma
Lab Tests for Autoimmune Disease

- antinuclear antibodies (ANA) with reflex—a general screening for autoimmunity
- anti-phospholipid antibodies
- anti-\textit{Saccharomyces cerevisiae} (ASCA) and perinuclear anti-neutrophil cytoplasmic antibodies (p-ANCA)—screens for inflammatory bowel disease
- Cyrex Array 5—predictive autoantibody testing to detect antibodies potentially years before symptoms present
- high-sensitivity C-reactive protein (hs-CRP), a marker of inflammation
- thyroid peroxidase (TPO) and thyroglobulin antibodies—tests for Hashimoto’s thyroiditis, the most common autoimmune disease in women
- 21-hydroxylase antibodies—tests for Addison’s disease
Lab Tests for Gut Analysis

Work with a qualified naturopathic or functional medicine doctor to investigate any possible nutrient deficiencies or gut dysfunction. It’s important to test for underlying conditions, like bacterial dysbiosis, yeast overgrowth, SIBO, and parasites. Order the following lab tests and keep reading for my tools to restore gut health.

- **Comprehensive Stool Analysis by Doctor’s Data or GI Effects by Genova:** Both of these tests will tell you about what’s growing—and not growing—in your gut and will also offer insight about your overall digestion.

- **Lactulose or glucose breath test:** If you have a history of food poisoning or regularly experience heartburn, gas, bloating, constipation, or diarrhea, this test can help you get to the bottom of it. This test takes three hours and measures hydrogen and methane gases.

- **Helicobacter pylori breath test:** This test will reveal if you have an *H. pylori* infection, a type of bacterial infection that causes stomach ulcers.

- **Celiac testing:** If you are experiencing gut symptoms, you may have an issue with gluten and should consider being tested for celiac disease. Note: you must be currently eating gluten to have accurate results.
  - tissue transglutaminase antibody (tTG-IgA)
  - endomysial antibody (EMA-IgA)
  - deamidated gliadin peptide antibodies (DGP IgA and IgG)
  - total serum IgA
  - genetic tests HLA DR3-DQ2 and DR4-DQ8—99 percent of those with celiac disease have either one or both of these genes.

- **IgG and IgA food intolerance:** Food intolerance testing can expose leaky gut and help you understand which foods to avoid in order to heal your gut.
<table>
<thead>
<tr>
<th>Dairy Item</th>
<th>Replacements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter</td>
<td>Coconut oil, coconut butter, olive oil, camel hump fat, lard</td>
</tr>
<tr>
<td>Cheese</td>
<td>Nut cheese, nutritional yeast</td>
</tr>
<tr>
<td>Ice cream</td>
<td>Almond ice cream, cashew ice cream, coconut ice cream</td>
</tr>
<tr>
<td>Milk</td>
<td>Coconut milk, cashew milk, almond milk, camel's milk</td>
</tr>
<tr>
<td>Whey protein</td>
<td>Hydrolyzed beef protein, pea protein, cricket meal, bone broth protein</td>
</tr>
<tr>
<td>Yogurt</td>
<td>Almond yogurt, cashew yogurt, coconut yogurt</td>
</tr>
</tbody>
</table>
Caffeine-Free Coffee Replacements

The following beverages are great substitutes for that morning—or afternoon!—cup of coffee, and they’re also healthy for you.

- **Maca Latte** (see recipe page 305)
- **Upgraded Golden Milk** (see recipe page 304)
- **Mushroom elixirs** have a variety of health-boosting effects, and many companies, such as Four Sigmatic and SuperFeast, make instant elixirs. (Be aware that some “mushroom coffee” options are still mixed with coffee; get one that is exclusively mushroom based.)
- **Decaf matcha**—green tea powder—is typically whisked into hot water or another nondairy liquid: ½ to 1 teaspoon per 8 ounces of liquid.
- **Chicory root and dandelion root**, when roasted, take on a coffee-like flavor. Use ½ teaspoon each of chicory root and dandelion root per 8 ounces of water. Steep for 3 to 5 minutes, then strain.
- **Herbal teas**
- **Spa water**—add cucumber, berries, lemon, or lime to water for added flavor.
What Foods Are In or Out?

<table>
<thead>
<tr>
<th>In</th>
<th>Out</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy fats (avocado, coconut oil,</td>
<td>Inflammatory fats (trans fats,</td>
</tr>
<tr>
<td>cold-water fish, macadamia nut oil,</td>
<td>processed foods, fast foods, canola</td>
</tr>
<tr>
<td>olive oil)</td>
<td>oil, corn oil, cottonseed oil, peanut</td>
</tr>
<tr>
<td></td>
<td>oil)</td>
</tr>
<tr>
<td>Organic fruits and vegetables</td>
<td>Gluten and grains</td>
</tr>
<tr>
<td>High-quality protein</td>
<td>Soy</td>
</tr>
<tr>
<td>Water, Upgraded Golden Milk (see page</td>
<td>Alcohol and caffeine</td>
</tr>
<tr>
<td>304), other nourishing beverages</td>
<td></td>
</tr>
<tr>
<td>Bone broth</td>
<td>Dairy</td>
</tr>
<tr>
<td>Fermented foods</td>
<td>Sugar and artificial sweeteners</td>
</tr>
</tbody>
</table>

Lifestyle Strategies to Support Your Gut

- Eat in a relaxed environment.
- Practice mindfulness eating. Be present with your food.
- Avoid drinking lots of fluids with your meals.
- Reduce stress by singing out loud (it’s good for your vagus nerve too, which supports healthy gut motility)
- Avoid moderate to intense activity an hour after eating. Let your body rest and digest.
- Practice deep breathing as often as possible.
- Indulge in castor oil belly massages with peppermint essential oil.
Symptoms of Thyroid Disease

<table>
<thead>
<tr>
<th>Hyperthyroidism</th>
<th>Hypothyroidism</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight loss</td>
<td>Weight gain</td>
</tr>
<tr>
<td>Heat intolerance or sweating excessively</td>
<td>Cold intolerance</td>
</tr>
<tr>
<td>Anxiety</td>
<td>Depression and/or anxiety</td>
</tr>
<tr>
<td>Racing heart</td>
<td>Slow heart rate</td>
</tr>
<tr>
<td>Shaky hands</td>
<td>Delayed reflexes</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Fatigue and memory loss</td>
</tr>
<tr>
<td>Hair loss</td>
<td>Thinning hair, dry skin, brittle nails</td>
</tr>
<tr>
<td>Loose stools</td>
<td>Constipation</td>
</tr>
<tr>
<td>Menstrual irregularities</td>
<td>Menstrual irregularities</td>
</tr>
</tbody>
</table>

**TSH Is Not Enough!**

In addition to measuring thyroid-stimulating hormone (TSH), your doctor should test the following-*

- total T4
- total T3
- free T4
- free T3
- reverse T3
- anti-thyroidperoxidase (anti-TPO)
- anti-thyroglobulin antibodies
- thyroid receptor and thyroid stimulating immunoglobulins (if there are signs of hyperthyroidism)

* Biotin in doses of 5 to 10 milligrams (which is common in hair-loss formulas) can interfere with test results and should be stopped two days prior to testing.
Quiz: How Is My Thyroid Health?

Check any boxes that apply to you in the following lists:

Part I

☐ I have unexplained weight gain.
☐ I always feel cold.
☐ I have constant fatigue.
☐ I’m depressed or anxious.
☐ I have a slow heart rate.
☐ I have delayed reflexes.
☐ I struggle with brain fog and memory issues.
☐ I have thinning hair, dry skin, and brittle nails.
☐ I am often constipated.
☐ I’ve lost my sense of smell or taste.
☐ I’ve noticed changes in my vision.
☐ I’m extremely tired in the first trimester of pregnancy.
☐ I have small intestinal bacterial overgrowth (SIBO).
☐ I get heartburn often.
☐ I have long, painful, or irregular periods—or PMS.
☐ I became fatigued after starting the birth control pill.
☐ I have joint pain or muscle aches.
☐ My face is puffy.
☐ My voice is deep or hoarse.
☐ I feel sore for many days after exercise or physical activity.
☐ My wounds heal slowly.
☐ I have high cholesterol.

TOTAL __________________
Quiz: How Is My Thyroid Health?

Part II

☐ I have had unexplained weight loss.
☐ I’m always hot and sweaty.
☐ I have anxiety.
☐ My heart often races.
☐ My hands shake.
☐ I struggle with insomnia.
☐ I’m losing my hair.
☐ I have loose stools or diarrhea.
☐ I’m noticing changes in my vision, my eyes protrude, or my eyes are itchy.
☐ I have menstrual irregularities.

TOTAL ________________

Part I:

1 box checked = low risk of hypothyroidism
2 boxes checked = intermediate risk of hypothyroidism
3 or more boxes checked = high risk of hypothyroidism

Part II:

1 box checked = low risk of hyperthyroidism
2 boxes checked = intermediate risk of hyperthyroidism
3 or more boxes checked = high risk of hyperthyroidism

Follow the Brighten Thyroid and Adrenal Health Protocol on page 144 if you have symptoms of a thyroid disorder. And meet with your doctor to have testing.
Quiz: Do I Have HPA Axis Dysregulation?

Check any boxes that apply to you in the following list:

☐ I have difficulty waking up in the morning.
☐ I experience fatigue or have low energy.
☐ I feel “wired and tired” at night.
☐ I crave sugar, salt, and/or carbs.
☐ I’m frequently ill.
☐ I have hormone imbalance, significant PMS, and/or menopausal symptoms.
☐ I have acne and other skin problems.
☐ I feel depressed and/or irritable.
☐ I have a low libido.
☐ My memory is poor.
☐ I feel dizzy, light-headed, or a “head rush” when rising from a lying or seated position.
☐ I am unable to cope with stress.
☐ I have low blood pressure.
☐ I feel anxious.
☐ I have weight gain around my midsection.
☐ Any wounds I get heal poorly.
☐ My skin is darkening.
☐ I’ve had unexpected weight loss.

TOTAL _______________

1 box checked = low risk of HPA axis dysregulation
2 boxes checked = intermediate risk of HPA axis dysregulation
3 or more boxes checked = high risk of HPA axis dysregulation
Lab Tests for HPA Axis Dysregulation

If you’re experiencing any of the symptoms listed in the quiz, then I recommend having the following tests:

- **Adrenocorticotropic hormone (ACTH) with cortisol:** Typically this is tested around 8 a.m., and the results can help you understand how your brain and your adrenals are talking.

- **DHEA-S:** This steroid hormone is produced in the adrenal glands and may be high in the early stages of HPA dysregulation but may drop as your body produces more cortisol at the expense of your other sex hormones. DHEA ultimately gets converted to estrogen and testosterone.

- **Salivary or urinary 4-point cortisol:** This involves testing your cortisol at four different times during the day since levels can vary. This can provide a more detailed picture. Testing urinary cortisol using a DUTCH adrenal test has the benefit of showing inactive cortisol known as cortisone.

- **21-hydroxylase antibodies:** If your symptoms are pronounced, then looking into autoimmune disease is warranted.

Testing for HPA dysregulation can be tricky, which is why it’s helpful to look at a variety of tests paired with your symptoms so you receive an accurate diagnosis and the right treatment for you.
What to Test Before Popping That Pill

I recommend considering the following tests if you are thinking about taking the pill or are already on it, especially if there is a family history of blood clots, stroke, early-age heart attack, or pulmonary embolism:

- anti-cardiolipin antibodies
- anti-phospholipid antibodies
- blood pressure
- cholesterol panel
- complete blood count (CBC)
- comprehensive metabolic panel (CMP)
- factor II genes
- factor V genes
- fibrinogen
- high-sensitivity C-reactive protein (hs-CRP)
- homocysteine
- lipoprotein-A
- lipoprotein-associated phospholipase A2 (Lp-PLA2) activity
- MTHFR
- myeloperoxidase (MPO)
Brain-Supporting Nutrients

The following will help replenish nutrients and support your brain:

- acetyl-L-carnitine
- *Bacopa monnieri*
- berries
- beta hydroxybutyrate
- coffee
- epigallocatechin gallate (EGCG)
- fish oil
- Ginkgo biloba
- huperzine A
- magnesium
- phosphatidylcholine
- phosphatidylserine
- turmeric
The Pill and Nutrient Depletions

Research has shown that taking the birth control pill depletes your body of important nutrients. Here’s a list of some of the common nutrient depletions you may experience:

- folate (folic acid)
- magnesium
- selenium
- vitamin B2 (riboflavin)
- vitamin B6 (pyridoxine)
- vitamin B12
- vitamin C
- vitamin E
- zinc

In addition, the pill lowers antioxidants, such as coenzyme Q10 (CoQ10). Because of all of these depletions, it’s important to consume a nutrient-dense diet and begin taking supplements, including CoQ10 and those I list in the Brighten Supplement Protocol (page 246).
Daily Smart Supplements

Even when my patients are consuming an ideal diet, I often include supplements for those who either are or were on the pill in order to optimize their nutrient intake. I also prescribe supplements for those who are in a healing phase and are taking steps to diminish and eliminate unwanted symptoms. Supplements can help reduce inflammation and support optimal brain health, and they are a great way to replenish the nutrients lost by taking the pill. Many researchers have long documented the nutrient-depleting effects of the pill and recommend a prenatal or multivitamin as a first line of therapy. Hormone-balancing herbs and nutrients can also help maintain healthy progesterone levels.

In addition to a quality multivitamin, I recommend taking the following:

- **Turmeric** at a dose of 1,000 milligrams once or twice daily (also see the recipe for Upgraded Golden Milk, page 304)
- **Omega-3** at a dose of 2,000 to 4,000 milligrams daily
- **B-vitamin complex**
- **Passionflower** is a lovely little plant that can help alleviate anxiety. Try taking 2 or 3 dropperfuls of tincture when you’re feeling anxious.
- **L-theanine** is an amino acid found in green tea and known to produce a sense of calm in your body. Take 200 milligrams twice a day.
- **Taurine** is a precursor of GABA, which many people with anxiety are low in. Take 500 milligrams daily.
- **Glycine** is an amino acid in collagen that helps you feel calm. Eat 2 to 4 tablespoons of collagen daily.
- **Magnesium** at a dose of 300 milligrams nightly
- **Vitamin D** may be something you’re low in, but get tested first. Take 2,000 to 5,000 IU daily depending on your status.

Botanicals such as passionflower and skullcap support healthy serotonin production by reducing quinolinic acid production. Adaptogenic herbs like licorice root, Rhodiola, holy basil, and ashwagandha can improve
your cortisol production and lower inflammation. While the herb St.
John’s Wort has been shown to be beneficial for mood, it also affects your
liver in a way that can make the pill fail. For this reason, it is recommend-
ed that women on the pill do not take St. John’s Wort.
Lab Tests for a Low Libido

If you find that your sex drive is low, even after you’ve stopped taking the birth control pill, consider having the following tests:

- DHEA-S
- DUTCH Complete
- estrogen
- progesterone
- sex hormone–binding globulin (SHBG)
- total and free testosterone

Caring for your energetic body is a necessary component of health. In my practice, I recommend that women who are struggling with their libido or wanting to become pregnant use the sacral chakra meditations found on page 207.
Lab Tests for Fertility

Consider having the following tests to ascertain your fertility:

- anti-Müllerian hormone (AMH)
- DHEA-S
- estradiol
- fasting insulin and fasting glucose
- follicle-stimulating hormone (FSH)
- 4-point salivary or urine cortisol
- luteinizing hormone (LH)
- nutrient testing
- progesterone
- prolactin
- sex hormone–binding globulin (SHBG)
- thyroid panel: TSH, total T4, total T3, free T4, free T3, reverse T3, anti-TPO, and anti-thyroglobulin antibodies

If you are on the pill, you will have an altered AMH, so when you come off the pill if you find you have an abnormal AMH, do the 30-Day Brighten Program and then retest, because I have seen levels improve with these methods.
Liver-Loving Foods

Eat 3 cups of a combination of these items weekly or preferably 1 cup a day:

- artichokes
- beets
- broccoli
- brussels sprouts
- burdock or gobo root
- cabbage
- carrots
- cauliflower
- garlic
- grapefruit
- kale
- onions
- turmeric root
Foods to Eat

There are so many foods to enjoy! Here are some suggestions. Choose vegetables and fruits that are organic, locally grown, and in season, and eat a variety.

**Organic Vegetables**
Artichokes, asparagus, beet greens, beets, bok choy, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, chives, collards, cucumber, endive, green peas, kale, leeks, lettuce, mustard greens, onion, parsley, pumpkin, radish, spinach, sprouts, squash, string beans, sweet potatoes, swiss chard, turnips, watercress, yams, zucchini

**Organic Fruits**
Apples, apricots, bananas, blackberries, blueberries, cantaloupe, cherries, cranberries, figs, grapes, kiwi, mangos, melons, papaya, peaches, pears, pineapple, plums, pomegranate, raspberries, strawberries

**Legumes**
Garbanzo beans, kidney beans, lentils, pinto beans, split peas—any variety of legume except peanuts and soy

**Seeds and Nuts**
Freshly ground flaxseeds, macadamia nuts, pecans, pistachios, pumpkin seeds, sesame seeds, sunflower seeds, walnuts

**Quality Protein**
100 percent grass-fed or pasture-raised beef, bison, buffalo, chicken, eggs, elk, lamb, pork, turkey, venison

**Wild-Caught Fish**
Cod, croaker, flounder, haddock, mackerel, salmon, sardines, sole (Use seafoodwatch.org to choose quality fish.)
**Healthy Fats**
Avocados, avocado oil, coconut oil, cold-pressed olive oil, macadamia nut oil, olives

**Seasonings**
Basil, chives, cilantro, dill, ginger, mint, oregano, parsley, rosemary, sage, tarragon, thyme, turmeric

**Beverages**
Decaffeinated green tea, herbal teas, natural sparkling seltzer, water
Foods to Remove

Remove these hormone-disrupting foods from your diet.

**Gluten and Grains**
Barley, kamut, oats, quinoa, rye, spelt, wheat, all gluten-containing products

**Dairy**
Animal milks, butter, cheese, cottage cheese, cream, ice cream, nondairy creamers, yogurt (Ghee and camel's milk may be okay. Don’t have them for at least two weeks, then introduce them and record your symptoms.)

**Corn and Corn Products**
Popcorn, tortillas, tortilla chips

**Soy**
All soy and soy-containing products, including edamame, meat substitutes made from soy, tempeh, tofu

**Peanuts**
Peanut butter or products containing peanuts

**Processed/Added Sugars**
No agave, corn syrup, high-fructose corn syrup, NutraSweet (aspartame), saccharin, Splenda, white or brown sugar (Stevia, less than 1 teaspoon of honey, and maple syrup are okay.)

**Coffee and Other Caffeinated Beverages**
Coffee, espresso drinks, caffeinated tea, “energy” drinks, soda

**Alcohol**
Beer, liquor, wine

**Inflammatory Fats**
Canola oil, corn oil, cottonseed oil, fast food, margarine, mayonnaise (check the label, because avocado or olive oil base is okay), peanut oil, processed food
## Brighten Supplement Protocol*

### FOR EVERYONE

<table>
<thead>
<tr>
<th>Supplement Type</th>
<th>How to Take</th>
<th>Recommended Brands</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multivitamin or prenatal vitamin</td>
<td>2 capsules twice daily</td>
<td>Dr. Brighten Women’s Twice Daily Multi, Dr. Brighten Prenatal Plus, Seeking Health Prenatal, or Innate Baby and Me</td>
<td>Choose a supplement with activated B vitamins such as methylfolate, B12 (methylcobalamin), and B6 (riboflavin 5’-phosphate). Avoid folic acid.</td>
</tr>
<tr>
<td><em>Lactobacillus and Bifidobacterium</em> probiotic</td>
<td>50 billion CFUs daily</td>
<td>Ther-Biotic Complete or Ther-Biotic Factor 4 by Klaire Labs</td>
<td>If you suspect that you have SIBO, skip the <em>Lactobacillus</em> and instead begin with <em>Saccharomyces boulardii</em> and a spore-forming probiotic.</td>
</tr>
<tr>
<td><em>Saccharomyces boulardii</em> probiotic</td>
<td>500–2,000 milligrams daily</td>
<td>FloraMyces by Designs for Health</td>
<td>Beneficial yeast</td>
</tr>
<tr>
<td>Spore-based probiotic</td>
<td>½ capsule for 7 days</td>
<td>MegaSporeBiotic by Microbiome Labs or Dr. Brighten Mega-Spore</td>
<td>Start with a low dose and gradually increase to avoid digestive upset.</td>
</tr>
<tr>
<td></td>
<td>1 capsule for 14 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 capsule twice daily for 14 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 capsules twice daily for at least 60 days</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*I’m always staying up to date on the latest research and adjusting my formulations, so please visit DrBrighten.com/Resources for regular updates.*
## Brighten Supplement Protocol

### FOR EVERYONE

<table>
<thead>
<tr>
<th>Supplement Type</th>
<th>How to Take</th>
<th>Recommended Brands</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Omega-3</td>
<td>2 capsules once or twice daily</td>
<td>Dr. Brighten Omega Plus or Nordic Naturals ProEPA Xtra</td>
<td>Look for brands that use third-party testing, sustainable fishing practices, and screens for heavy metals.</td>
</tr>
<tr>
<td>Vitamin B complex</td>
<td>1 capsule daily</td>
<td>Dr. Brighten B-Active Plus or Integrative Therapeutics Active-B Complex</td>
<td>Choose a supplement with activated B vitamins such as methylfolate, B12 (methylcobalamin), and B6 (riboflavin 5'-phosphate). Avoid folic acid.</td>
</tr>
</tbody>
</table>

### 14-DAY LIVER DETOX

<table>
<thead>
<tr>
<th>Supplement Type</th>
<th>How to Take</th>
<th>Recommended Brands</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liver support powder</td>
<td>1 drink mix packet twice daily</td>
<td>Included in Dr. Brighten Paleo Detox or Dr. Brighten Plant-Based Detox kits, or Designs for Health VegeCleanse</td>
<td>Pea protein-based detox powder requires additional digestive enzyme support. This is included in the Plant-Based Detox kit or you can use Designs for Health Hydrolyzyme. Dr. Brighten kits contain all essential supplements.</td>
</tr>
<tr>
<td></td>
<td>Take for the first 14 days of the program.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Repeat every 3–4 months if staying on the pill.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# Brighten Supplement Protocol

## 14-DAY LIVER DETOX

<table>
<thead>
<tr>
<th>Supplement Type</th>
<th>How to Take</th>
<th>Recommended Brands</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phase II liver detox support (glutamine, glycine, taurine, alphaketoglutarate, glutathione, methionine, ornithine)</td>
<td>3 capsules twice daily during 14-day detox. Can continue for additional liver and gallbladder support.</td>
<td>Included in Dr. Brighten Paleo Detox or Plant-Based Detox kits, Designs for Health Amino-D-Tox</td>
<td></td>
</tr>
</tbody>
</table>

## GUT REPAIR

<table>
<thead>
<tr>
<th>Supplement Type</th>
<th>How to Take</th>
<th>Recommended Brands</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gut repair herbs and nutrients (L-glutamine, DGL, aloe vera, slippery elm, chamomile, marshmallow root, cat’s claw, quercetin, zinc carnosine, N-acetyl-D-glucosamine, citrus pectin, MSM)</td>
<td>3 capsules with breakfast 4 capsules with dinner Take for 30–90 days.</td>
<td>Dr. Brighten Gut Rebuild or Xymogen GlutAloEmine</td>
<td>Avoid shell-fish-derived N-acetyl-D-glucosamine if you have a shellfish allergy. The Dr. Brighten brand does not contain shellfish.</td>
</tr>
<tr>
<td>Comprehensive digestive support</td>
<td>2 capsules daily with meals</td>
<td>Dr. Brighten Digest or Xymogen XymoZyme</td>
<td>Look for a supplement with digestive enzymes, hydrochloric acid, and bile acid for complete digestive support.</td>
</tr>
<tr>
<td>Grass-fed collagen</td>
<td>2 tablespoons twice daily</td>
<td>Great Lakes Gelatin, Bulletproof Collagen Protein, or Vital Proteins Collagen Peptides</td>
<td>Choose pasture-raised, grass-fed, and organic.</td>
</tr>
</tbody>
</table>
### GUT REPAIR

<table>
<thead>
<tr>
<th>Supplement Type</th>
<th>How to Take</th>
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<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turmeric</td>
<td>500–1,000 mg daily</td>
<td>Dr. Brighten Turmeric Boost or Integrative Therapeutics Curcumax Pro</td>
<td>Look for high bio-available sources of turmeric with active ingredients for best results.</td>
</tr>
<tr>
<td>Lactobacillus and Bifidobacterium probiotic</td>
<td>50 billion CFUs daily</td>
<td>Klaire Labs Ther-Biotic Complete or Ther-Biotic Factor 4</td>
<td>If you suspect that you have SIBO, skip the Lactobacillus and instead begin with Saccharomyces boulardii and a spore-forming probiotic.</td>
</tr>
<tr>
<td></td>
<td>After the 30-day program, 15–20 billion CFUs daily</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saccharomyces boulardii probiotic</td>
<td>500–2,000 milligrams daily</td>
<td>Designs for Health FloraMycy</td>
<td>Beneficial yeast</td>
</tr>
</tbody>
</table>

### CATEGORY A: TOO MUCH ESTROGEN

<table>
<thead>
<tr>
<th>Supplement Type</th>
<th>How to Take</th>
<th>Recommended Brands</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turmeric</td>
<td>500–1,000 mg daily</td>
<td>Dr. Brighten Turmeric Boost or Integrative Therapeutics Curcumax Pro</td>
<td>Look for high bio-available sources of turmeric with active ingredients for best results.</td>
</tr>
<tr>
<td>Melatonin</td>
<td>0.5–3 mg nightly</td>
<td>Dr. Brighten Sweet Dreams or Designs for Health Melatonin</td>
<td>If you wake feeling groggy, take one hour before bed.</td>
</tr>
</tbody>
</table>
### CATEGORY A: TOO MUCH ESTROGEN

<table>
<thead>
<tr>
<th>Supplement Type</th>
<th>How to Take</th>
<th>Recommended Brands</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comprehensive hormone support (B6, B12, folic acid, DIM, broccoli extract, calcium-D-glucarate, green tea extract, black cohosh, Vitex, resveratrol, magnesium, chrysin)</td>
<td>2 capsules twice daily</td>
<td>Dr. Brighten Balance or Integrative Therapeutics Femtone and Indolplex with DIM</td>
<td>Choose a supplement that supports estrogen metabolism in the liver and the gut.</td>
</tr>
</tbody>
</table>

### CATEGORY B: TOO LITTLE ESTROGEN

<table>
<thead>
<tr>
<th>Supplement Type</th>
<th>How to Take</th>
<th>Recommended Brands</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maca, gelatinized powder</td>
<td>5 g daily, perhaps added to a smoothie</td>
<td>Gaia Herbs, Femmensence, or Dr. Jess Hormone Master</td>
<td>Look for gelatinized maca in powder form.</td>
</tr>
<tr>
<td>Black cohosh</td>
<td>100 mg daily or ½–1 teaspoon tincture once or twice daily Use days 1 through 14 of your cycle, or new moon to full moon.</td>
<td>Dr. Brighten Balance (2 caps twice daily) or Wise Woman Herbals (tincture)</td>
<td>Estrogen-supportive herb</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>400 IU daily Take for at least 30 days.</td>
<td>Integrative Therapeutics Vitamin E</td>
<td>Look for 400 IU of d-alpha tocopherol.</td>
</tr>
</tbody>
</table>
Brighten Supplement Protocol

### CATEGORY B: TOO LITTLE ESTROGEN

<table>
<thead>
<tr>
<th>Supplement Type</th>
<th>How to Take</th>
<th>Recommended Brands</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Magnesium bisglycinate</td>
<td>300–600 mg daily</td>
<td>Dr. Brighten Magnesium Plus or Klaire Labs Magnesium Glycinate Complex</td>
<td>Citrate is an alternative form of magnesium that can help with constipation.</td>
</tr>
</tbody>
</table>

### CATEGORY C: TOO LITTLE PROGESTERONE

<table>
<thead>
<tr>
<th>Supplement Type</th>
<th>How to Take</th>
<th>Recommended Brands</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitex (chaste tree berry)</td>
<td>200 mg daily or 1–2 teaspoons twice daily day 15 through day 28 of your cycle, or full moon to new moon.</td>
<td>Dr. Brighten Balance or Wise Woman Herbals</td>
<td>Most of my patients prefer the capsule form because of the strong taste Vitex tincture has.</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>5 mL daily liposomal or 1,000–4,000 mg buffered vitamin C</td>
<td>Designs for Health Liposomal Vitamin C or Integrative Therapeutics Buffered Vitamin C</td>
<td>Liposomal is a highly absorbable form. Vitamin C can cause loose stools at higher doses.</td>
</tr>
<tr>
<td>Vitamin B complex</td>
<td>1 capsule daily</td>
<td>Dr. Brighten B-Active Plus or Integrative Therapeutics Active B-Complex</td>
<td>Choose a supplement with activated B vitamins such as methylfolate, B12 (methylcobalamin), and B6 (riboflavin 5’-phosphate). Avoid folic acid.</td>
</tr>
</tbody>
</table>
# Brighten Supplement Protocol

## CATEGORY C: TOO LITTLE PROGESTERONE

<table>
<thead>
<tr>
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<th>How to Take</th>
<th>Recommended Brands</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Bioidentical progesterone</td>
<td>As directed by your doctor</td>
<td>Bioidentical created at a compounding pharmacy</td>
<td>Bioidentical progesterone is not the same as progestin. I recommend avoiding progestin due to high side effects.</td>
</tr>
</tbody>
</table>

## CATEGORY D: TOO MUCH TESTOSTERONE

<table>
<thead>
<tr>
<th>Supplement Type</th>
<th>How to Take</th>
<th>Recommended Brands</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Omega-3</td>
<td>2 capsules once or twice daily</td>
<td>Dr. Brighten Omega Plus or Nordic Naturals ProEPA Xtra</td>
<td>Look for brands that use third-party testing, sustainable fishing practices, and screens for heavy metals.</td>
</tr>
<tr>
<td>Comprehensive testosterone support (B6, vitamin D, zinc, saw palmetto, nettle, L-glycine, L-alanine, chrysin, DIM, lycopene)</td>
<td>2 capsules daily</td>
<td>Dr. Brighten Saw Palmetto Plus or Integrative Therapeutics Pros-Forte</td>
<td>I recommend testing to screen for DHT production and monitoring symptoms.</td>
</tr>
<tr>
<td>Comprehensive hormone support (B6, B12, folate, DIM, broccoli extract, calcium-D-glucarate, green tea extract, black cohosh, Vitex, resveratrol, magnesium, chrysin)</td>
<td>2 capsules twice daily</td>
<td>Dr. Brighten Balance or Integrative Therapeutics Femtone and Indolplex with DIM</td>
<td>Choose a supplement that supports hormones and metabolism in the liver and gut.</td>
</tr>
</tbody>
</table>
# Brighten Supplement Protocol

## CATEGORY D: TOO MUCH TESTOSTERONE

<table>
<thead>
<tr>
<th>Supplement Type</th>
<th>How to Take</th>
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<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comprehensive adrenal support (vitamin C, B2, B6, pantothenic acid, Eleuthero, American ginseng, ashwagandha, Rhodiola, N-acetyl tyrosine, licorice root)</td>
<td>3 capsules in the morning</td>
<td>Dr. Brighten Adrenal Support or Integrative Therapeutics HPA Adapt plus Active B-Complex and Vitamin C</td>
<td>Avoid licorice if you have a history of high blood pressure.</td>
</tr>
<tr>
<td>Inositol</td>
<td>2 g once or twice daily</td>
<td>Designs for Health</td>
<td>Supports women's hormones and promotes restful sleep.</td>
</tr>
</tbody>
</table>

## CATEGORY E: TOO LITTLE TESTOSTERONE

<table>
<thead>
<tr>
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<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comprehensive adrenal support (vitamin C, B2, B6, pantothenic acid, Eleuthero, American ginseng, ashwagandha, Rhodiola, N-acetyl tyrosine, licorice root)</td>
<td>3 capsules in the morning</td>
<td>Dr. Brighten Adrenal Support or Integrative Therapeutics HPA Adapt plus Active B-Complex and Vitamin C</td>
<td>Avoid licorice if you have a history of high blood pressure.</td>
</tr>
<tr>
<td>DHEA (topical)</td>
<td>10–15 mg daily</td>
<td>Compounded by your doctor or Julva</td>
<td>Avoid contact with people and pets when cream is applied. Stop taking DHEA if you develop oily skin.</td>
</tr>
</tbody>
</table>
## CATEGORY F: TOO LITTLE CORTISOL

<table>
<thead>
<tr>
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<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comprehensive adrenal support (vitamin C, B2, B6, pantothenic acid, <em>Eleuthero</em>, American ginseng, ashwagandha, Rhodiola, N-acetyl tyrosine, licorice root)</td>
<td>3 capsules in the morning</td>
<td>Dr. Brighten Adrenal Support or Integrative Therapeutics HPA Adapt plus Active B-Complex and Vitamin C</td>
<td>Avoid licorice if you have a history of high blood pressure.</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>5 mL daily liposomal or 1,000–4,000 mg buffered vitamin C</td>
<td>Designs for Health Liposomal Vitamin C or Integrative Therapeutics Buffered Vitamin C</td>
<td>Liposomal is a highly absorbable form. Vitamin C can cause loose stools at higher doses.</td>
</tr>
<tr>
<td>Vitamin B complex</td>
<td>1 capsule daily</td>
<td>Dr. Brighten B-Active Plus or Integrative Therapeutics Active B-Complex</td>
<td>Choose a supplement with activated B vitamins such as methylfolate, B12 (methylcobalamin), or B6 (riboflavin 5’-phosphate). Avoid folic acid.</td>
</tr>
</tbody>
</table>
**Brighten Supplement Protocol**

**CATEGORY G: TOO MUCH CORTISOL**

<table>
<thead>
<tr>
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<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comprehensive adrenal support (vitamin C, B2, B6, pantothenic acid, <em>Eleuthero</em>, American ginseng, ashwagandha, Rhodiola, N-acetyl tyrosine, licorice root)</td>
<td>3 capsules in the morning</td>
<td>Dr. Brighten Adrenal Support or Integrative Therapeutics HPA Adapt plus Active B-Complex and Vitamin C</td>
<td>Avoid licorice if you have a history of high blood pressure.</td>
</tr>
<tr>
<td>Comprehensive cortisol-lowering formula (vitamins C, B1, B2, B6, B12, pantothenic acid, magnesium, taurine, L-theanine, lemon balm, passionflower, Valerian, ashwagandha, phosphatidylserine)</td>
<td>3 capsules at bedtime</td>
<td>Dr. Brighten Adrenal Calm or Wise Woman Herbals Valerian Compound plus Designs for Health Phosphatidylserine Powder, Vitamin C, and B-Supreme</td>
<td>The herbs listed promote a calm nervous system.</td>
</tr>
<tr>
<td>Vitamin B complex</td>
<td>1 capsule daily</td>
<td>Dr. Brighten B-Active Plus or Integrative Therapeutics Active B-Complex</td>
<td>Choose a supplement with activated B vitamins such as methylfolate, B12 (methylcobalamin), and B6 (riboflavin 5'-phosphate). Avoid folic acid.</td>
</tr>
</tbody>
</table>
## Brighten Supplement Protocol

### CATEGORY G: TOO MUCH CORTISOL

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<tr>
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<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C</td>
<td>5 mL daily liposomal</td>
<td>Designs for Health Liposomal Vitamin C or Integrative Therapeutics Buffered Vitamin C</td>
<td>Liposomal is a highly absorbable form. Vitamin C can cause loose stools at higher doses.</td>
</tr>
</tbody>
</table>

### CATEGORY H: TOO LITTLE THYROID HORMONE

<table>
<thead>
<tr>
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<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comprehensive thyroid support formula (vitamin A, B2, iodine, zinc, selenium, copper, manganese, chromium, N-acetyl tyrosine, American ginseng, forskolin extract)</td>
<td>2 capsules daily</td>
<td>Dr. Brighten Thyroid Support</td>
<td>Never take iodine as a stand-alone supplement without selenium or consulting your doctor.</td>
</tr>
<tr>
<td>Comprehensive adrenal support (vitamin C, B2, B6, pantothenic acid, Eleuthero, American ginseng, ashwagandha, Rhodiola, N-acetyl tyrosine, licorice root)</td>
<td>3 capsules in the morning</td>
<td>Dr. Brighten Adrenal Support or Integrative Therapeutics HPA Adapt plus Active B-Complex and Vitamin C</td>
<td>Avoid licorice if you have a history of high blood pressure.</td>
</tr>
<tr>
<td>Omega-3</td>
<td>2 capsules once or twice daily</td>
<td>Dr. Brighten Omega Plus or Nordic Naturals ProEPA Xtra</td>
<td>Look for brands that use third-party testing, sustainable fishing practices, and screens for heavy metals.</td>
</tr>
</tbody>
</table>
Fill in this table with the specific supplements you will be taking to fit your individualized needs:

<table>
<thead>
<tr>
<th>Supplement Type</th>
<th>Dose</th>
<th>Brand</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning</td>
<td></td>
<td></td>
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<tr>
<td>Afternoon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Evening</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
The 30-Day Plan

I’ve included a sample day of the program for you to follow on Day 1 (with the lifestyle practices, supplements, and so on). You will repeat this routine during all the other days of the program except your meals will change. I’ve provided you with meal plans that include quick and easy-to-make recipes, which taste delicious too. These meals are designed to optimize your hormones and your detox system, and increase your energy. Please note that since many of the meals make more than one serving, you will eat the remaining servings on later days. Tailor this program to fit your particular hormone imbalance, and be sure to include the liver detox packets and supplements from Day 1 through Day 14.

Sample Day 1

MORNING

• When you wake up, take your temperature if you’re using a fertility awareness method (FAM). Take five deep belly breaths, then expose yourself to natural light, either by opening up the curtains or going outside for at least five minutes. If you can get your bare feet on the ground and do some “earthing,” even better. You can also purchase a natural-light alarm clock, which will help expose you to light that’s similar to sunshine.

• Drink 8 to 16 ounces of warm lemon water.

• Read your journal. Take five minutes to engage in some kind of relaxation practice, such as meditating, prayer, breath work, yoga, or HeartMath to set your parasympathetic tone for the day. Write in your journal about any experiences you may have had during your relaxation practice.

• Take ten minutes to move. Find a yoga app or Pilates video on YouTube—or whatever is your preference—and engage your body in some morning movement.

• Look at your calendar to see what day it is on the moon/menstrual cycle.
• Be prepared to take note of the signs and symptoms your body is providing you.

BREAKFAST
• Start your day with a Morning Matcha Smoothie. (You can make this the night before for a grab-and-go option too.)
• Take your supplements: a prenatal or multivitamin and B complex, the probiotics, and the omega-3, plus any of the supplements that apply to your hormone imbalance. On this first day, also take the morning packet of Paleo or Plant-Based Detox powder.

MIDMORNING
• Enjoy a warm beverage, like the Restorative Roots Liver Tonic.

LUNCH
• Enjoy the Curly Kale with Cilantro Artichoke Pesto for lunch. Take any lunchtime supplements too.
• After lunch, take a ten-minute walk or do some other form of exercise.

AFTERNOON
• Remind yourself which seed you should be eating as part of your seed cycling, and as an afternoon snack, enjoy either one of the Flax and Pumpkin Balls or one of the No-Bake Sunflower Rose Cookies.
• If you need a pick-me-up in the afternoon, this is a good time to enjoy an herbal tea or mushroom elixir (check out “Caffeine-Free Coffee Replacements”) or drink more water.
• Depending upon your physical activity for the day so far, do ten to twenty minutes of Pilates, yoga, swimming, walking, playing with your kids, weight lifting, high-intensity interval training, hula-hooping, or any other exercise you enjoy.
DINNER
- Enjoy Whole Chicken with Aromatics with steamed broccoli for dinner.
- Take your multivitamin or prenatal, probiotics, omega-3, and any other evening supplements, plus your Paleo or Plant-Based Detox powder.
- If you like, make this your one night of the week to go by candlelight, and light those candles, girl!

EVENING
- At least two hours before bedtime, put on your amber glasses—and if you’re going to be working on a computer, make sure you have the option to use the blue-light blocking Night Shift or f.lux.
- Before bed, relax with some meditation, deep breathing, visualizations, or journaling.
- Drink a relaxing caffeine-free herbal tea or an upgraded golden milk (see the above box).

BEDTIME
- Remember to darken your bedroom for sleep and keep the temperature below 70 degrees Fahrenheit, plus turn off all electronics.
- Sleep at least eight hours. If typically your children or pets wake you during the night, try using either a red headlamp or a pink Himalayan salt lamp to avoid disrupting your melatonin.

Day 2
**Breakfast:** Piña Colada Cleanser
**Lunch:** Curly Kale with Cilantro Artichoke Pesto (leftover) with Chicken with Aromatics (leftover)
**Dinner:** Sesame Carrot and Cabbage Buffalo Stir-Fry
Day 3

Breakfast: Morning Matcha Smoothie
Lunch: Mango Chicken Collard Wraps with Golden Curry Sauce
Dinner: Red Curry Salmon served over cauliflower rice or with a green salad

Day 4

Breakfast: Piña Colada Cleanser
Lunch: Red Curry Salmon (leftover) with a spinach salad
Dinner: Mango Chicken Collard Wraps with Golden Curry Sauce (leftover)

Day 5

Breakfast: Upbeet Citrus Smoothie
Lunch: Tri-Color Cabbage Slaw
Dinner: Sesame Carrot and Cabbage Buffalo Stir-Fry (leftover)

Day 6

Breakfast: Creamy Strawberry Cauliflower Smoothie
Lunch: Tri-Color Cabbage Slaw (leftover)
Dinner: Garlic Shrimp over Chili Lime Cauliflower Rice

Day 7

Breakfast: Upbeet Citrus Smoothie
Lunch: Baby Bok Choy Salad with Chickpea Miso and Garlic Shrimp (leftover)
Dinner: Seared Fish with Tomatoes and Capers

Day 8

Breakfast: Creamy Strawberry Cauliflower Smoothie
Lunch: Baby Bok Choy Salad with Chickpea Miso and Seared Fish (leftover)
Dinner: Cauliflower Tabbouleh with protein of choice or fresh avocado slices
Day 9

**Breakfast:** Spicy Carrot Cleanser Smoothie  
**Lunch:** Cauliflower Tabbouleh (leftover)  
**Dinner:** Sardine Fritters with a green salad

Day 10

**Breakfast:** Lemon Berry Boost  
**Lunch:** Liver-Cleansing Beet Slaw  
**Dinner:** Whole Chicken with Aromatics with cauliflower rice

Day 11

**Breakfast:** Spicy Carrot Cleanser Smoothie  
**Lunch:** Sardine Fritters (leftover) with Liver-Cleansing Beet Slaw (leftover)  
**Dinner:** Lemongrass Thai Chicken Soup (use leftover Chicken with Aromatics)

Day 12

**Breakfast:** Lemon Berry Boost  
**Lunch:** Chicken with Aromatics (leftover) with steamed broccoli  
**Dinner:** Mediterranean Lamb Sliders

Day 13

**Breakfast:** Morning Matcha Smoothie  
**Lunch:** Mediterranean Lamb Sliders (leftover)  
**Dinner:** Lemongrass Thai Chicken Soup (leftover)

Day 14

**Breakfast:** Piña Colada Cleanser  
**Lunch:** Thai Zoodles with Citrus Almond Sauce  
**Dinner:** Dijon and Almond Herb-Crusted Salmon with cauliflower rice or a green salad
Day 15
Breakfast: Creamy Strawberry Cauliflower Smoothie
Lunch: Dijon and Almond Herb-Crusted Salmon (leftover) with a green salad
Dinner: Thai Zoodles with Citrus Almond Sauce (leftover)

Day 16
Breakfast: Shiitake Tarragon Mini Frittatas
Lunch: Curly Kale with Cilantro Artichoke Pesto
Dinner: Zucchini Turkey Burgers with greens

Day 17
Breakfast: Morning Matcha Smoothie
Lunch: Zucchini Turkey Burgers (leftover) with greens
Dinner: Curly Kale with Cilantro Artichoke Pesto (leftover)

Day 18
Breakfast: Shiitake Tarragon Mini Frittatas (leftover)
Lunch: Tri-Color Cabbage Slaw with protein of choice
Dinner: Garlic Shrimp over Chili Lime Cauliflower Rice

Day 19
Breakfast: Piña Colada Cleanser
Lunch: Garlic Shrimp over Chili Lime Cauliflower Rice (leftover)
Dinner: Red Curry Salmon with steamed broccoli

Day 20
Breakfast: Brussels Sprouts Breakfast Hash
Lunch: Tri-Color Cabbage Slaw (leftover)
Dinner: Ginger-Marinated Cod with steamed bok choy

Day 21
Breakfast: Upbeet Citrus Smoothie
Lunch: Cauliflower Tabbouleh
Dinner: Red Curry Salmon (leftover) with a green salad
Day 22

**Breakfast:** Brussels Sprouts Breakfast Hash (leftover)
**Lunch:** Cauliflower Tabouleh (leftover)
**Dinner:** Ginger-Marinated Cod (leftover) with sautéed Swiss chard

Day 23

**Breakfast:** Creamy Strawberry Cauliflower Smoothie
**Lunch:** Liver-Cleansing Beet Slaw
**Dinner:** Citrus-Marinated Flank Steak with a green salad

Day 24

**Breakfast:** Sweet Carrot Breakfast Patties
**Lunch:** Citrus-Marinated Flank Steak (leftover) with Liver-Cleansing Beet Slaw (leftover)
**Dinner:** Whole Chicken with Aromatics with steamed broccoli

Day 25

**Breakfast:** Spicy Carrot Cleanser Smoothie
**Lunch:** Mango Chicken Collard Wraps with Golden Curry Sauce
**Dinner:** Dijon and Almond Herb-Crusted Salmon with a green salad

Day 26

**Breakfast:** Spinach Sage Breakfast Patties
**Lunch:** Dijon and Almond Herb-Crusted Salmon (leftover) with a green salad
**Dinner:** Tikka Masala Turkey Meatballs with cauliflower rice

Day 27

**Breakfast:** Sweet Carrot Breakfast Patties (leftover)
**Lunch:** Mango Chicken Collard Wraps with Golden Curry Sauce (leftover)
**Dinner:** Mediterranean Lamb Sliders
Day 28

Breakfast: Lemon Berry Boost
Lunch: Mediterranean Lamb Sliders (leftover)
Dinner: Tikka Masala Turkey Meatballs (leftover)

Day 29

Breakfast: Spinach Sage Breakfast Patties (leftover)
Lunch: Sardine Fritters with a green salad
Dinner: Thai Zoodles with Citrus Almond Sauce

Day 30

Breakfast: Morning Matcha Smoothie
Lunch: Thai Zoodles with Citrus Almond Sauce (leftover)
Dinner: Sardine Fritters (leftover) with cauliflower rice

Common Symptoms of Food Sensitivity

- acne
- bloating
- body aches
- coughing
- dizziness
- fatigue
- headaches
- heartburn
- indigestion
- mood changes
- rashes
- sinus congestion
- sleep issues
- water retention
Stress-Reducing Practices

The following tools can help you master your stress response and rebalance your hormones during the program. Self-care is not selfish. It is essential to your health.

- **Meditate.** Take five minutes every morning to tune in to your breath, your body, and your thoughts. Release the thoughts that no longer serve you, and set your intentions for the day. Incorporate deep breathing to engage the “rest and digest” aspect of the nervous system. Try a meditation class or grab yourself a meditation device like Muse to help you master your practice.

- **Breathe deeply.** Aim for fifty to one hundred cleansing breaths throughout the day, with an emphasis on creating a longer exhale to help nourish the parasympathetic (“rest and digest”) nervous system. Set the alarm on your smartphone to remind you to do this every hour and at the start and end of every day. Deep breathing will relax your mind and help your lungs eliminate metabolic waste.

- **Keep a gratitude journal.** Each night write down the three things you’re grateful for and then set your intention for the next day, writing it down too. When you wake in the morning, take five deep belly breaths, then read your journal before anything else, looking at the intention you set for yourself the night before. This ensures you own your day and that you decide the outcome.

- **Track your progress.** Congratulate yourself on your accomplishments during the program, and notice where you veer off track. Set aside a few minutes at the end of each day to record any difficulties you’ve encountered, along with the physical and emotional changes you’ve seen. How do you feel? How is your mood? Are you less irritable or more energized? Does your skin look better? Do you feel less bloated? It’s important for you to celebrate the positive effects these changes have on your body.

- **Visualize.** You can make a vision board or simply close your eyes, think about your goals, and then envision what it feels like to reach those goals. This practice will not only keep you motivated but also
decrease your stress and help you get organized, both of which your hormones love!

☐ **Pray.** Grow your spiritual practice with prayer if that feels right for you.

☐ **Practice mindfulness.** Focus on being present and observing your surroundings without judgment for just five minutes a day. This can help decrease anxiety, stress, and depression.

☐ **Find your happy place.** Visualize a time or place that brings you happiness. Engage all your senses. Remember the smells that surrounded you, the foods you ate, the feel of the warm breeze. Use your imagination to take a virtual trip when you feel super stressed out. If you can’t take that beach vacation you’ve been dreaming of right now, at least you can pretend you’re there and experience some of the relaxation benefits.

☐ **Rest in a float tank.** Submerging your body in a float tank can be deeply relaxing.

☐ **Indulge in a massage, acupuncture, or Reiki.** All of these practices can be great ways to pamper yourself and reduce stress.

☐ **Get a mani-pedi.** Taking time for self-care is really important when trying to reduce stress, not to mention the relaxing massages that usually accompany a mani-pedi.

☐ **Dance.** Go out dancing with your tribe. This is a great way to blow off some steam and get some movement at the same time.

☐ **Play.** Make time to play, either by yourself, with your pet, or with a friend. Do something fun every day. Nurture your inner child, who wants to have some fun. Laughter is essential for stress management and a healthy heart.

☐ **Practice art.** Paint, draw, sculpt, sew, knit, or engage in whatever creative activity you enjoy. When we zone out during creative activities it relieves stress, because our minds are focused on the activity instead of our to-do list.

☐ **Have sex.** You knew this was coming, right? Orgasms are good for your health and a great form of stress release, so try to have at least one per week during the program.
This is an opportunity to be your own health detective when it comes to your diet. Remember, reintroduce only one new food at a time. On day 1 of the reintroduction, eat that food two to four times in the same day. Stop eating it, then wait three days to see if you have a reaction. Track your response each day, noting your symptoms below. If you have no reaction to the food, you can keep that food in your food plan, and continue with the next food for reintroduction. If you are unsure whether you had a reaction, retest the same food in the same manner. If you have a reaction, remove that food from your diet and reintroduce it at a later date.

<table>
<thead>
<tr>
<th>Food</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
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<tbody>
<tr>
<td>Digestion or bowel changes</td>
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<td>Joint or muscle aches</td>
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<td>Headache or pressure</td>
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<tr>
<td>Nasal or chest congestion</td>
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<tr>
<td>Changes in urination</td>
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<td>Skin</td>
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<tr>
<td>Energy level</td>
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<td>Sleep</td>
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<td>PMS</td>
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<td>Mood</td>
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<td>Cramps</td>
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<td>Other symptoms</td>
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<tr>
<td>Method</td>
<td>What Is It</td>
<td>Need to Know</td>
<td>Pros</td>
<td>Cons</td>
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<td>------------------------</td>
<td>----------------------------------------------------------------</td>
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<tr>
<td>Birth control pill</td>
<td>A daily pill that delivers synthetic hormones each month</td>
<td>With correct use, it’s 99% effective; with typical use, it’s 91% effective.</td>
<td>A simple, convenient way to prevent pregnancy</td>
<td>See chapters 1–10</td>
</tr>
<tr>
<td>Fertility awareness</td>
<td>A non-hormonal approach to birth control based on recognizing</td>
<td>You will need to abstain from sex or use additional protection during at least 8 days of your cycle. With correct use, it’s 95–99% effective; with typical use, it’s about 80% effective.</td>
<td>Noninvasive</td>
<td>Requires abstaining from sex or use of additional protection for 8 or more days</td>
</tr>
<tr>
<td>method (FAM)</td>
<td>the signs of ovulation</td>
<td></td>
<td>You gain incredible insight into your hormonal health.</td>
<td>Not good for women with irregular cycles</td>
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<td></td>
<td>No side effects (except the chance of pregnancy, like all methods)</td>
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<td>Hormone-free</td>
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<td>Condom</td>
<td>A thin barrier of latex, lambskin, or synthetic fibers that is</td>
<td>With correct use, it’s 98% effective; with typical use, it’s about 85% effective.</td>
<td>Reduces the risk of UTIs and STDs</td>
<td>May cause an allergic reaction</td>
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<td></td>
<td>placed over an erect penis</td>
<td></td>
<td>Easily accessible</td>
<td>Reduces spontaneity</td>
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<td></td>
<td></td>
<td></td>
<td>Noninvasive</td>
<td>Leaves room for user error</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Affordable</td>
<td>Can break or tear</td>
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</tbody>
</table>
## Birth Control Options at a Glance

<table>
<thead>
<tr>
<th>Method</th>
<th>What Is It?</th>
<th>Need to Know</th>
<th>Pros</th>
<th>Cons</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Diaphragm</strong></td>
<td>A dome-shaped device made of flexible silicone that fits over your cervix</td>
<td>You must be properly fitted for a diaphragm by a doctor.</td>
<td>Affordable because it's reusable</td>
<td>Reduces spontaneity</td>
</tr>
<tr>
<td></td>
<td></td>
<td>With correct use, it's 94% effective; with typical use, it's 88% effective.</td>
<td></td>
<td>Leaves room for user error</td>
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<td>Needs to be refitted after weight change, birth, miscarriage, or abortion</td>
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<td></td>
<td>May cause discomfort during sex</td>
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<td></td>
<td>Not to be used if you have a history of pelvic inflammatory disease, toxic shock syndrome, or recurrent UTIs</td>
</tr>
<tr>
<td><strong>Sponge</strong></td>
<td>A wide foam disc containing spermicide that covers your cervix, blocking sperm from entering</td>
<td>The sponge must be left in your vagina for 6 hours after sex; but not left in your vagina for more than 30 hours.</td>
<td>Easy to use; Can be inserted 24 hours before sex, allowing for more spontaneity</td>
<td>Not reusable and can get expensive; Not as effective as other contraceptive methods</td>
</tr>
<tr>
<td></td>
<td></td>
<td>It's 88% effective if you've never given birth; it's 76% effective if you have given birth.</td>
<td>Starts working immediately; Easy to remove</td>
<td></td>
</tr>
<tr>
<td>Method</td>
<td>What Is It?</td>
<td>Need to Know</td>
<td>Pros</td>
<td>Cons</td>
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<td>------------------</td>
<td>----------------------------------------------------------------------------</td>
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</tr>
<tr>
<td>Copper IUD</td>
<td>A hormone-free, T-shaped device that releases copper, which interferes with sperm movement and egg fertilization</td>
<td>It must be placed in your uterus by a doctor. It’s 99% effective and lasts 7–10 years.</td>
<td>Highly effective</td>
<td>May increase menstrual flow or cause cramps</td>
</tr>
<tr>
<td>Withdrawal method</td>
<td>A method in which your partner withdraws his penis during sex before he ejaculates sperm</td>
<td>With correct use, it’s 96% effective; with typical use, it’s 80% effective.</td>
<td>Allows for spontaneity Is more effective than people realize—but only when done properly</td>
<td>1% risk of pelvic inflammatory disease in the first month; 0.1% risk after that Increases risk of expulsion in women under 25</td>
</tr>
<tr>
<td>Tubal ligation</td>
<td>A surgical procedure in which your fallopian tubes are tied or blocked to prevent pregnancy</td>
<td>This is permanent. It’s more than 99% effective.</td>
<td>Highly effective</td>
<td>Requires surgery Irreversible</td>
</tr>
</tbody>
</table>
RECIPES

Smoothies

For the first fourteen days of the program include either Dr. Brighten Paleo Detox or Plant-Based Detox powder in your smoothies to optimize hormones. But by all means, continue using these recipes forevs!

Creamy Strawberry Cauliflower Smoothie

This smoothie tastes more like a strawberry milkshake. And while most milkshakes don’t contain cruciferous vegetables, cauliflower is included here as an excellent hormone balancer. When you prep the cauliflower rice, throw some into the freezer and try incorporating it into your other smoothies too! If you’re feeling “chicken,” stop; this is going to get that estrogen in check stat.

SERVES 1

½ cup riced or finely diced cauliflower
1 cup frozen strawberries
½ cup almond milk
½ cup full-fat coconut milk*

*Note: Use full-fat coconut milk from a can. Blend the top layer (the cream) with the liquid until it’s completely emulsified. Save extra coconut milk in a glass jar in the fridge for up to five days. This milk can be used in smoothies or soups, or added as “creamer” for tea. Alternatively, freeze the milk to use it at another time.
¼ teaspoon ground cinnamon
1 serving detox powder or your favorite protein powder

1. Lightly steam the cauliflower.

2. In a high-speed blender, combine the steamed cauliflower, strawberries, almond milk, coconut milk, cinnamon, and detox powder. Blend the mixture until it is smooth.

**Lemon Berry Boost**

Some of lemon’s most powerful health benefits come from limonene, which can be found mainly in the oil or peel of a lemon. For this reason, we’re including lemon zest (make sure to opt for organic!). Lemon and berries happen to be a perfect match, plus the lemon will cut some of the bitterness from the kale leaves. Berries offer potent antioxidants necessary for supporting the liver and lowering inflammation. Almond butter is added too for a healthy dose of appetite-suppressing fats, keeping you calm and satisfied well into the afternoon.

**SERVES 1**

¼ lemon
1 cup roughly chopped kale
1 cup roughly chopped spinach
1 cup frozen mixed berries
1 tablespoon almond butter
1 cup unsweetened almond milk
1 serving detox powder or your favorite protein powder
1 serving PurePaleo fiber supplement, berry flavor

1. Zest the peel of the lemon straight into a high-speed blender. Then peel the lemon with a knife and add the flesh; it’s okay to include some of the white pith.

2. Add to the blender the kale, spinach, berries, almond butter, almond milk, detox powder, and fiber supplement. Blend the mixture until it is smooth.
Morning Matcha Smoothie

Replace your morning cup of coffee with this nutrient-boosting, hormone-stabilizing smoothie. Your liver will thank you for the additional boost of chlorophyll from the matcha, and you’ll be saved from any caffeine crash. Plus, maca is an excellent adaptogenic herb that supports the adrenal glands.

SERVES 1

1 cup coconut water
1 cup roughly chopped spinach
1 frozen banana
1½ teaspoons matcha
1 teaspoon maca powder
¼ avocado
1 serving PurePaleo protein powder

Combine all the ingredients in a high-speed blender until the mixture is smooth.

Piña Colada Cleanser

The lime, pineapple, and coconut in this smoothie is reminiscent of a fresh piña colada! Sans alcohol, of course, and replaced with citrus zest and fresh herbs for incredible liver support.

SERVES 1

1 lime
2 romaine lettuce leaves
½ cup full-fat coconut milk (see Note, page 291)
½ cup coconut water
1 cup frozen pineapple chunks
1 tablespoon hemp seeds
1 serving PurePaleo protein powder
¼ cup fresh cilantro leaves
1. Zest the peel of the lime straight into a high-speed blender. Then peel the lime with a knife, cut the flesh into quarters, and add it to the blender.

2. Add to the blender the romaine lettuce, coconut milk, coconut water, pineapple, hemp seeds, protein powder, and cilantro, and blend the mixture until it is smooth.

Spicy Carrot Cleanser Smoothie

Pumpkin pie spice is often recognized as a seasonal ingredient, however its potent mix of cinnamon, ginger, nutmeg, allspice, and cloves make it an all-year-round anti-inflammatory blend. Fresh ginger gives this smoothie an extra digestive boost and a spicy twist, and the freshly ground black pepper is used to aid in turmeric absorption.

SERVES 1

1 medium carrot, chopped
1 cup unsweetened almond milk
1-inch piece fresh ginger, peeled and sliced
1 orange, peeled and seeded
¼ teaspoon turmeric powder
1½ teaspoons pumpkin pie spice
1 tablespoon MCT oil* or coconut oil
1 serving PurePaleo protein powder
Freshly ground black pepper to taste

Combine all the ingredients in a high-speed blender until the mixture is smooth.

*Note: MCTs are medium-chain triglycerides derived from coconut oil that are easily absorbed and offer a myriad of health benefits, including increased insulin sensitivity and weight loss.
Upbeet Citrus Smoothie

Put a pep in your step with this zesty, clarifying smoothie. Root vegetables like beets help to clear out estrogen and balance hormones naturally. Limonene, found in citrus peel, supports liver detoxification.

**SERVES 1**

- ½ cup chopped beets, steamed
- 1 navel orange, peeled
- Zest from ½ lemon
- 1½ tablespoons fresh lemon juice
- 1 tablespoon MCT oil or coconut oil
- ¾ cup water
- 1 serving detox powder or your favorite protein powder

Combine all the ingredients in a high-speed blender until the mixture is smooth.
Breakfast

Brussels Sprouts Breakfast Hash

Here’s a delicious way to incorporate cruciferous vegetables into your morning. Brussels sprouts are mixed with sweet potato and carrot, all of which support detoxification and provide a healthy dose of fiber for solid gut health.

SERVES 2

½ pound brussels sprouts
1 tablespoon coconut oil or ghee (once you reintroduce dairy)
½ medium sweet potato, peeled and shredded
1 medium carrot, peeled and shredded
1 teaspoon chili powder
½ teaspoon ground cumin
¼ teaspoon ground coriander
¾ teaspoon sea salt
¼ cup coarsely chopped fresh cilantro
4 large eggs

1. Trim the brussels sprouts and cut them in half. Then slice them thinly, perhaps with a mandoline. Alternatively, shred them in a food processor.

2. Heat the coconut oil in a cast-iron skillet set over medium-high heat, or a skillet you can place a lid on. Add the brussels sprouts, sweet potatoes, and carrots, and toss the vegetables to coat everything with the coconut oil. Season with the chili powder, cumin, coriander, and salt. Sprinkle with the cilantro. Stirring occasionally, allow the mixture to simmer for 5 minutes, or until the carrots and sweet potatoes are tender but not fully cooked through.

3. Make four shallow, evenly spaced indentations in the vegetable mixture, leaving enough of the mixture so you do not see the pan. Crack 1 egg into each indentation, then cover the skillet. Reduce the heat to low, and let the hash continue to simmer until the white parts of the eggs are fully cooked and the yolks are done to your preference.
Shiitake Tarragon Mini Frittatas

These mini frittatas are excellent for a grab-and-go breakfast, a protein-rich snack, or lunch over a salad. They feature shiitake mushrooms for their immune-boosting properties, alongside tarragon for a unique flavor twist. Feel free to add any other vegetables you have on hand, or switch up the spices to keep your palate interested.

**MAKES 12**

**EQUIPMENT NEEDED: 12-CUP MUFFIN PAN**

1 tablespoon coconut oil, camel hump fat, or ghee
1 cup cubed sweet potato
Sea salt and freshly ground black pepper to taste
½ cup diced onion
2½ ounces or ¾ cup sliced shiitake mushrooms
½ cup drained and chopped jarred artichoke hearts
2 cups fresh baby spinach
6 large eggs
¼ cup full-fat coconut milk (see Note, page 291)
1 teaspoon sea salt
1 teaspoon dried tarragon
½ teaspoon dried parsley
1 tablespoon avocado oil

1. Preheat the oven to 350°F.

2. Heat the coconut oil in a skillet set over medium heat. Add the sweet potatoes, and toss to coat them with the coconut oil. Add a few pinches of salt and black pepper to taste. Cover the skillet and allow the sweet potatoes to cook undisturbed for 3 minutes.

3. Uncover the skillet, add the onions, and let them cook for 1 minute, then add the mushrooms for an additional minute.

4. Add the artichoke hearts and baby spinach in the skillet, and toss all the vegetables with another pinch of salt and black pepper. Reduce the heat to low, cover the skillet again, and let the mixture simmer for 3 more minutes, or until
the spinach has wilted. Remove the vegetables from the skillet and transfer them to a bowl to slightly cool.

5. Beat the eggs in a medium bowl. Add the coconut milk, salt, tarragon, and parsley, and whisk the mixture until the coconut milk is fully combined with the eggs.

6. Brush the muffin tin with avocado oil to prevent the eggs from sticking.

7. Pour 3 tablespoons of the beaten eggs into each muffin cup, allowing room in each cup for the vegetables. Use a spoon to evenly distribute the vegetable mixture until each cup is full but not overflowing.

8. Place the muffin tin in the oven and bake for 20 minutes. Allow the mini frittatas to cool for 5 minutes before removing them from the pan and serving.

Spinach Sage Breakfast Patties

If you usually opt for eggs in the morning, try these to switch things up. Rosemary, thyme, and sage combine especially well for that classic breakfast sausage taste. Spinach is mixed in for an antioxidant boost, but you’ll never taste it among the other bold flavors. These are a great emergency protein for any meal of the day, so don’t forget to make an extra batch and store them in your freezer.

**MAKES 8 SMALL PATTIES**

2 cups loosely packed fresh baby spinach  
½ pound ground beef  
¼ pound ground pork  
¼ teaspoon sea salt  
1 tablespoon minced fresh rosemary  
1 teaspoon ground sage  
1 teaspoon dried thyme  
¼ cup coarsely chopped fresh parsley  
2 tablespoons avocado oil, divided

1. Place the spinach in a food processor fitted with the S blade. Pulse until the spinach is chopped into small, coarse pieces.
2. In a bowl, combine the spinach, beef, pork, salt, rosemary, sage, thyme, and parsley. Use your hands to blend the ground meats with the spinach and spices. Form the mixture into 8 small patties.

3. Heat a cast-iron skillet set over medium-high heat and add 1 tablespoon of the avocado oil. Cook the patties in two batches, using the second tablespoon of avocado oil for the second batch. Cook each patty for 3 to 4 minutes on each side, then remove them from the heat, cover them, and allow them to rest 5 minutes before serving.

**Sweet Carrot Breakfast Patties**

If you naturally prefer something sweet in the morning, then these patties are for you. You’ll get a nice dose of protein to keep you satisfied, combined with an excellent source of antioxidants from the carrots. Try these on top of cooked greens, or pack them with avocado to go.

**MAKES 8 SMALL PATTIES**

- 2 shallots, diced (about ¾ cup)
- 2 tablespoons avocado oil, divided
- 2 large carrots, shredded (about 1 cup)
- ¾ teaspoon salt, plus a pinch for the vegetables
- 1 pound ground chicken
- ½ teaspoon freshly ground black pepper
- 1 teaspoon ground cinnamon

1. Preheat the oven to 350°F.

2. In a skillet set over medium heat, simmer the shallots in 1 tablespoon of the avocado oil for 3 minutes.

3. Add the carrots to the skillet, plus a pinch of salt. Continue simmering the vegetables for 5 minutes, stirring occasionally.

4. Transfer the carrots and shallots to a bowl and set them aside. Allow them to cool.
5. Place the chicken in a second bowl and use your hands to gently add the ¾ teaspoon salt and the black pepper.

6. Once the carrots and shallots are cool enough to handle, add the cinnamon to them with your fingers. Then combine the carrot and shallot mixture with the chicken mixture and form it all into 8 small patties.

7. Heat a cast-iron or other oven-safe skillet over medium-high heat and add the remaining tablespoon of avocado oil. Sear the chicken patties in the skillet, 1 minute on each side. Cook them in batches if necessary.

8. Put the skillet in the oven and allow the patties to finish cooking for 10 minutes.

9. Remove the skillet from the oven and place the chicken patties on a plate to cool. Allow them to rest for 5 minutes before serving.
Snacks

Flax and Pumpkin Balls (aka Estrogen-Balancing Balls)

Here’s a recipe to use when seed cycling during the first half of your menstrual cycle (or beginning on the new moon if you’re on the pill). The nutrients found in flaxseeds and pumpkin seeds can help create healthy estrogen levels. Flaxseeds have lignans that can bind to estrogen, and pumpkin seeds contain fats and zinc, which are important for hormone balance. The natural sweetness of cashew butter goes great with the bitterness of ground flax and the earthy flavor of pumpkin seeds.

MAKES ABOUT 16 BALLS
SERVING SIZE: 2 BALLS
EQUIPMENT NEEDED: SPICE GRINDER, OR A BLENDER WITH A MILLING BLADE

¾ cup raw pumpkin seeds
¼ cup flaxseeds
1 tablespoon chia seeds
¼ cup toasted coconut flakes, plus extra for garnish (the garnish is optional)
½ teaspoon salt
¼ cup plus 2 tablespoons cashew butter
2 tablespoons coconut oil, melted
½ teaspoon vanilla extract
2 tablespoons honey
¼ cup currants

1. Grind the pumpkin seeds and flaxseeds in a spice grinder or a blender fitted with a milling blade.

2. In a food processor fitted with the S blade, add the ground seeds, chia seeds, coconut flakes, and salt. Pulse a few times to combine.

3. In a small bowl, stir together the cashew butter, melted coconut oil, vanilla extract, and honey. Gently mix until the cashew butter has thinned and is easily spreadable.
4. Add the cashew butter mixture to the food processor. Process the mixture until it starts to clump together or form a ball. Add the currants and pulse to combine. The ingredients should stick together when pressed between your fingers.

5. Line a glass storage container or baking dish with parchment paper. Use a tablespoon to scoop the mixture into 16 equal portions and roll each portion of the “dough” between your palms into a ball.

6. If you like, roll each ball in a small bowl of the extra coconut flakes for garnishing.

7. Place the balls in the refrigerator and allow them to set overnight.

No-Bake Sunflower Rose Cookies

These “cookies” support seed cycling during your luteal phase (or full moon to new moon if you’re on the pill). Sunflower seeds contain selenium, which supports the liver and hormone regulation. Sesame seeds, like flaxseeds, contain lignans, which also support estrogen balance. Look for raw tahini (sesame seed paste); the only ingredient should be “ground sesame seeds,” with no added oils. Enjoy these easy, no-bake cookies with a morning cup of tea or as a health-promoting dessert.

**MAKES ABOUT 24 COOKIES**
**SERVING SIZE:** 2 COOKIES
**EQUIPMENT NEEDED:** SPICE GRINDER, OR A BLENDER WITH A MILLING BLADE

1 cup raw sunflower seeds
1⁄4 cup raw sesame seeds, plus 1 to 2 tablespoons for garnish (the garnish is optional)
1⁄2 cup toasted coconut flakes
1⁄2 teaspoon ground cardamom
1 1⁄2 teaspoons ground cinnamon
1⁄4 teaspoon sea salt
2 teaspoons lemon zest
1⁄2 cup tahini (sesame seed paste)
1 tablespoon melted coconut oil
2 tablespoons pure maple syrup
½ teaspoon vanilla extract
½ teaspoon rose water
1 to 2 tablespoons sesame seeds, for garnish (optional)

1. Grind the sunflower seeds and sesame seeds in a spice grinder or a blender fitted with a milling blade.

2. In a food processor fitted with the S blade, add the ground sunflower and sesame seeds, coconut flakes, cardamom, cinnamon, salt, and lemon zest. Pulse the mixture a few times to combine.

3. In a small bowl, stir together the tahini, melted coconut oil, maple syrup, vanilla extract, and rose water. Gently mix the combination until the tahini has thinned and is easily spreadable.

4. Add the tahini mixture to the food processor. Process well until the mixture starts to clump together or form a ball. The ingredients should stick together when pressed between your fingers.

5. Line a glass storage container or baking dish with parchment paper. Use a tablespoon to scoop the mixture into 24 uniformly sized cookies. Use your fingers to gently press each cookie into the tablespoon to create a rounded shape. Press on one side to remove them from the spoon. Sprinkle each cookie with the optional extra sesame seeds.

6. Place the cookies in the refrigerator and allow them to set overnight.
**Beverages**

**Anti-inflammatory Turmeric Spritzer**

Here’s a zingy beverage that’s perfect for afternoons or as a “mocktail.” Lemon, ginger, and turmeric all have powerful anti-inflammatory properties and can give a nice, natural lift during a typical midday slump.

**SERVES 1**

- 1 tablespoon fresh lemon juice
- $\frac{1}{2}$ teaspoon freshly grated ginger (use a microplane)
- $\frac{1}{2}$ teaspoon freshly grated turmeric (use a microplane)
- 1 teaspoon raw honey (optional)
- 12 ounces sparkling water

In a large glass, gently stir the lemon juice, ginger, turmeric, and honey into the sparkling water. Alternatively, mix the lemon juice, ginger, and turmeric into 4 ounces of your favorite kombucha, then combine that with 10 ounces sparkling water.

**Upgraded Golden Milk**

Golden milk is a long-established beverage that’s been used for centuries in Ayurvedic and traditional Chinese medicine. This recipe uses a variety of spices due to their therapeutic effects. Turmeric offers anti-inflammatory properties, coupled with black pepper for optimal absorption. Ginger is excellent for soothing the intestinal tract, and cinnamon is great for blood sugar regulation. The MCT oil is excellent for brain health and it serves as a stable energy source throughout the night. If you’re looking for a quality MCT oil that also tastes good, I recommend trying Bulletproof’s Brain Octane. Collagen supports gut healing and is rich in glycine, which promotes a state of calm. We also add grass-fed ghee, once dairy is reintroduced, for fat-soluble vitamins and its ability to suppress inflammation and support motility in the gut. You can whip up this Upgraded Golden Milk in minutes and enjoy it warm or over ice. Make extra in the morning and store it in a mason jar in the fridge for later or the next day.
MAKES 16 OUNCES
SERVES 2

2 cups full-fat coconut milk (see Note, page 291)
2 teaspoons turmeric powder
1 teaspoon freshly grated ginger or ginger powder
1 to 2 teaspoons MCT or coconut oil
1 to 2 teaspoons grass-fed ghee (optional)
½ teaspoon ground cinnamon
1 to 2 tablespoons grass-fed collagen hydrolysate
1 to 2 teaspoons raw honey
Pinch of freshly ground black pepper

1. Blend everything together in a high-speed blender until it is smooth.
2. Place the mixture in a small saucepan set over medium heat, and simmer for 3 to 5 minutes.
3. Drink the latte immediately or put it into the fridge for later.

Maca Latte

Maca is an adaptogenic herb that can be nourishing to the adrenal glands and beneficial for healthy estrogen and testosterone levels. Try this Maca Latte in the afternoons.

SERVES 1

¼ cup full-fat coconut milk (see Note, page 291)
¾ cup water
1 rounded teaspoon ground cinnamon
2 teaspoons maca powder
1 tablespoon collagen powder
½ pod fresh vanilla bean or ¼ teaspoon alcohol-free vanilla extract

1. Heat the coconut milk and water in a small saucepan.
2. Transfer the liquid mixture to a blender that’s heat stable and add the cinnamon, maca powder, collagen powder, and vanilla. Blend the mixture until it’s frothy. Serve while it’s still warm.
Restorative Roots Liver Tonic

This is a great morning beverage option while you're eliminating coffee. Burdock, chicory, and dandelion combine nicely to mimic a bitter coffee-ish taste. These excellent herbs also support the liver, with the addition of milk thistle, which offers the incredible ability to protect, support, and regenerate the liver.

SERVES 1

1 teaspoon dried, ground burdock root
1 teaspoon dried, ground dandelion root
1 teaspoon dried, ground roasted chicory root
1 teaspoon ground milk thistle seeds
8 ounces water, boiling hot
2 tablespoons full-fat coconut milk (see Note, page 291)
¼ teaspoon ground cinnamon

1. Combine the burdock root, dandelion root, chicory root, and milk thistle seeds in a reusable tea bag or tea ball infuser. Steep the herbs in the hot water for 5 minutes.

2. Remove the tea bag or infuser and stir in the coconut milk and cinnamon. You may also briefly blend the mixture into a latte style if you prefer.
**Salads**

**Baby Bok Choy Salad with Chickpea Miso**

Chickpea miso is an excellent alternative to soy-based miso. You can use it to make a typical miso soup or try it as a salty component for a salad dressing, as it’s used here. The creaminess of the dressing goes well with some of the more bitter, hormone- and detox-supportive vegetables, such as radicchio.

**SERVES 2**

- 3 heads baby bok choy
- 1 large kohlrabi
- ¼ head radicchio
- 2 large carrots, peeled and shredded
- 1 cup broccoli sprouts or microgreens
- 2 green onions, sliced
- ½ cup julienned fresh basil
- 1 tablespoon chickpea miso paste
- 1 tablespoon fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon honey
- 1 clove garlic, minced
- 1 teaspoon freshly grated ginger
- ¼ cup toasted walnuts, coarsely chopped

1. Slice the bok choy on the diagonal into thin slices.
2. Peel the kohlrabi with a knife. Cut it in half, then cut it into very thin slices, using either a knife or a mandoline.
3. Cut out the core of the radicchio head, then thinly slice it.
4. Place the bok choy, kohlrabi, radicchio, carrots, sprouts or microgreens, green onions, and basil into a medium bowl and set it aside.
5. To make the dressing, in a small bowl whisk together the chickpea miso paste, lemon juice, and olive oil. (Note: Add a teaspoon or two of hot water to...
the miso paste if necessary to help emulsify it.) Add the honey, garlic, and ginger. Whisk until everything is well combined, or alternatively mix it in a mini blender or food processor.

6. Toss the salad ingredients with the dressing and top it with the walnuts.

Cauliflower Tabbouleh

This rendition of tabbouleh switches out traditionally used grains for a gluten-free version with cauliflower rice, which you can make using a food processor or a box grater. Detox-supportive cauliflower will become a mainstay in your diet once you master how to make cauliflower rice! Try replacing typical rice-based dishes with the cauliflower version, such as in this recipe, or dress up cauliflower with fresh herbs and spices to serve it as a filling side dish. This dish will support your liver with a high dose of antioxidants from the cauliflower without sacrificing flavor. If you’re vegetarian or vegan, add cooked chickpeas to take this from a side dish to a main meal.

SERVES 2

4 cups riced cauliflower  
2 teaspoons avocado oil  
3 cloves garlic, minced  
1 teaspoon salt  
1 teaspoon ground cumin  
¼ cup currants  
¼ cup toasted slivered almonds  
½ cup diced carrots  
¼ cup coarsely chopped fresh mint  
3 green onions, thinly sliced  
¼ cup coarsely chopped fresh parsley  
2 tablespoons raw pumpkin or sunflower seeds, based on your cycle  
1 tablespoon fresh lime juice

1. Cut the whole cauliflower into quarters and slice out the core. Break down each quarter into smaller pieces, cutting larger florets in half. To prepare the cauliflower with a food processor, fit the food processor with the S blade. Place
about a quarter of the cauliflower into the processor bowl and pulse until crumbly. Do not over-process as this will change the consistency and make your “rice” turn soft and mealy. To make the cauliflower using a box grater, after you cut the whole cauliflower into quarters and slice out the core, grate each quarter on the largest holes.

2. Set a skillet over medium heat and add the avocado oil. When the oil is hot, add the garlic and sauté it for 30 seconds.

3. Add the riced cauliflower to the skillet, add the salt, and toss the cauliflower frequently for 3 minutes, until it is tender.

4. Remove the cooked cauliflower from the skillet and place it in a medium bowl. Stir in the cumin, currants, almonds, carrots, mint, green onions, parsley, seeds, and lime juice until everything is well combined. Allow the mixture to sit 30 minutes before serving. This dish can be eaten warm or cold. Top with your favorite protein or avocado slices and enjoy.

Curly Kale with Cilantro Artichoke Pesto

Here’s an ultimate detox salad. Kale and dandelion greens are some of the top detox greens that support liver and kidney function. The artichokes in this variation of pesto offer even more liver love and serve as a great replacement for the dairy and nuts used in traditional pesto.

SERVES 1

1 cup fresh cilantro leaves
1 cup fresh basil leaves
½ cup whole jarred artichoke hearts
2 cloves garlic
¼ teaspoon sea salt
Freshly ground black pepper
¼ cup extra-virgin olive oil
½ bunch curly kale, de-stemmed and finely chopped
1 cup thinly sliced dandelion greens
1 radish, thinly sliced
2 tablespoons hemp seeds
½ mango, diced (optional)
1. To make the pesto, in a food processor combine the cilantro, basil, artichoke hearts, garlic, salt, and black pepper, and process the mixture until everything is well broken down.

2. With the food processor running, drizzle in the olive oil until it’s just incorporated. The pesto should be smooth and slightly runny.

3. Place the kale in a medium bowl and add half the pesto. Use your hands to massage the pesto into the greens, breaking down the tough fibers of the kale, until it looks slightly wilted. Save the rest of the pesto as a dip for vegetables or for an additional serving of the salad. (Kale is a tough green that keeps very well when made in advance, even with the dressing added.)

4. Add the dandelion greens and radish to the pesto-dressed kale.

5. This salad tastes best when allowed to sit so that the flavors can marry. When you're ready to serve it, top it with the hemp seeds and optional mango.

Liver-Cleansing Beet Slaw

Beets provide antioxidant, anti-inflammatory, and detoxification support. The raw beets in this salad, alongside the daikon, are excellent liver aids.

SERVES 2

1 large beet, peeled and scrubbed clean
1 medium carrot, peeled and scrubbed clean
1 small daikon, peeled and scrubbed clean
1 apple, cored
Juice of 1 orange
1 tablespoon fresh lime juice
2 tablespoons extra-virgin olive oil
3 teaspoons freshly grated ginger (use a microplane)
¼ teaspoon salt
¼ cup toasted walnuts
½ cup coarsely chopped fresh cilantro

1. Cut the beet into quarters and the carrot into three or four chunks. Place the pieces into a food processor fitted with the S blade, and process them until
they’re broken down into small chunks. Transfer the mixture to a bowl and set it aside.

2. Remove the S blade and fit the food processor with a grating disc. Shred the daikon and the apple, then add them to the carrot and beet mixture.

3. To make the dressing, in a small bowl whisk together the orange juice, lime juice, olive oil, ginger, and salt. Toss the slaw with the dressing and taste, adding more lime juice, ginger, or salt to taste. Allow the slaw to sit for at least 20 minutes for the flavors to marry.

4. Serve the slaw topped with walnuts and cilantro.

**Thai Zoodles with Citrus Almond Sauce**

This Thai-inspired zoodle—zucchini noodle—salad is a great way to get in a variety of beneficial antioxidants via raw vegetables. The sauce is similar to a classic peanut sauce except without the soy or peanuts. Serve alongside your favorite protein.

**SERVES 2**

**Salad**

- 2 large zucchini
- 1 small head broccoli
- 1 large carrot, peeled into long strips
- ¼ small red cabbage, thinly sliced using a mandoline
- 4 to 6 button mushrooms, sliced
- 1 red bell pepper, cored and thinly sliced

**Citrus Almond Sauce**

- ¼ cup coconut aminos*
- ¼ cup almond butter
- 2 tablespoons fresh orange juice
- 1 teaspoon orange zest
- 2 teaspoons fresh lime juice

*Note: Coconut aminos have a similar flavor profile to soy sauce but are made with coconut tree sap blended with mineral-rich sea salt.
2 tablespoons extra-virgin olive oil
½ teaspoon grated garlic (use a microplane)
3 teaspoons freshly grated ginger (use a microplane)

Toppings
2 green onions, thinly sliced on the diagonal
2 tablespoons toasted sesame seeds

1. Use a spiral slicer to transform the zucchini into noodles. Alternatively, use a peeler to julienne the zucchini into long strands, similar to spaghetti noodles.

2. Use a knife to cut off the top florets of the broccoli. Reserve the stalks for another use (such as in a stir-fry or a vegetable roast).

3. Combine the zucchini noodles, broccoli florets, carrots, red cabbage, mushrooms, and red bell peppers in a bowl. Set the mixture aside.

4. Place all the Citrus Almond Sauce ingredients in a blender, and briefly process them until they are just combined and creamy. Alternatively, whisk the ingredients in a bowl.

5. Pour the sauce over the zoodles and vegetables, and toss until everything is well combined.

6. Distribute the mixture between two bowls, and top each serving with the green onions and sesame seeds.

Tri-Color Cabbage Slaw

All cruciferous vegetables are excellent for supporting hormones. Napa cabbage has softer leaves than red or green cabbage, which makes it perfect for raw salads or slaws like this one.

SERVES 2
½ bunch Dinosaur or Lacinato kale, de-stemmed and julienned
½ head napa cabbage, thinly sliced
1 medium carrot, peeled and shredded
2 green onions, sliced on the diagonal
2 tablespoons extra-virgin olive oil
1 tablespoon coconut aminos
2 teaspoons dijon mustard
1 teaspoon rice vinegar
1 teaspoon honey
¼ cup toasted slivered almonds
2 tablespoons raw pumpkin or sunflower seeds, based on your cycle

1. Place the kale in a bowl by itself, then massage it with your hands to help break down its tough fibers.

2. Add the napa cabbage, carrots, and green onions to the bowl of kale. Set the vegetables aside.

3. To make the dressing, in a small bowl whisk together the olive oil, coconut aminos, dijon mustard, rice vinegar, and honey. Pour the dressing over the salad and toss until everything is evenly coated.

4. Top each serving with the almonds and seeds.
Entrées

Citrus-Marinated Flank Steak

Alongside cold-water, fatty fish, grass-fed meats can serve as a good source of omega-3 essential fatty acids. We need these types of fats to balance hormones and keep our moods stable. Try this marinade for cuts of flank, skirt, or hanger steak, which will become tender once marinated, and they’ll cook quickly over high heat or on a grill. These cuts will also be some of the most economical.

SERVES 3 TO 4

3 tablespoons avocado oil
2 tablespoons coconut aminos
2 teaspoons fresh lime juice
2 teaspoons apple cider vinegar
3 cloves garlic, crushed
½ teaspoon salt
½ teaspoon ground cumin
1 teaspoon chili powder
1 teaspoon dried oregano
¼ teaspoon ground paprika
½ teaspoon dried thyme
1 pound flank steak

1. In a small bowl, whisk together the avocado oil, coconut aminos, lime juice, apple cider vinegar, garlic, salt, cumin, chili powder, oregano, paprika, and thyme.

2. Place the steak into a shallow glass or other nonreactive dish. Pour the marinade over the meat, ensuring it is entirely coated. Cover the dish and place it in the refrigerator overnight.

3. When you’re ready to cook the meat, remove it from the refrigerator and let it sit at room temperature for 20 to 30 minutes.
4. Prepare a grill or warm a stove-top grill pan set over high heat. When it’s hot, grill the meat 4 minutes on each side.

5. Let the meat rest on a cutting board for at least 5 minutes before slicing it against the grain.

Dijon and Almond Herb-Crusted Salmon

Here’s a way to dress up salmon with minimal ingredients. Salmon provides many of the nutrients depleted by the pill, like selenium, and has the added benefit of being anti-inflammatory. While the oven’s on, place some asparagus on the same sheet pan as the salmon and allow it to roast at the same time.

SERVES 2

2 6-ounce salmon fillets
Sea salt and freshly ground black pepper to taste
2 teaspoons melted coconut oil, divided
3 teaspoons dijon mustard, divided
¼ cup finely chopped almonds
2 tablespoons roughly chopped fresh parsley

1. Preheat the oven to 400°F.

2. Rinse the salmon fillets and pat them dry, then place them on a parchment-lined baking sheet.

3. Season each fillet with salt and black pepper to taste, then drizzle 1 teaspoon of the melted coconut oil over each fillet, coating both sides.

4. Spread half the mustard on the pink side of each fillet, evenly coating with the back of a spoon.

5. In a small bowl, combine the chopped almonds and parsley, then distribute the mixture evenly on top of each piece of fish.

6. Place the baking sheet in the oven and cook the salmon 10 to 12 minutes, or until it flakes with a fork. Remove the fillets from the oven and cover them with foil, allowing them to continue cooking and rest 5 minutes before serving.
Garlic Shrimp over Chili Lime Cauliflower Rice

Shrimp is an excellent source of protein, essential fatty acids, and vitamin B12—all essential nutrients to balance hormones. If you keep shrimp stashed in your freezer and prep your cauliflower in batches on a weekly basis, this single-skillet dish can be ready in 15 minutes or less.

SERVES 2

¾ pound shrimp, peeled and deveined
1 tablespoon avocado oil
2 large cloves garlic, minced
2 cups riced cauliflower*
2 teaspoons extra-virgin olive oil
2 teaspoons fresh lime juice
¼ teaspoon ground cumin
½ teaspoon chili powder
¼ teaspoon ground coriander
¼ teaspoon sea salt
Pinch of cayenne pepper
Freshly ground black pepper to taste
2 green onions, sliced
½ cup chopped fresh cilantro
2 tablespoons toasted sunflower seeds
½ avocado, cubed

1. Rinse the shrimp and pat them dry. Set them aside.

2. Heat the avocado oil in a skillet set over medium heat. Add the garlic and stir it continuously for 30 seconds.

3. Add the shrimp to the pan and cook them for 4 minutes, tossing occasionally, until they are pink and cooked through. Remove the shrimp from the skillet and set them aside in a bowl.

4. Add the riced cauliflower to the same skillet, along with the olive oil, lime juice, cumin, chili powder, coriander, salt, cayenne pepper, and black pepper.

*Note: Find instructions for riced cauliflower in the Cauliflower Tabouleh recipe on page 308.
Toss the cauliflower with the spice mixture and cook for 3 minutes, or until just tender.

5. Turn off the heat and add the shrimp, green onions, cilantro, and sunflower seeds to the skillet. Toss to combine everything well.

6. Serve topped with the avocado.

Ginger-Marinated Cod

Whitefish such as cod will be a great addition to your weekly seafood menu. Cod provides B12, folate, selenium, and magnesium, which are all depleted by the pill. Most whitefish easily lend themselves to other flavors and in many cases are cooked quickly on the stove or in the oven. Prep this the night before you plan to eat it, and pair it with bok choy, green beans, or mushrooms.

SERVES 3 TO 4

1 pound Alaskan black cod
2 tablespoons coconut aminos
2 teaspoons fresh lime juice
1 teaspoon honey
1 teaspoon freshly grated ginger (use a microplane)
2 cloves garlic, minced
½ teaspoon sesame oil
Coconut oil for cooking

1. Rinse the fish and pat it dry. Place it in a shallow glass dish and set it aside.

2. To make the marinade, whisk together the coconut aminos, lime juice, honey, ginger, garlic, and sesame oil.

3. Pour the marinade over the fish, cover the dish, and place it in the refrigerator overnight.

4. When you’re ready to cook the fish, preheat the oven to 425°F.

5. Remove the marinated fish from the refrigerator when the oven is ready.
6. Heat an oven-safe skillet set over medium-high heat and melt the coconut oil. Place the fish in the skillet and sear it, skin side up, for 2 minutes or until it is golden.

7. Remove the skillet from the heat and place it in the oven, then bake the fish for 5 to 6 minutes, or until it flakes easily.

**Lemongrass Thai Chicken Soup**

Here’s an example of a soup that will work perfectly for a variety of leftover proteins or vegetables. You can reap the benefits of anti-inflammatory garlic and ginger, gut-loving bone broth, and liver-loving greens like dandelion and kale, all without sacrificing flavor.

**SERVES 2**

- 2 teaspoons coconut oil
- 2 tablespoons red curry paste
- 2 cloves garlic, chopped
- 1½ tablespoons freshly grated ginger
- 1 shallot, diced
- 1 13-ounce can full-fat coconut milk (see Note, page 291)
- 1½ cups chicken bone broth*
- 2 teaspoons fish sauce
- 2 teaspoons coconut aminos
- 2 stalks lemongrass
- ½ cup diced carrots
- 2 cups roughly chopped curly kale
- 1 cup roughly chopped dandelion greens
- 6 ounces cooked shredded chicken
- ½ cup roughly chopped fresh cilantro leaves
- ½ lime, cut into wedges

*Note: Look for brands that do not contain soy or sugar, such as The Flavor Chef, Bare Bones, and Kettle & Fire.
1. Heat the coconut oil in a medium pot set over medium heat. Add the red curry paste, garlic, ginger, and shallot. Toss the mixture frequently for 1 minute, then add the coconut milk, chicken bone broth, fish sauce, and coconut aminos.

2. Trim the lemongrass at both ends, 1 inch from the root and taking off any dry portions at the top. Remove the tough outer layers until you get to the tender inner part of the plant. Cut the stalks into thirds, then mash them with a meat hammer or the bottom of a mason jar. Do not over-crush the lemongrass or lemongrass strings may come apart in the soup. Add the lemongrass to the soup.

3. Turn the heat up until the soup reaches a soft boil, then reduce the heat and allow the soup to simmer for 20 minutes.

4. Add the carrots to the soup and allow the soup to cook another 5 minutes, or until the carrots are tender.

5. Remove the lemongrass and add the kale, dandelion, and shredded chicken. Cover the pot and resume simmering 3 to 5 more minutes, or until the greens have wilted and the chicken is warmed through.

6. Serve the soup topped with fresh cilantro and a squeeze from a lime wedge.

Mango Chicken Collard Wraps with Golden Curry Sauce

Collard greens serve as an excellent replacement for typical gluten-filled wraps. Plus, they’re part of the cruciferous family, which means they offer similar liver- and detox-supportive nutrients that will support your hormones. The Golden Curry Sauce delivers anti-inflammatory turmeric and can be used in a variety of ways: drizzle it over cooked greens or try it as a dip for raw vegetables.

**Mango Chicken Collard Wraps with Golden Curry Sauce**

Collard greens serve as an excellent replacement for typical gluten-filled wraps. Plus, they’re part of the cruciferous family, which means they offer similar liver- and detox-supportive nutrients that will support your hormones. The Golden Curry Sauce delivers anti-inflammatory turmeric and can be used in a variety of ways: drizzle it over cooked greens or try it as a dip for raw vegetables.

**Makes 2 Wraps**

- ¼ cup full-fat coconut milk (see Note, page 291)
- 1 teaspoon freshly grated ginger
- ¼ teaspoon curry powder
- ¼ teaspoon turmeric powder
- 1 tablespoon fresh lemon juice
2 teaspoons extra-virgin olive oil
¼ teaspoon salt
Freshly ground black pepper to taste
3 to 4 ounces shredded chicken
2 tablespoons chopped raw cashews
¼ cup julienned fresh basil leaves
¼ cup chopped fresh mint leaves
½ mango, cut into small cubes
2 collard leaves

1. To make the sauce, whisk together the coconut milk, ginger, curry powder, turmeric powder, lemon juice, olive oil, salt, and pepper. Alternatively, place all these ingredients in a small blender or mini food processor and blend or pulse until the dressing is well combined.

2. Place the shredded chicken in a small bowl and pour half of the sauce over it, reserving the other half for dipping. Toss the chicken and sauce together with the cashews, basil, mint, and mango.

3. Prepare the collard leaves by slicing off the thick stem at the base of each leaf. Then use the butt end of a chef’s knife to crush the stem along the center of the leaf.

4. Half fill a skillet with water and set it over high heat. Once the water comes to a soft boil, reduce the heat to a simmer. Add one collard green at a time and submerge it under the water for 30 seconds. The leaf should turn bright green. Remove each leaf from the water in turn and place them on a kitchen towel to pat dry.

5. Place a blanched collard leaf on a cutting board, with the base of the stem pointing toward you. Spoon half the chicken mixture in a spot three-quarters of the way down the leaf, not directly in the center. Fold up the end and each side of the leaf, on the left and right, then roll the wrap up like a burrito. Do the same with the other leaf and the remaining chicken.

6. When ready to serve, cut each collard wrap in half on a diagonal, and use the extra reserved sauce for dipping.
Mediterranean Lamb Sliders

Like wild game, lamb is a great way to change up your blood sugar-optimizing protein choices. Rosemary and basil give these sliders enough flavor to stand on their own atop a green salad, or prepare them along with a full feast of hummus, cucumbers, fermented vegetables, and Cauliflower Tabbouleh (page 308).

**MAKES 6 TO 8 SLIDERS**

- 1 pound ground lamb
- ¼ cup minced shallots (about two small shallots)
- 2 tablespoons minced fresh rosemary
- 2 teaspoons dried basil
- 1 teaspoon sea salt
- Coconut oil or camel hump fat for cooking

1. In a medium bowl, combine the ground lamb, shallots, rosemary, basil, and salt using your hands, but don’t overmix them.

2. Form the mixture into small patties no bigger than the size of your palm.

3. Heat the cooking oil in a skillet set over medium-high heat. Cook each patty about 3 to 4 minutes on each side, or until it’s done.

4. Remove the patties from the pan and allow them to rest 5 minutes before serving.

Red Curry Salmon

Dress up your salmon with a quick coconut milk red curry sauce. The fish and sauce work well over a bed of cauliflower rice.*

**SERVES 2**

- 2 salmon fillets
- ¼ teaspoon salt
- Freshly ground black pepper to taste

*Note: See Cauliflower Tabbouleh recipe on page 308 for instructions on how to make riced cauliflower.
2 teaspoons coconut oil, camel hump fat, or ghee (once you reintroduce dairy)
1 teaspoon freshly grated ginger
1 teaspoon minced garlic
1½ teaspoons red curry paste
½ cup full-fat coconut milk (see Note, page 291)
1 teaspoon fresh lime juice

1. Preheat the oven to 350°F.

2. Rinse the salmon and pat the fillets dry on both sides. Sprinkle them with the salt and black pepper to taste. Place them in an 8 × 8-inch glass dish.

3. To prepare the red curry sauce, heat the coconut oil in a small saucepan set over medium-low heat. When the coconut oil is melted, add the ginger and garlic, and toss them in the coconut oil for 30 seconds. Add the red curry paste and continue to toss for another minute.

4. Add the coconut milk to the saucepan, stirring frequently to combine it well with the curry paste. Lower the heat, and allow the sauce to simmer for 5 minutes.

5. Remove the saucepan from the heat and stir in the lime juice. Adjust the salt and black pepper to taste.

6. Reserve a third of the red curry sauce and pour the rest over the salmon fillets in the dish. Flip each fillet to ensure the sauce evenly coats the fish.

7. Bake the fish in the oven for 12 minutes, or until the edges flake but the middle is still pink. For thicker fillets, bake them 3 to 5 minutes longer.

8. Remove the fish from the oven and cover it with foil. Allow it to rest and continue cooking for 5 minutes.

9. Serve the fillets drizzled with the reserved sauce.
Sardine Fritters

Sardines are a hormone superfood due to their B12, selenium, vitamin D, omega-3 essential fatty acid, and blood sugar–stabilizing protein content. If you haven’t yet acquired a taste for sardines, try this fish cake variation—they’re a food that’s worth learning to love!

**MAKES 5 TO 6 FISH CAKES**

1 can sardines, lightly smoked and packed in extra-virgin olive oil or water  
1 teaspoon lemon zest  
2 teaspoons fresh lemon juice  
½ cup almond flour, divided  
1 tablespoon coconut flour  
2 tablespoons chopped raw almonds  
¼ cup coarsely chopped fresh parsley  
2 tablespoons minced red onion  
¼ cup chopped kalamata olives  
1 clove garlic, minced  
½ teaspoon freshly ground black pepper  
1½ tablespoons dijon mustard  
1½ teaspoons dried basil  
1 teaspoon ground paprika  
1 large egg  
2 to 3 tablespoons avocado oil for cooking

1. Open the can of sardines and drain the water or oil, though it’s fine if some of the water or oil remains. Place the fish in a large bowl, and use a fork to mash and coarsely break them apart.

2. Add the lemon zest, lemon juice, ¼ cup almond flour, and coconut flour to the bowl, and mix the flours with the fish. This will allow the flours to begin soaking up some of the moisture.

3. Add the almonds, parsley, onions, olives, garlic, black pepper, mustard, basil, and paprika, and mix until everything is well combined. Taste and adjust the seasoning to your liking. If you are still getting accustomed to the taste of sardines, you may prefer more onions, olives, garlic, or dijon, for example.
4. Whisk the egg in a small bowl and add it to the fish mixture, stirring to combine.

5. Place the extra ¼ cup almond flour in a separate small bowl and set it aside.

6. To make the patties, form ¼ cup of the fish mixture into a ball with your hands. Gently press the ball into a patty, and use your fingers to smooth along the edges where you see any cracks. Place the patty in the bowl of extra almond flour, and gently coat each side. Prepare all the patties.

7. Heat a skillet set over medium heat and add the avocado oil. When the oil is hot, set the patties in the oil and let them cook for 3½ to 4 minutes on each side, or until the almond flour coating is golden brown.

8. Place the patties on a plate lined with a paper towel to absorb any extra oil.

Seared Fish with Tomatoes and Capers

Try these Mediterranean flavors to spice up your favorite whitefish. Tomatoes are rich in antioxidants to help you replenish what was lost on the pill.

SERVES 4

4 whitefish fillets, 4 to 6 ounces each (red snapper, cod, bass, or haddock)
Sea salt and freshly ground black pepper to taste
1 teaspoon smoked paprika
1 tablespoon avocado oil
½ yellow onion, diced
2 cloves garlic, minced
1 cup chopped fresh tomatoes
2 tablespoons capers
¼ teaspoon salt
1 tablespoon coconut oil
¼ cup coarsely chopped fresh parsley
2 tablespoons sliced kalamata olives (optional)

1. Rinse the fish under cool water, then pat them dry on both sides. Season each fillet with salt, pepper, and smoked paprika on one side. Set the fish aside.
2. Warm the avocado oil in a skillet set over medium heat. Add the onions and sauté for 5 minutes, or until the onions are translucent. Add the garlic and stir frequently for another minute. Add the tomatoes, capers, and salt, and cover the skillet. Reduce the heat and simmer for 5 minutes.

3. In a separate skillet set over medium-high heat, warm the coconut oil. Lay the fish fillets seasoned-side down. Depending on the size of your skillet, you may need to cook the fish in two batches. Do not overcrowd the pan.

4. Allow the fish to cook undisturbed for 2 to 3 minutes. Each fillet should look golden and slightly crispy. While the first side is cooking, season the other side with more of the salt, pepper, and smoked paprika to taste.

5. Flip the fillets and spoon the tomato, onion, garlic, and caper mixture on top. Cover the skillet, and continue cooking the fish for 2 to 3 minutes, or until the fish flakes easily.

6. Serve the fillets topped with the parsley and optional kalamata olives.

**Sesame Carrot and Cabbage Buffalo Stir-Fry**

Grass-fed meats like bison and buffalo are a great way to add some variety to your protein choices. These types of meat will offer an omega-6 to omega-3 ratio that’s more optimal than what you find in other meats. Buffalo is leaner than beef and therefore takes slightly less time to cook, which is perfect for this Asian-inspired stir-fry.

**SERVES 4**

- 1 tablespoon coconut oil
- 1 cup chopped onions
- 2 teaspoons freshly grated ginger
- 2 cloves garlic, minced
- 1 pound ground buffalo
- ¼ teaspoon sea salt
- 2 tablespoons coconut aminos
- 2 teaspoons fish sauce
- 2 tablespoons apple cider vinegar
¼ green cabbage, thinly sliced
2 large carrots, peeled and shredded
1 teaspoon toasted sesame oil (optional)
¼ cup sliced scallions
1 tablespoon toasted sesame seeds

1. Heat the coconut oil in a large skillet set over medium heat, then add the onions. Cook them for 5 minutes, or until they are translucent. Add the ginger and garlic and continue sautéing, stirring frequently for another minute.

2. Add the buffalo to the skillet and break apart the meat with a wooden spoon. Sprinkle the mixture with salt as the meat is browning.

3. When the meat is still pink, add the coconut aminos, fish sauce, and apple cider vinegar, tossing everything together. Also add the cabbage and carrots, then cover the pan, leaving the lid slightly ajar. Simmer the mixture for 3 to 5 minutes, or until the carrots have softened and the cabbage has shrunk.

4. Turn off the heat and remove the skillet from the burner. Add the sesame oil, if desired, and toss to coat everything.

5. When you’re ready to serve, top the dish with scallions and sesame seeds.

**Tikka Masala Turkey Meatballs**

Indian spices like turmeric, curry, and garam masala are anti-inflammatory and add flavor. Make a double batch of this sauce to save in the freezer for a night when you’re tempted to cave for takeout!

SERVES 4

**Sauce**

1 tablespoon coconut oil (or ghee after dairy is reintroduced)
1 onion, sliced
2 teaspoons freshly grated ginger (use a microplane)
1 teaspoon minced garlic
2 teaspoons curry powder
¼ teaspoon ground turmeric
½ teaspoon ground cinnamon
2 teaspoons ground cumin
1 teaspoon garam masala
1 teaspoon ground coriander
½ teaspoon ground ginger
½ teaspoon sea salt
1 14-ounce can tomato sauce or strained tomatoes (no sugar added)
1 cup full-fat coconut milk (see Note, page 291)

Meatballs
1 pound ground turkey meat
½ teaspoon ground coriander
1 teaspoon ground cumin
¼ teaspoon ground turmeric
2 teaspoons finely grated fresh ginger (use a microplane)
1 teaspoon salt
Coconut flour (optional)
1 tablespoon avocado oil
¼ cup coarsely chopped fresh parsley

1. First, make the sauce. Heat the coconut oil in a large skillet set over medium heat. Add the onions, and allow them to cook 5 minutes, or until they begin to turn translucent. Add the ginger and garlic, toss them with the onions for 30 seconds, then add the curry powder, turmeric, cinnamon, cumin, garam masala, coriander, ginger, and salt. Use a wooden spoon to stir in the spices. Next add the tomato sauce and coconut milk, stirring again to combine everything. Allow the sauce to simmer while you assemble the meatballs.

2. In a bowl, combine the meat with the coriander, cumin, turmeric, ginger, and salt, stirring until everything is just incorporated.

3. With your hands, roll the meat into small meatballs. If the meat is sticky and hard to work with, dust your hands with coconut flour, then roll the balls gently between your palms.

4. Heat the avocado oil in a separate skillet set over medium heat. Add the meatballs to the skillet and allow them to cook undisturbed for 4 minutes, or until the side touching the pan is browned. Flip them and cook another side for another 4 minutes.
5. While the meatballs are cooking, puree the simmering tomato sauce. Use an immersion blender in the pan or transfer the sauce to a heat-safe blender or food processor. Blend until the sauce is smooth and thick.

6. When the meatballs are browned on all sides, combine the sauce with the meatballs in one skillet, cover, and simmer everything another 7 to 10 minutes, or until the meatballs are cooked through.

7. When you’re ready to serve, each portion of meatball should be topped with the sauce and a sprinkle of parsley.

**Whole Chicken with Aromatics**

When you cook a whole chicken, you save money, have plenty of leftovers, and are able to use the carcass in a bone broth (if you’re using an organic, pasture-raised bird). This recipe uses a slow cooker, but feel free to try roasting the chicken in the oven or using other methods, such as a pressure cooker or an instant pot.

**SERVES 4 TO 6**

1 yellow onion, sliced
3 large carrots, peeled and cut into 2-inch pieces
1 whole chicken, 4 to 5 pounds
2 tablespoons duck fat or coconut oil
1 tablespoon sea salt
½ teaspoon freshly ground black pepper
2 leaves fresh sage
1 tablespoon fresh rosemary
½ teaspoon dried thyme

1. Line the bottom of a slow cooker with the onions and carrots.

2. Rinse the chicken and remove the giblets from its cavity. Pat the chicken dry with paper towels, then place it in the slow cooker, breast side down.

3. Melt the duck fat in a small saucepan set over medium heat. Stir in the salt, black pepper, sage, rosemary, and thyme. Pour the mixture all over the chicken
in the slow cooker, then use your hands to rub the herbs and duck fat over both sides, around the legs, and under the skin.

4. Set the slow cooker to low and cook the chicken and vegetables 4 to 5 hours, or until an internal temperature reaches 165°F. Cooking time will depend on the size of the chicken.

5. When the chicken is ready, remove it from the slow cooker and let it rest for 20 minutes before carving. If you prefer crispy skin, broil the chicken for 5 to 10 minutes, until it is golden brown. Serve the chicken with the vegetables.

Zucchini Turkey Burgers

Burgers, patties, and meatballs give you a great opportunity to sneak in extra vegetables or even traditional superfoods like organ meats. Here, shredded zucchini serves as a bulking agent in the burgers, a perfect alternative to typical flour or breadcrumbs. Serve in a lettuce wrap or on a bed of greens.

MAKES 6 TO 8 PATTIES

1 small zucchini
1 pound ground turkey
¼ cup minced shallots
¼ cup coarsely chopped fresh parsley
1 teaspoon dried oregano
½ teaspoon garlic powder
1 teaspoon sea salt
½ teaspoon lemon zest
1 tablespoon avocado oil

1. Shred the zucchini and place it in a fine-mesh bag (such as one used for making nut milks) or in a few layers of cheesecloth. Set this in a colander in the sink to let the zucchini release some water.

2. In a medium bowl, combine the turkey meat, shallots, parsley, oregano, garlic powder, salt, and lemon zest, mixing briefly.
3. Return to the zucchini, and squeeze out any excess water. Then add the zucchini to the turkey mixture and combine.

4. Form the mixture into small patties, and use your fingers to smooth the edges.

5. Heat a skillet set over medium-high heat, and add the avocado oil. Cook the turkey patties 3 minutes on each side, or until they are lightly browned and cooked through.
APPENDIX 1

QUIZ ANSWERS FOR THE MENSTRUAL CYCLE MYTH BUSTER

1. False
2. False
3. False
4. True
5. False
6. False
7. False
8. False
9. True
10. False
# YOUR FIFTH VITAL SIGN

## Menstrual Cycle Symptoms

<table>
<thead>
<tr>
<th>Menstrual Cycle Symptoms</th>
<th>What It Could Be Telling You</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heavy or long period</td>
<td>Iron deficiency anemia, estrogen dominance, thyroid disease, fibroids or polyps, certain cancers, copper IUD, endometriosis, bleeding disorder</td>
</tr>
<tr>
<td>Painful period</td>
<td>Infection, endometriosis, fibroids, ovarian cysts, increased inflammation, elevated prostaglandins</td>
</tr>
<tr>
<td>Light period</td>
<td>Low estrogen (possibly from eating a low-fat diet, overexercising, low body weight), PBCS, POI, or perimenopause</td>
</tr>
<tr>
<td>Late or irregular period</td>
<td>Pregnancy, stress (physical or mental trauma), PCOS, perimenopause, postpartum, diabetes, celiac disease, thyroid disease</td>
</tr>
<tr>
<td>Short cycle</td>
<td>No ovulation or corpus luteum didn’t form correctly, elevated prolactin, obesity, endometriosis, PCOS, thyroid disease, anorexia, POI, perimenopause</td>
</tr>
<tr>
<td>Missing period</td>
<td>PBCS, functional hypothalamic amenorrhea, pituitary dysfunction, ovarian dysfunction, hypothyroidism, pregnancy, menopause, POI</td>
</tr>
<tr>
<td>Mid-cycle pain</td>
<td>Ovulation (usually benign, but discuss any new onset of pain with your doctor)</td>
</tr>
<tr>
<td>Premenstrual spotting</td>
<td>Fibroids, infection, endometriosis, cancer, pregnancy</td>
</tr>
<tr>
<td>Pain or bleeding with sex</td>
<td>Low estrogen, infection, anatomy/position, endometriosis, ovarian cysts, fibroids, cancer</td>
</tr>
<tr>
<td>PMS</td>
<td>Hormonal imbalance (estrogen dominance, low progesterone), nutrient depletion</td>
</tr>
</tbody>
</table>
RESOURCES

Dr. Jolene Brighten Online

Connect with me online to stay in the know on hormones, birth control, and lady-centered inspiration.

Website: www.drbrighten.com
The Dr. Brighten Community: www.drbrighten.com/community
Instagram: @drjolenebrighten
Facebook: https://www.facebook.com/drbrighten
Pinterest: https://www.pinterest.com/drjolenebrighten
YouTube: https://www.youtube.com/c/jbrightennaturopathicdoctor
Twitter: https://twitter.com/drbrighten

Dr. Brighten’s Programs, Books, and Recommended Supplements

You can find these resources on my website, www.drbrighten.com:

Post–Birth Control Hormone Reset program
Clear Skin Rx Master Class
Cosmic Cycle Sync program
Hormone Revolution Detox program
Post–Birth Control Rx program
The Fertility Master Class
The Libido Master Class
The PMS Master Class
The Postpartum Master Class
The Thyroid Master Class

*Healing Your Body Naturally After Childbirth* (book)

Dr. Brighten supplements can be found at www.drbrighten.com/supplements.

**Finding a Naturopathic or Functional Medicine Doctor**

Naturopathic and functional medicine physicians are excellent at identifying a root cause and helping you heal your hormones naturally. Only a licensed practitioner can order and interpret labs, diagnose, and prescribe treatment. Make sure you’re working with a licensed provider such as an NMD/ND, MD, DC, PharmD, LAc, NP, PA, PT, or RD to best address your health care needs. A nutrition practitioner, massage therapist, counselor, personal trainer, or health coach can be a great addition to your health care team, but they are not trained to diagnose or treat health issues, including PBCS. Make sure your practitioner graduated from an accredited college and holds a license if they use the words “diagnose,” “treat,” or “prescribe.” I’m all for a collaborative team, but I want to make sure you get the best care by meeting with a licensed practitioner.

**RUBUS HEALTH**

The 30-Day Brighten Program practitioners at my women’s medicine clinic work with women all over the world who are struggling with post–birth control syndrome, looking to come off birth control, and wanting to heal from common hormone conditions like thyroid disease, adrenal dysfunction, PMS, and more.

329 NE Couch Street
Portland, Oregon 97232
(503) 498-8830
info@rubushealth.com

For more information, visit https://drbrighten.com/work-with-me. Women’s health consulting is available for virtual clients.

**AMERICAN ASSOCIATION OF NATUROPATHIC PHYSICIANS (AANP)**

**NATIONAL DIRECTORY OF NATUROPATHIC PHYSICIANS**

https://www.naturopathic.org/AF_MemberDirectory.asp?version=2
Lab Testing

For a list of recommended labs, including where and how to get tested, please visit www.drbrighten.com/resources.

Beyond the Pill Downloadable Guides and Resources

I’ve put together tons of helpful resources, guides, and e-books to support you during your healing journey. You can find all of them at www.beyondthepillbook.com.

*Beyond the Pill Grocery Shopping List*
A weekly shopping list for all the meals in the 30-day plan.

*Hormone Support Recipe Guide*
A guide to the best sources of organic, non-GMO foods online that support hormone health, plus shopping tips, recipes, and more.

*Beyond the Pill Supplement Guide*
A list of all the supplements recommended in the 30-day plan with links to purchase them.

*Birth Control Nutrient Depletions Food Guide*
A tool to help you leverage your diet to replenish nutrient stores both on and off birth control.

*Hormone-Friendly Kitchen Swaps*
A resource to help you make healthy swaps in the kitchen that leave you feeling satisfied.

*Nontoxic Household Cleaning Products Guide*
A guide to removing hormone-harming toxins from your environment to improve your hormone health.

*Green Beauty Guide*
A list of the products I use and recommend to my patients to help you avoid exposing yourself to hormone-disrupting chemicals.
Beyond the Pill Lab Guide
A list of recommended labs to holistically assess your health on or off birth control, along with links to how to order your own tests.

Hormone-Friendly Cooking and Kitchen Supplies and Equipment
For a list of hormone-safe pots, pans, and utensils, visit https://drbrighten.com/hormone-friendly-kitchen.

Femtech Apps and Devices
Clue app
Dame—women-designed pleasure devices
Daysy fertility monitor
Dot app
Kindara app
Lioness orgasm-tracking device and app
My Moontime app
Natural Cycles fertility monitor
Tia app—the first data-driven app to provide personalized birth control advice

Books
The Adrenal Reset Diet by Dr. Alan Christianson
Beautiful You by Nat Kringoudis
Clean Skin from Within by Dr. Trevor Cates
Code Red by Lisa Lister
Cooking for Hormone Balance by Magdalena Wszelaki
8 Steps to Reverse Your PCOS by Dr. Fiona McCulloch
Hashimoto’s Protocol by Dr. Izabella Wentz
Healing PCOS by Amy Medling
Honoring Our Cycles by Katie Singer
The Hormone Cure by Dr. Sara Gottfried
A Mind of Your Own by Dr. Kelly Brogan
Period Repair Manual by Dr. Lara Briden
Periods Gone Public by Jennifer Weiss-Wolf
The Pill: Are You Sure It’s for You? by Jane Bennett and Alexandra Pope
Sweetening the Pill by Holly Grigg-Spall
Taking Charge of Your Fertility by Toni Weschler
Wild Feminine by Tami Lynn Kent
Woman Code by Alisa Vitti
Women’s Bodies, Women’s Wisdom by Dr. Christiane Northrup

Fertility Awareness Method

Association of Fertility Awareness Professionals, http://www.fertilityawarenessprofessionals.com


The Fifth Vital Sign, http://www.5thvitalsign.com

For a full list of FAM educators, please visit www.drbrighten.com/resources.