



Support on birth control



This protocol can be used to help you support your body on the birth control pill (referred to as ‘the pill’) as well as when you are transitioning off the pill. The pill can mask underlying hormonal imbalances, but it also causes nutrient depletion, leaky gut and puts extra pressure on your liver. This protocol contains the first 2 steps towards supporting your body on the pill.

First 2-steps to restoring your natural cycle

1. **Heal** your gut

The pill not only causes damage to the lining of the gut, but it also causes an imbalance in the good vs bad gut bacteria.

2. **Restore** depleted nutrients

The pill depletes many vital nutrients, minerals and antioxidants. This guide includes supplement recommendations to use daily while on the pill and transitioning off it. It also includes nutrient dense whole food options to add to your daily meals to provide nutrients.



Reason for using the birth control pill:

1



To prevent pregnancy

2



To 'regulate' your cycle or symptoms management

What to do:

Support your body while on the pill or quit the pill and switch to the Fertilty Awareness Method or barrier methods.

Support your body or quit the pill and work on your underlying hormonal imbalance. The pill can NOT regulate your cycle.

Preparation is key

Quitting the pill includes being mentally and physically prepared. Take the time you need to feel ready and prepared to go-off the pill.



Prepare mentally



You are the expert on you. So quit when YOU feel ready.

Start keeping a journal and write down your true emotions regarding the pill. Take time for yourself and meditate on these questions:

- Were you pressured into going onto synthetic birth control?
- Do you feel using the pill is honoring your body?
- Do you feel like yourself while using the pill?
- What emotions do you feel when thinking of quitting the pill?



Prepare physically



The use of synthetic birth control has put pressure on your body. When your body is supported with adequate nutrients and your gut health has improved it may assist in making your transition period off the pill easier.

During your next cycle start incorporating the two main steps of this protocol to support your body:

1. Healing your gut
2. Restoring your nutrients

You can follow this protocol for up to 3 months while transitioning off the pill or even if you quit the pill immediately.

When to go off the pill



Note from Bea: I am here for support! I have been through this too. You got this!

TIPS:

QUIT WHEN YOU ARE READY

- 1

QUIT ANYTIME

- 2

YOU ARE IN CONTROL

- 3

BY SUPPORTING YOUR BODY FOR AT LEAST 2-MONTHS BEFORE QUITTING MAY MAKE YOUR TRANSITION EASIER

- 4

IF YOU ARE EXPERIENCING ADVERSE NEGATIVE EFFECTS FROM THE PILL, QUIT AS SOON AS YOU FEEL READY

- 5

YOUR NATURAL CYCLE IS BEAUTIFUL! I CAN NOT WAIT FOR YOU TO RECONNECT WITH YOUR BODY!

- 6

THERE ARE MORE OPTIONS!

FEEL READY

YOU ARE TRULY THE EXPERT ON YOU

Use this protocol of healing your gut and restoring your nutrients for **2 cycles** before quitting the pill to make the transition slightly easier. However, if the side effects of the pill are very intense, quit the pill anytime when you are ready.

By understanding that the pill can not regulate your cycle, it is truly empowering to take your health back into your own hands. Depending on how long you have been on synthetic birth control, your body may take a few months to regulate. The communication channel between your main control center (hypothalamus) in your brain and your ovaries will have to be restored.

You don't have to wait for the pill packet to end. You can stop at any time when you feel ready to have your breakthrough bleed. Keep in mind that you don't have a real "cycle" when you're on hormonal contraceptives, The 28 day pill cycle was chosen to mimic a woman's natural cycle.

First 2-steps to restoring your natural cycle



STEP 1: HEAL YOUR GUT

The pill may damage the lining of your intestinal tract resulting in 'leaky gut'. This further results in insufficient nutrient absorption from food you consume as well as increasing your risk to cause chronic low-grade inflammation. The pill also disrupts the balance of good bacteria in the gut making you more susceptible to developing irritable bowel syndrome (IBS). It also causes an imbalance in the vaginal microflora increasing your risk of developing bacterial vaginosis & yeast infection (candida albicans). *Use the separate Gut Healing protocol provided to start healing your gut.*

Follow the gut healing protocol

Your Gut in on defense

1. **Remove** aggravating foods
2. **Repair** the gut lining
3. **Restore** digestion and nutrient absorption

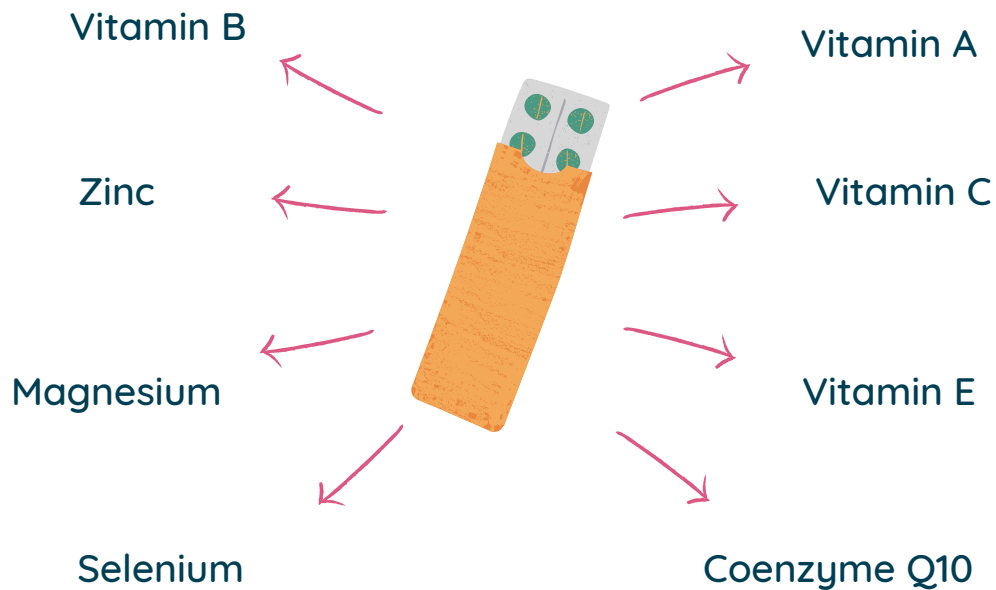
Your Gut needs support

4. **Reintroduce** prebiotic foods
5. **Repopulate** the gut with good gut bacteria

*Use the to separate Gut Healing protocol provided to start healing your gut.

STEP 2: RESTORE DEPLETED NUTRIENTS

The pill depletes your body from vitamin B (Folate B9, Pyridoxine B6), zinc, magnesium, selenium, vitamin A, C, E, coenzyme Q10 & phosphorus. A great start will be to **supplement** with vitamin B, magnesium and zinc, and see how you feel. Continue using your supplements while on the pill as well as when you transition off it ensure your body receives the support it needs.



USE WHOLE FOOD AS MEDICINE

This is NOT a diet. It is rather a new journey to reconnect you with the innate wisdom that your body contains.

Whole
foods based

Whole foods based: This way of eating is to prioritise whole or 'real -foods' that are unprocessed and consumed in their natural state. Processed foods not only cause havoc with your blood sugar levels, but they also contain a lot more preservatives, which are harmful to our bodies natural function. The focus is on plant foods (80% of your calories) and to minimise meat, fish, dairy, and egg products to about 20% of your calories (This is your choice, keep on listening to what nutrients your body is craving).

WHOLE FOOD NUTRIENT-DENSE OPTIONS:

**Your body loves nutrients available from food sources:*

VITAMIN B

Nutritional yeast, sunflower seeds, almonds, pine nuts, sesame seeds, buckwheat, wild rice, watercress, courgette, asparagus, cabbage, mushrooms, and brown rice.

ZINC

Seafood (oysters, sardines, shrimp), ginger root, lamb, pecan nuts, dry split peas, green peas, brazil nuts, egg yolk, oats, peanuts, almonds.

MAGNESIUM

Almonds, cashew nuts, buckwheat flour, brazil nuts, peanuts, pecan nuts, cooked beans, garlic, potato skin, green peas.

SELENIUM

Brazil nuts (2 per week), or oats, eggs

VITAMIN A

Animal liver (always use grass-fed, antibiotic-free sources), carrots, cabbage, watercress, squash, sweet potatoes, melon, pumpkin and mangoes.

VITAMIN C

Kale, parsley, collard greens, mustard greens, cauliflower, red cabbage, strawberries, papaya, spinach, kiwi fruit, citrus fruits, asparagus, mangos, peppers, broccoli, and Brussels sprouts.

WHOLE FOOD NUTRIENT-DENSE OPTIONS:



**Your body loves nutrients available from food sources:*

VITAMIN E

Almonds, sunflower seeds, avocados, asparagus, walnuts, tomatoes, whole grains, and green leafy vegetables

BONUS!

Use the seed cycling protocol in the Real-food Reset Cookbook. Seeds are a great way to increase your nutrient intake on a daily basis. It is also a perfect way to get to know your cycle and in which phase you are in.



Seed Cycling & Sprouting

Match the seeds to your cycle phase and eat one tablespoon of each seed type daily to provide the nutrients required for that phase. Seeds can be eaten raw over salad or breakfast oats, grind up to make Seed Balls (see recipe) or for BEST results also add sprouted seeds

The Happy Hormone Club

What to expect when you go off the pill?



YOU GOT THIS

Your body might need some time to return to normal after quitting the pill. Here are a few realistic options that might happen after you quit the pill. Remember knowledge is power! So use all the information provided to empower yourself! This protocol is designed to make your transition off the pill as smooth as possible. Your body will thank you! If you experience any of these symptoms after quitting the pill, be kind to yourself. Your body always wants to restore her balance. However, if you support your body as best you can, your cycle might show you all the love in return.



YOUR CYCLE MIGHT BE GONE

Depending on how long and what type of synthetic hormonal birth control you used, your cycle might only normalise after 3 months. Follow the supplement and dietary recommendations provided, to support your body. If it takes longer than 6 months to normalise herbal remedies provided by your herbalist or homeopath might be helpful.

SYMPTOMS MIGHT REAPPEAR

If you have used the pill or any synthetic birth control method, to 'fix' your cycle or 'fix' your skin or male pattern hair growth you have only put a band-aid on your underlying root cause. These symptoms are here to be your warning lights to tell you that something is out of balance. Therefore, the imbalance that was masked by the pill might result in symptoms coming back with a vengeance.



What to expect when you go off the pill?



YOU MIGHT NOT FALL PREGNANT

It may take between 9 - 12 cycles or up to 2 years for your cycle to normalise before you will be able to start planning for a family. It is highly recommended that you wait until your hormones are balanced before trying to conceive.



ANDROGENS MIGHT INCREASE

Did you use the pill for acne or to reduce dark facial hair growth? Both of these are an indication of higher levels of androgens, and after the pill you might even have higher levels as before you started the pill. It is always a good plan to rather focus on your root imbalance instead of ignoring it, so start healing your gut and replenishing your nutrients and then quit the pill when you feel ready.



POST-PILL PCOS

You might develop post-pill Polycystic Ovary Syndrome (PCOS). This type of PCOS is normally only temporary and ovulation will return after a few cycles. Nourish your body by eating enough, and include complex carbohydrates and whole grains to support ovulation. It is also recommended to add zinc picolate as a good supplement option.



The 'pill' repair protocol

Additional support:



STEP 3: LIVER SUPPORT

The 'pill' puts extra pressure on your liver. Follow the food based Liver protocol, to give your liver the love and support it needs. Also focus on including liver loving foods in your food plan to support your liver daily, while you are still on the 'pill'. The protocol also helps you to remove 'toxic' foods and chemicals from your environment.

STEP 4: WORK ON YOUR ROOT CAUSE.



It's time to remove the band-aid and work on the underlying hormonal imbalance. The symptoms BEFORE the pill were trying to show you something is out of balance and needs attention. Follow the Nourish Sequence to rebalance your Hormone Harmony Systems. Feel empowered, because you are in control of your own health.



STEP 5: USE OTHER CONTRACEPTIVES METHODS

You will find the Masterclass during Menstrual Cycle Mastery, about the FAM (fertility awareness method) very helpful to learn more about this method to help determine your fertility window and prevent pregnancy naturally.