

- reoccurring UTIs
- irritable bowel symptoms
- staph
- migraines

These young ladies will also learn that optimizing and bringing balance to their elimination methods naturally early in life will save them from the countless chronic symptoms down the road that their mothers or grandmothers may have struggled with.



2. Women in their 30s on hormonal birth control or currently coming off birth control.

These women are trying to manage the symptoms that they had in their teens or twenties which have now returned. They usually come to see me for one or more of the above secondary symptoms that have developed while on a menses suppressing birth control method. While some of these young women have made the connection between their symptoms and their birth control method, most have not. Most have never considered that suppressing their menstrual cycles could lead to any problems. This is where our conversation begins about how the body cleans and the importance of optimizing all routes of elimination. The protocol I use for these women begins with changing birth control methods, cleaning the inflammation that has built up and then going to work balancing their

elimination so that the original pre-birth control symptoms are healed:

- Brown bleeding at the start or end of menses
- Clotting
- Heavy bleeding
- Pain that keeps you from your normal activities
- Bleeding that starts and then stops
- Mid-cycle bleeding
- Cycles that are shorter than 28 days or longer than 32

These symptoms can all be addressed with a combination of gemmotherapy, homeopathy and in most cases, dietary changes.



3. Women ready to get pregnant.

These ladies have either been told by a physician their chances are low or have been trying and have yet to successfully conceive. The common factor between them is they have had past experiences with a menses suppression birth control, menstrual irregularities since their teens or have been prescribed *Accutane* for their acne.

My work with these women, as with all my clients, begins with restoring elimination. This can take some time particularly when *Accutane* has been used. Then I move on to a protocol especially for cleaning and fortifying the organs that SUPPORT fertility (adrenal glands, pituitary, liver, and kidneys). By focusing on the support organs we are addressing the root of the problem.

It's important to see that the process I use is in direct opposition to tradition fertility treatment that pushes reproductive organs which have already given clear indications they are not operating optimally. In that scenario the body has already indicated it cannot support the creation of life and the use of conventional medical science forces the issue rather than healing the root cause. This also happens to

be why these pregnancies become high risk—there is an increased rate of pre-eclampsia among mothers, a greater percentage of premature births, and birth defects under these conditions of conception.

For these reasons and because I know healing the root of the condition works, I follow protocols that clean and fortify the organs that support women's fertility. My protocols include gemmotherapy, homeopathy and dietary changes.

Right Reasons, Wrong Choice

Believing you have been doing the right thing for you or your family, to only discover down the line that you were actually creating deeper and more lasting problems is truly heartbreaking. I am disappointed that so many women I work with have been, under ill advice, exacerbating the root causes of their menstrual symptoms. I take this issue very seriously because, for many women, this not only impacts their fertility and their overall sense of wellbeing, but the next generations to come. Next week I will discuss this topic further and share some case stories from each of the three groups.