

Appendix A

Resources

Resource updates

The latest version of the Resources can be found at:
larabriden.com/resources

Author's blog

- Lara Briden—The Period Revolutionary: larabriden.com

Contraception

Fertility awareness methods (FAM)

- Justisse: justisse.ca
- Sympto: sympto.org
- *Taking Charge of Your Fertility* by Toni Weschler

Other contraceptive methods

- HEX condoms: lelo.com/hex-condoms-original
- myONE Perfect Fit: myonecondoms.com

Perimenopause and menopause

- Centre for Menstrual Cycle and Ovulation Research (CeMCOR): cemcor.ca
- Daily Perimenopause Diary, Centre for Menstrual Cycle and Ovulation Research (CeMCOR): cemcor.ca/resources/daily-perimenopause-diary
- *Estrogen's Storm Season: stories of perimenopause* (2nd edn, 2018) by Professor Jerilynn Prior

Early menopause

- The Daisy Network. A charity for women with POI: <https://www.daisynetwork.org/>

Endometriosis and adenomyosis

- World Endometriosis Organisations (WEO): <http://endometriosis.org/>

Additional resources

- Environmental Working Group (EWG): ewg.org
- 7-minute workout: webmd.com/fitness-exercise/a-z/seven-minute-workout

How to speak with your doctor citations

Here are the full citations for the *How to speak with your doctor* sections.

If you cannot access an article via your search engine, check your library or find the links at www.larabriden.com.

Progesterone therapy

- “The pharmacodynamics and safety of progesterone”: pubmed.ncbi.nlm.nih.gov/32739288/
- “Cyclic progesterone therapy”: cemcor.ca/resources/cyclic-progesterone-therapy

- “For healthcare providers: managing menorrhagia without surgery,” by Professor Jerilynn Prior, Centre for Menstrual Cycle and Ovulation Research, 4 October 2017: cemcor.ubc.ca/resources/healthcare-providers-managing-menorrhagia-without-surgery
- “Oral micronized progesterone beneficial for perimenopausal hot flushes/flushes and night sweats” summarized as “Oral micronized progesterone may decrease perimenopausal vasomotor symptoms”: endocrinologyadvisor.com/home/conference-highlights/endo-2018/oral-micronized-progesterone-may-decrease-perimenopausal-vasomotor-symptoms
- “Oral micronized progesterone for vasomotor symptoms —a placebo-controlled randomized trial in healthy postmenopausal women”: pubmed.ncbi.nlm.nih.gov/22453200
- “Progesterone for the prevention and treatment of osteoporosis in women”: pubmed.ncbi.nlm.nih.gov/29962257
- “Progesterone prevents sleep disturbances and modulates GH, TSH, and melatonin secretion in postmenopausal women”: pubmed.ncbi.nlm.nih.gov/21289261

Thyroid treatment

- “The swinging pendulum in treatment for hypothyroidism: from (and toward?) combination therapy”: pubmed.ncbi.nlm.nih.gov/31354624

Endometriosis diagnosis

- “Noninvasive ultrasound diagnosis of endometriosis”: contemporaryobgyn.net/view/noninvasive-ultrasound-diagnosis-endometriosis

Supplements

Here are some suggested brands as a starting point, not as an

exhaustive list; other similar brands may be equally suitable. Except where indicated, all the products are available without a prescription.

I ask that you speak with your doctor or pharmacist about possible interactions with your medical conditions or medications, or if you are pregnant or breastfeeding. Always cross-check the labels or packaging for precautions and dosage instructions.

How to speak with your doctor or pharmacist about supplements

- “I want to try this supplement for my [condition]. Are you aware of any interactions with my medication?”
- “I want to try this supplement for my [condition]. Are you aware of any reason that it would not be suitable for me?”

The goal is not necessarily to convince your doctor or pharmacist that the supplement could be helpful for your condition; only that it is safe to try.

Berberine

- **Useful for:** Insulin resistance, endometriosis, adenomyosis
- **Daily dose:** 350–500 mg twice daily or a larger dose of a berberine-containing herb such as phellodendron
- **Suggested brand(s):** Thorne Research Berberine 500, Now Foods Berberine Glucose Support

Calcium d-glucarate

- **Useful for:** Endometriosis, adenomyosis, heavy periods
- **Daily dose:** 1000–1500 mg
- **Suggested brand(s):** Thorne Research Calcium D-Glucarate, Now Foods Calcium D-Glucarate, Source Naturals Calcium D-Glucarate or any brand

Choline

- **Useful for:** Endometriosis, adenomyosis, heavy periods
- **Daily dose:** 500 mg
- **Suggested brand(s):** Jarrow Formulas Citicoline CDP Choline

Curcumin or turmeric

- **Useful for:** Heavy periods, period pain, endometriosis, adenomyosis, detoxification
- **Daily dose:** As directed
- **Suggested brand(s):** Thorne Research Meriva 500-SF, Pure Encapsulations Curcumin 500 with Bioperine

D-mannose

- **Useful for:** Recurrent urinary tract infection (UTIs)
- **Daily dose:** 2 grams
- **Suggested brand(s):** Now Supplements D-Mannose Powder or any brand

Estrogen (prescription-only)

- **Useful for:** Hot flushes, mood, sleep, osteoporosis, genitourinary syndrome of menopause (GSM)
- **Daily dose:** 10–50 mcg transdermal dose
- **Bioidentical brands:** Climara, Estradot, Estraderm, Estrogel

Fish oil

- **Useful for:** Mood symptoms, risk of heart disease
- **Daily dose:** Enough oil to provide at least 720 mg of the omega-3 fatty acid eicosapentaenoic acid (EPA), which usually equates to 2000 mg of total fish oil
- **Suggested brand(s):** Thorne Research Super EPA,

Nordic Naturals Omega-3

Glycine

- **Useful for:** Sleep problems, detoxification, insulin resistance
- **Daily dose:** 3 grams
- **Suggested brand(s):** Now Foods Glycine Pure Powder, Carlson Labs Glycine Amino Acid Powder or any brand

Iodine

- **Useful for:** Breast pain, endometriosis, adenomyosis, uterine fibroids, ovarian cyst prevention, mood symptoms
- **Daily dose:** 200–3000 mcg (0.2–3 mg)
- **Suggested brand:** Violet Daily

Inositol

- **Useful for:** Insulin resistance
- **Daily dose:** 2–6 grams
- **Suggested brand(s):** NOW Supplements Inositol Powder, Jarrow Formulas Inositol Powder or any brand

Iron

- **Useful for:** Migraines, heavy periods
- **Daily dose:** 15-50 mg
- **Suggested brand(s):** Thorne Research Iron Bisglycinate

Magnesium

- **Useful for:** Mood symptoms, hot flashes, sleep, PCOS, insulin resistance, migraines
- **Daily dose:** 300 mg “elemental magnesium” obtained from 3000 mg of total magnesium bisglycinate
- **Suggested brand(s):** Now Foods Magnesium

Bisglycinate powder, Natural Factors, Magnesium
Bisglycinate powder, Thorne Research Magnesium
Bisglycinate powder

MCT oil (medium-chain triglycerides)

- **Useful for:** Memory problems, risk of dementia
- **Daily dose:** 15 mL
- **Suggested brand:** Any brand

Medicinal cannabis (may be prescription)

- **Useful for:** Sleep problems, endometriosis, adenomyosis
- **Daily dose:** As directed
- **Suggested brand:** May be prescription-only depending on your country

Melatonin

- **Useful for:** Sleep problems, migraines, heartburn, fibromyalgia, osteoporosis
- **Daily dose:** 0.5 to 3 mg
- **Suggested brand:** Any brand

N-acetyl cysteine

- **Useful for:** Mood symptoms
- **Daily dose:** 500-2000 mg
- **Suggested brand(s):** Any brand, preferably powder

Progesterone (may be prescription)

- **Useful for:** PCOS, hirsutism, PMS, migraines, heavy periods, endometriosis, adenomyosis, perimenopause
- **Daily dose:** 20-300 mg
- **Bioidentical brands:** Prescription: Prometrium, Utrogestan, Teva, and Famenita, depending on your

country. OTC creams: Metabolic Maintenance Progesterone Cream, Now Foods Natural Progesterone or any brand

Quercetin

- **Useful for:** Perimenopausal allergies
- **Daily dose:** 300–800 mg
- **Suggested brand(s):** Now Foods Quercetin with Bromelain, Thorne Research Quercetin Phytosome or any brand

S-adenosylmethionine (SAM-e)

- **Useful for:** Mood symptoms
- **Daily dose:** 100-200 mg
- **Suggested brand(s):** Now Foods SAME 200 mg, Jarrow Formulas Natural SAM-e (S-Adenosyl-L-Methionine) 200 mg or any brand

Sea buckthorn oil

- **Useful for:** Genitourinary syndrome of menopause (GSM)
- **Daily dose:** 100-200 mg
- **Suggested brand(s):** Source Naturals Omega-7 Sea Buckthorn Fruit Oil or any brand

Selenium

- **Useful for:** Autoimmune thyroid disease
- **Daily dose:** 100-150 mcg
- **Suggested brand(s):** Thorne Research Selenomethionine or any brand

St John's wort

- **Useful for:** Mood symptoms
- **Daily dose:** 300–600 mg

- **Suggested brand(s):** Flordis Remotiv, Now Foods St. John's Wort 300 mg or any brand

Taurine

- **Useful for:** Insulin resistance, mood, hot flushes, osteoporosis, risk of heart disease
- **Daily dose:** 3 grams
- **Suggested brand(s):** Now Foods Taurine Pure Powder or similar brand of powder. Mix with the magnesium powder.

Vaginal probiotic

- **Useful for:** Genitourinary syndrome of menopause (GSM)
- **Daily dose:** as directed
- **Suggested brand(s):** Jarrow Formulas Women's Fem Dophilus or similar brand with strains *Lactobacillus rhamnosus*, GR-1 and *Lactobacillus reuteri*, RC-14

Vitamin B2 (riboflavin)

- **Useful for:** Migraines
- **Daily dose:** Up to 200 mg twice daily
- **Suggested brand(s):** Thorne Research Riboflavin 5'-Phosphate, Now Foods B-2 or similar brand

Vitamin B6 (P5P)

- **Useful for:** Mood symptoms, histamine intolerance, perimenopausal allergies
- **Daily dose:** 10-100 mg
- **Suggested brand(s):** Now Foods P-5-P 50 mg, Thorne Research Pyridoxal 5'-Phosphate or similar brand

Vitamin B12 (methylcobalamin)

- **Useful for:** Mood symptoms, memory problems, vegan diet, metformin-induced deficiency
- **Daily dose:** 500-1000 mcg
- **Suggested brand(s):** Now Foods B-12 Liposomal Spray, Pure Advantage B-12 Spray

Vitamin D3

- **Useful for:** Uterine fibroids, osteoporosis
- **Daily dose:** 1000-3000 IU
- **Suggested brand(s):** Any brand

Vitamin K2

- **Useful for:** Osteoporosis, atherosclerosis
- **Daily dose:** 200 mcg
- **Suggested brand(s):** Natural Factors Vitamin D3 & K2, Protocol for Life Balance Vitamins D3 & K2 Liposomal Spray or similar brand

Vitex

- **Useful for:** Mood symptoms
- **Daily dose:** 200-2000 mg (the exact dose depends on the formulation)
- **Suggested brand(s):** Flordis Premular, Now Foods Chaste Berry Vitex Extract

Zinc

- **Useful for:** HPA axis dysfunction, vegetarian or vegan diet, hirsutism, mood symptoms, period pain, endometriosis, adenomyosis, genitourinary syndrome of menopause (GSM), hair loss, memory problems, osteoporosis
- **Daily dose:** 20-50 mg
- **Suggested brand(s):** Thorne Research Zinc Picolinate, Now Foods Zinc Glycinate or similar brand

Ziziphus

- **Useful for:** Sleep
- **Daily dose:** 3 grams
- **Suggested brand(s):** Source Naturals Seditol or similar brand