

Appendix A



RESOURCES

Author's Blog

- Lara Briden—The Period Revolutionary
<http://www.larabriden.com/>

Period Apps and Body Literacy

- Clue: <http://www.helloclue.com/>
- Groove: <http://www.readytogroove.com/>
- Selene: <http://daringplan.com/>
- Daysy: <https://daysy.me/>
- Ovia: <https://www.ovuline.com/>

Menstrual Supplies

- Diva Cup: <http://divacup.com/>
- Lunette: <http://www.lunette.com/>
- Luna Pads: <https://lunapads.com/>

Contraception Resources

Fertility Awareness Method (FAM):

- Daysy fertility monitor: <https://daysy.me/>
- *Taking Charge of Your Fertility* by Toni Weschler
- <http://sympto.org>
- NaProTECHNOLOGY:
<http://www.naprotechnology.com/>
- Fertility Friday: <https://fertilityfriday.com/>
- Kindara: <https://www.kindara.com/home>
- Justisse: <https://www.justisse.ca/>
- FACTS: <http://www.factsaboutfertility.org/>
- Natural Womanhood: <https://naturalwomanhood.org/>
- Tempdrop: <https://tempdrop.xyz/>

Other contraceptive methods

- Femcap cervical cap: <https://femcap.com/>
- Caya diaphragm: <http://caya.us.com/>
- Hex condoms: <https://www.lelo.com/hex-condoms-original>
- myONE Perfect Fit from ONE Condoms:
<https://myonecondoms.com/>
- Gynefix frameless IUD:
<http://www.wildemeersch.com/products/gynefix/>

PCOS Resources

- *8 Steps to Reverse Your PCOS* by Dr. Fiona McCulloch
- PCOS Diva: <http://pcosdiva.com/>
- The Centre for Menstrual Cycle and Ovulation Research (CeMCOR) *Cyclic progesterone therapy*:
<http://www.cemcor.ca/resources/topics/cyclic-progesterone-therapy>

Endometriosis Resources

- *Endo-what* film: <https://endowhat.com/>
- *Citizen Endo* research project and app:

<http://citizenendo.org/>

- Nancy’s Nook Endometriosis Education and Discussion Group:
<https://www.facebook.com/groups/418136991574617/>

Perimenopause Resources

- The Centre for Menstrual Cycle and Ovulation Research (CeMCOR) *Daily Perimenopause Diary*:
<http://www.cemcor.ubc.ca/resources/daily-perimenopause-diary>
- *Estrogen’s Storm Season—stories of perimenopause* (second edition, 2017) by Dr. Jerilynn Prior
- Progesterone Therapy for Symptomatic Perimenopause:
http://www.cemcor.ubc.ca/files/uploads/Progesterone_for_Symptomatic_Perimenopause.pdf
- Julva DHEA vaginal cream: <https://order.julva.com/the-dream-cream>

Menstruation Activism

- 5th Vital Sign: <http://www.5thvitalsign.com/>
- *Sweetening the Pill* by Holly Grigg-Spall
<http://www.sweeteningthepill.com/>
- *Sweetening the Pill* documentary:
<https://vimeo.com/129738582>
- The Centre for Menstrual Cycle and Ovulation Research (CeMCOR): <http://www.cemcor.ubc.ca/>
- Society of Menstrual Cycle Research:
<http://www.menstruationresearch.org/>
- Hormones Matter: <https://www.hormonesmatter.com/>
- The Cup Effect: <http://www.thecupeffect.org/>
- Menstrual Hygiene Day: <http://menstrualhygieneday.org/>
- Nicole Jardim, The Period Girl: <http://nicolejardim.com/>

How to Locate a Naturopathic Doctor

In the US:

- The American Association of Naturopathic Physicians
<http://www.naturopathic.org/>

In Canada:

- Canadian Association of Naturopathic Doctors
<http://www.cand.ca/>

Help for Eating Disorders

In the US:

- Office on Women's Health—Eating Disorders
<https://www.womenshealth.gov/body-image/eating-disorders/>

In Canada:

- National Eating Disorder Information Centre (NEDIC)
<http://nedic.ca/>

In the UK:

- NHS—Eating Disorders
<http://www.nhs.uk/conditions/eating-disorders/>

Information About Endocrine-Disrupting Chemicals

- Environmental Working Group (EWG):
<http://www.ewg.org/>

Supplements

I've provided some suggested brands as a *starting point*, and not an exhaustive list. Please choose a supplement that is available to you and not too expensive.

Alpha lipoic acid

- **Useful for:** PCOS, insulin resistance, detoxification
- **Daily dose:** 100-600 mg
- **Suggested brand(s):** Douglas Laboratories Alpha-Lipoic Acid, Thorne Research Alpha-Lipoic Acid

Ashwagandha (Withania)

- **Useful for:** Functional hypothalamic amenorrhea, fatigue, perimenopause, thyroid disease
- **Daily dose:** As directed
- **Suggested brand(s):** Douglas Laboratories Ayur-Ashwagandha capsules, Douglas Laboratories AdrenoMend, Pure Encapsulations Phyto-ADR

B-complex

- **Useful for:** HPA axis dysfunction, anxiety, fatigue
- **Daily dose:** As directed
- **Suggested brand(s):** Thorne Research Stress B-Complex, Integrative Therapeutics Active B-Complex

Betaine HCl

- **Useful for:** Digestive problems, SIBO
- **Daily dose:** As directed
- **Suggested brand(s):** Thorne Research Betaine HCL & Pepsin

Berberine

- **Useful for:** PCOS, acne, digestive problems, SIBO
- **Daily dose:** As directed
- **Suggested brand(s):** Thorne Research Berberine 500 capsules, Metagenics CandiBactin-BR

Calcium d-glucarate

- **Useful for:** PMS, uterine fibroids, detoxification, perimenopause
- **Daily dose:** 1000-1500 mg

- **Suggested brand(s):** Thorne Research Calcium D-Glucarate

Coenzyme Q10

- **Useful for:** Perimenopause
- **Daily dose:** 100 mg
- **Suggested brand(s):** Thorne Research Q-Best, Douglas Laboratories Ubiquinol-QH

Diindolylmethane (DIM)

- **Useful for:** Hirsutism, acne, perimenopause
- **Daily dose:** 200 mg
- **Suggested brand(s):** Source Naturals DIM (Diindolylmethane)

Fish oil

- **Useful for:** Period pain
- **Daily dose:** 1000 mg
- **Suggested brand(s):** Thorne Research Super EPA, Nordic Naturals Omega-3

Glutathione

- **Useful for:** Detoxification and immune support
- **Daily dose:** 100-400 mg
- **Suggested brand(s):** LypriCel Liposomal GSH, Researched Nutritionals Tri-Fortify Liposomal Glutathione

Iodine

- **Useful for:** PMS, breast pain, uterine fibroids, heavy periods, ovarian cysts, thyroid disease, perimenopause
- **Daily dose:** 200-3000 mcg (0.2-3 mg)
- **Suggested brand(s):** Violet Daily

Iron

- **Useful for:** PMS, heavy periods

- **Daily dose:** 15-50 mg
- **Suggested brand(s):** Thorne Research Iron Bisglycinate

Magnesium

- **Useful for:** PCOS, insulin resistance, functional hypothalamic amenorrhea, PMS, migraines, fatigue, sleep, period pain, detoxification, perimenopause
- **Daily dose:** 300 mg
- **Suggested brand(s):** Designs for Health Magnesium Glycinate Chelate, Pure Encapsulations Magnesium Glycinate, Natural Factors WomenSense MagSense powder, Metagenics Australia CardioX, Orthoplex MagTaur Xcell

Melatonin

- **Useful for:** Sleep, PCOS, hair loss, migraines
- **Daily dose:** 0.5 to 3 mg

Milk thistle

- **Useful for:** Detoxification, SIBO
- **Daily dose:** As directed
- **Suggested brand(s):** Designs for Health LV-GB, Thorne Research S.A.T, Flordis Legalon

Mushroom extract

- **Useful for:** Immune support
- **Daily dose:** As directed
- **Suggested brand(s):** Thorne Research Myco-Immune liquid

Myo-inositol

- **Useful for:** PCOS
- **Daily dose:** 2000-3000 mg
- **Suggested brand(s):** Ovasitol Inositol Powder

N-acetyl cysteine

- **Useful for:** PCOS, endometriosis, detoxification
- **Daily dose:** 500-2000 mg
- **Suggested brand(s):** Pure Encapsulations NAC, Douglas Laboratories N-Acetyl-L-Cysteine

Peony and licorice

- **Useful for:** PCOS, hirsutism
- **Daily dose:** As directed
- **Suggested brand(s):** Kan Herbs Peony and Licorice Formula, Metagenics Australia T-Clear, Mediherb PCOS support tablets

Probiotics

- **Useful for:** Estrogen excess, PMS, endometriosis, digestive problems, yeast infections and bacterial vaginosis
- **Daily dose:** As directed
- **Suggested brand(s):** Please read the How to Choose a Probiotic section in Chapter 11

Progesterone (Micronized or Natural)

- **Useful for:** PCOS, hirsutism, PMS, migraines, heavy periods, endometriosis, perimenopause
- **Daily dose:** 10-100 mg
- **Suggested brand(s):** Metabolic Maintenance Progeste Cream, Now Foods Natural Progesterone, Prometrium capsules

Resveratrol

- **Useful for:** PCOS, endometriosis
- **Daily dose:** 40-200 mg
- **Suggested brand(s):** Pure Encapsulations Resveratrol

Rhodiola

- **Useful for:** PMS, fatigue

- **Daily dose:** 150-300 mg of a standardized preparation
- **Suggested brand(s):** Thorne Research Rhodiola, Metagenics Australia Adrenotone

S-adenosylmethionine (S-AMe)

- **Useful for:** PMS, detoxification
- **Daily dose:** 200 mg
- **Suggested brand(s):** Pure Encapsulations S-AMe (S-Adenosylmethionine)

Selenium

- **Useful for:** PMS, endometriosis, ovarian cysts, detoxification, thyroid disease
- **Daily dose:** 100-150 mcg
- **Suggested brand(s):** Thorne Research Selenomethionine

St John's wort

- **Useful for:** PMS
- **Daily dose:** 300 mg twice daily
- **Suggested brand(s):** Flordis Remotiv

Taurine

- **Useful for:** Insulin-resistant PCOS, perimenopause
- **Daily dose:** 1000-3000 mg
- **Suggested brand(s):** Natural Factors WomenSense MagSense powder, Metagenics Australia CardioX, Orthoplex MagTaur Xcell

Turmeric or Curcumin

- **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

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,

Vitamin B6 (P5P)

- **Useful for:** PMS, histamine intolerance, heavy periods, perimenopause
- **Daily dose:** 10-150 mg
- **Suggested brand(s):** Thorne Research Pyridoxal 5'-Phosphate, Douglas Laboratories B-6,

Vitamin B12 (methylcobalamin)

- **Useful for:** PMS, heavy periods
- **Daily dose:** 1000 mcg
- **Suggested brand(s):** Douglas Laboratories Methyl B12 Plus

Vitex

- **Useful for:** Hirsutism, hypothalamic amenorrhea, high prolactin, PMS, breast pain
- **Daily dose:** 200-2000 mg
- **Suggested brand(s):** Flordis Premular

Zinc

- **Useful for:** HPA axis dysfunction, PCOS, acne, PMS, endometriosis, period pain
- **Daily dose:** 20-50 mg
- **Suggested brand(s):** Thorne Research Zinc Picolinate

Ziziphus

- **Useful for:** Sleep, perimenopause
- **Daily dose:** 20-30 mg
- **Suggested brand(s):** Douglas Laboratories Seditol Plus