

# BIRTH CONTROL REHAB:

How to Quit the Pill Without  
Breaking Out, Freaking Out, and  
Going Through Hormonal Hell

[www.floiving.com](http://www.floiving.com)





*If you're like so many women today, you've probably been bombarded with one clear message since you started menstruating: the Pill can fix that. Got a problematic period that's accompanied by painful cramps and heavy bleeding? The Pill can help. Not getting a period at all? No problem, just get on the Pill. Want to clear your skin/feel less emotional/cover up all those bothersome symptoms of womanhood? Yup, you guessed it – the Pill is there for you.*

But you've had enough. Something in your life has led you to this moment and you're ready to give up the notion that birth control pills are your magic cure.

- Maybe they helped you for a short time but you're now realizing that the root of your hormonal problems can't be fixed with synthetic medication.
- Maybe you want to cut ties with this pharmaceutical crutch and actually figure out why you started having period problems in the first place.
- Maybe you're not yet ready to have a baby but you think you might be down the line and you want to ensure your body knows what to do.
- Maybe you just hate the way this medication makes you feel, behave, and think.

Whatever the reason, you're ready to break up with your birth control pills and you need some guidance on how to do it the right way. Consider this birth control rehab—here's where recovery starts.

*Alisa*

# BIRTH CONTROL REHAB

# TABLE OF CONTENTS

<b>SECTION 1:</b> Why Go Off the Pill at All	4
--	---

*I recently had a session with a client who summed up my thoughts on traditional Western medicine hormonal therapy so beautifully.*

<b>SECTION 2:</b> Understanding What the Pill is Actually Doing to You	6
--	---

*If you weren't prescribed birth control pills in order to prevent pregnancy (although that's often a nice bonus), then you may not even be clear what the Pill is doing to "treat" or manage your condition.*

<b>SECTION 3:</b> Long term effects of the pill that you don't know about.	9
--	---

*Now you know how the Pill is meant to work and why so many of us turn to it as a problem-solver. But there are plenty of things we're not told about the Pill too.*

<b>SECTION 4:</b> Why You Need Birth Control Rehab	11
--	----

*This is important: I do not recommend quitting the pill cold turkey, without any sort of revamped nutrition and lifestyle plan in place.*

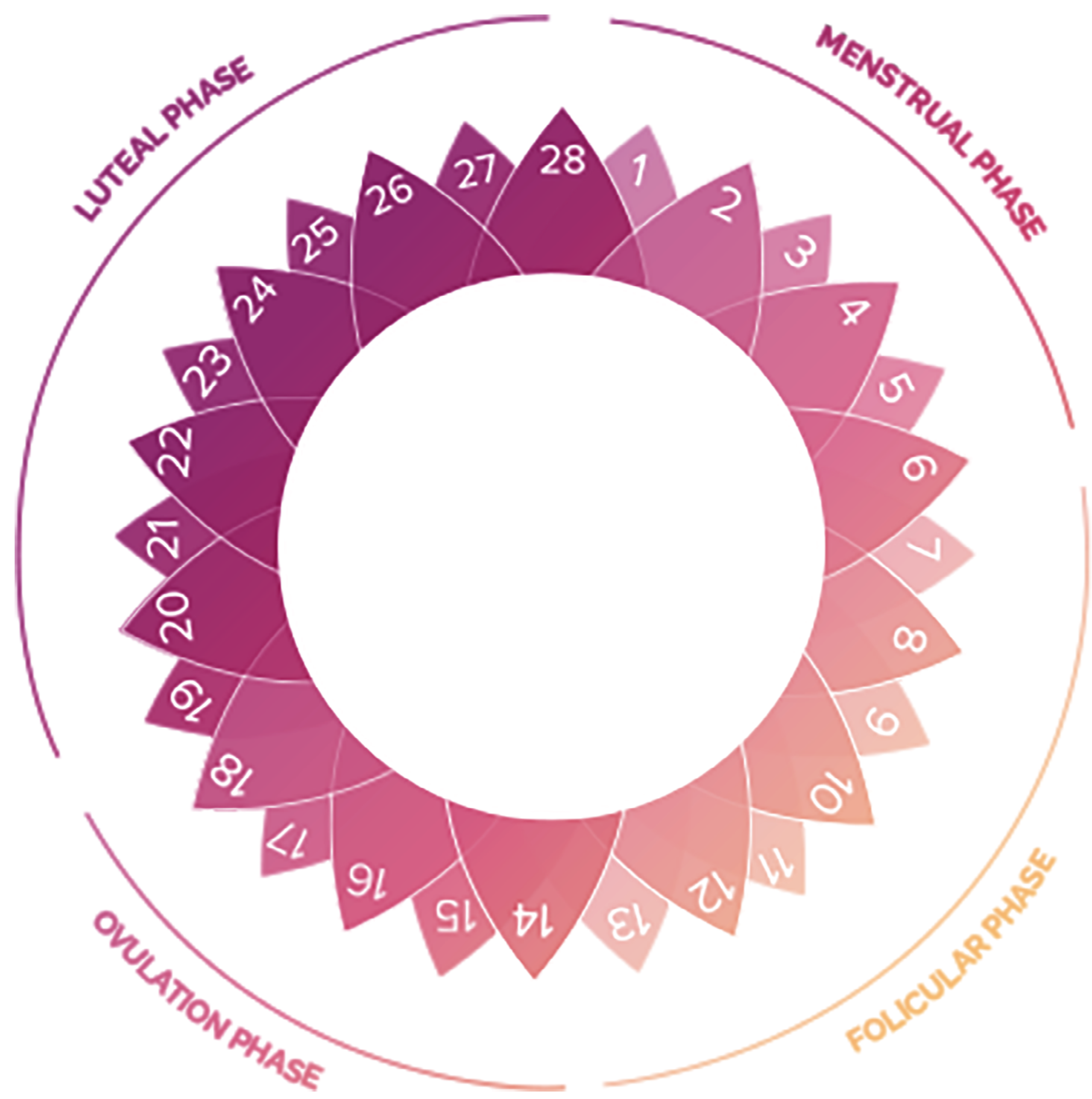
<b>SECTION 5:</b> What You Should Do Now	14
--	----

*Now that you understand all of the factors that can cause hormonal dysfunction and deregulate your menstrual cycle, you can see how important it is to address all of the root causes of your symptoms--not just mask them with the Pill.*



SECTION 1:

# WHY GO OFF THE PILL AT ALL



*I recently had a session with a client who summed up my thoughts on traditional Western medicine hormonal therapy so beautifully: after years of taking the birth control pill to silence her symptoms of hormonal imbalance, she said she felt like she was “using a Band Aid to cover a deep wound that needed proper stitching.”*

Her profound statement really resonated with me and eloquently described what I’ve come to call the “masking tape approach.” Rather than really addressing the issues underlying all kinds of conditions from PMS to [PCOS](#), women are told to simply start taking birth control, and that magic pill will “regulate” their cycle.



## The Chemicals in Your Pill Could Be Causing More Problems Than They're Solving

Most of the women I see in my practice start to consider going off the pill in their late 20s or early 30s because they're thinking of starting a family. But others are prompted by the growing body of evidence demonstrating how the synthetic chemicals hormones in birth control may be problematic.

Because these chemicals are not an exact match to the body's own unique and complex hormones, they can stimulate things that you don't necessary want or intend to stimulate, setting off a disruptive chain reaction.

Although your doctor likely won't tell you about these risks, birth control pills can disturb the highly-sensitive microbiome, throw the body's B vitamin levels out of whack, actually increase the body's testosterone sensitivity, thereby exacerbating PCOS symptoms, and much, much more.

[Learn More](#)

All of these issues and others are explored in the documentary, "Sweetening the Pill," which I am proud to be a part of. Based on the book of the same name, this film from Ricki Lake and Abby Epstein breaks down the history and cultural myths around birth control, and very clearly makes the case for non-hormonal alternatives for preventing pregnancy.

---

## SECTION 2:

# UNDERSTANDING WHAT THE PILL IS ACTUALLY DOING TO YOU



*If you weren't prescribed birth control pills in order to prevent pregnancy (although that's often a nice bonus), then you may not even be clear what the Pill is doing to "treat" or manage your condition. Many women blindly begin the Pill because their doctor recommended it, and because their troublesome symptoms subside and their period seems to come like clockwork, they're happy to stay on it.*



## The Bleeding You Get on the Pill is Not a Real Period

This fact often blows women's minds. But it's true: the bleeding you're getting on the Pill is not a period. I know it looks like a period, feels like a period, and arrives at the same time every month, but it's not a period.

The way birth control pills work is to stop the conversation between the pituitary gland and the ovaries, shutting down the body's natural production of hormones. The synthetic hormones in the Pill mimic pregnancy, but the hormonal rations are not at all what they should be in a healthy woman who is menstruating regularly.

The bleeding you experience on the Pill is breakthrough bleeding in reaction to the placebo week most pill packs contain. This drop-off in synthetic hormones allows the uterine lining to shed a little, so that it doesn't build up to a dangerous point and increase the risk of uterine cancer. But that shedding is not a period; it has nothing to do with ovulation, and nothing to do with the menstrual [cycle](#). Bummer, right?

## All Your Symptoms Are On Their Way Back if You Quit Without Implementing Lifestyle Changes

If you originally went on the Pill to "treat" or manage some sort of hormonal condition (whether it was insane acne, crushing cramps, unbearable PMS, or something else), and you haven't changed a thing about your diet and lifestyle, guess what? All those annoying, maybe even painful symptoms that magically vanished

while you were popping the Pill will--surprise!--crop right back up.

In fact, they may come back with a vengeance and seem much more intense because after years of birth control, your hormones are now operating in an internal ecosystem that's less hospitable due to depleted B vitamins, magnesium, D3, and more, and your microbiome is completely [imbalanced](#).

## Even You Never Had Problems, Quitting the Pill Can Cause Them

Even if you were completely symptom-free before the Pill and you started it for contraceptive purposes, you may experience a sudden onslaught of hormonal issues once you come off. Unfair, I know, but the reasoning is the same; the Pill has destroyed your micronutrient stores, thrown your microbiome out of whack, and compromised your ability to efficiently metabolize estrogen. None of these things contribute to a healthy, symptom-free flow.

### But the Pill Isn't All Bad, Is it?

Don't get me wrong; the introduction of Pill into mainstream culture was an important milestone in the history of women's liberation and sexual freedom. But so often, women aren't given the full story about the risks and drawbacks associated with birth control pills. Not to mention the fact that there are other options. Not every woman is destined to be on birth control, and birth control pills are not the right choice for every hormonal scenario.





## **You Cleanse, Spin, and do Sun Salutations – Why Are You Ingesting Chemicals?**

So many of my clients tell me they religiously consume organic kale juice, meditate, and practice downward dogs, all in an effort to lead the most natural, healthy, stress-free lifestyles possible.

Why then, are these same women consuming daily synthetic hormones? Most likely because they haven't been presented with all the options, and their doctors have urged them to take a medication that simply doesn't line up with their values or fit into their otherwise natural lifestyle they're living. Instead, I want women to understand the reality of their options and use that information to leverage their hormones for success.



## SECTION 3:

# LONG TERM EFFECTS OF THE PILL THAT YOU DON'T KNOW ABOUT.



*Now you know how the Pill is meant to work and why so many of us turn to it as a problem-solver. But there are plenty of things we're not told about the Pill too. Here are some of the very real effects the Pill can have on your health that you won't hear about from your doctor:*



## It Robs You of B Vitamins.

There's a [proven connection between birth control pills and the depletion of vitamin B6](#), which helps your body produce energy. Long term, this B6 deficiency can cause everything from depression to decreased brain function.

## It Disrupts Your Microbiota.

Studies show that the use of hormonal contraceptives alters the normal microbiota of the vagina, which can lead to increased urinary tract infections, and chronic yeast infections.

## It Permanently Suppresses Your Testosterone Response.

Naturally, your sex drive should peak around ovulation, but the Pill prevents this from happening. Not only that, but the synthetic hormone mix destroys your testosterone reserves, which, along with a holistically balance hormonal system, [is a key to your sexual desire and enjoyment](#). Studies have shown the Pill can even [lower your ability to orgasm and make orgasms less intense](#).

## It Makes You Choose the Wrong Guys.

Multiple [studies have shown that the Pill disrupts your pheromones](#) (which are ectohormones, they act outside of the body rather than inside). Pheromones create our own personal perfume and we use this scent to match up with a mate that's genetically suitable. We are supposed to be

attracted with men who are genetically dissimilar to ourselves, as a consequence lowering the chance of miscarriage, increasing the likelihood of having a healthy baby, as well as making for more satisfying sex and a happier relationship. If you're on the Pill, you don't seek out this ideal man, instead you seek out men who "smell" like you – which makes for a bad romantic and health match.

## But Wait...What Am I Gonna Use to Prevent Pregnancy?

I can already hear your worried cries and I have the answers to alleviate your fears.

Wondering how I was able to go pregnancy scare-free for years before choosing to have my baby when I was ready? For one thing, eating and living in a way that enhances my fertility allows me to actually have insight into my exact ovulation cycle. This is precisely what you can expect when you take control of your hormonal health through diet and lifestyle changes. Knowing when you ovulate means eliminating the anxiety-provoking guessing game and enjoying a stress-free sex life.

But that's not the whole story. My other secret? I still use condoms! Despite the fact that I've been in a loving, committed marriage for years, my husband and I continue to use condoms as our primary method of birth control. They're effective, prevent bacterial and viral infections, help prevent HPV contraction, and of course, they allow you to forgo hormonal contraception.

But if you just can't get on the condom bandwagon for whatever reason, you have [plenty of other options](#): the diaphragm, the Today sponge, and the all-natural herbal remedy of wild carrot seed are wonderful, safe alternatives.

---



## SECTION 4:

# WHY YOU NEED BIRTH CONTROL REHAB



*This is important: I do not recommend quitting the pill cold turkey, without any sort of revamped nutrition and lifestyle plan in place. If you're someone who started the Pill for reasons other than contraception, you'll likely see a return of your original symptoms, and you'll want some sort of safety net in place to ease the transition.*





**Okay, you want to go off the pill, but you're afraid your skin will break out and your other symptoms will come back.**

You're right to be afraid, if you quit cold turkey, that will likely happen. Cycle-synching your diet and exercise while you're actually still taking the Pill can make this transition so much gentler on your endocrine system and save you a lot of the post-Pill side effects women report like acne, insomnia, mood swings and irregular cycles.

Typically, I advise my clients to have a few weeks of my FLO Living protocol under their belts before they try to go off of birth control pills. This can help offset the severity of those symptoms once they return, and maybe even help prevent the minor ones from making a return. Settling into my protocol gives women the opportunity to flood their bodies with the

nutrients and supplements they've been lacking for years, and it's the equivalent of gracefully picking up speed before a swan dive versus belly-flopping straight off a cliff.

### **Step One: Track Your Period.**

If your periods return quickly and they become regular, great! If not, then it's likely that there is an underlying health problem that I recommend you address naturally with food changes. Many women do find it takes months for their period to show up and then it is sporadic. Getting in your Flo before you stop the Pill and using my eating plan during the transition will help you avoid this.





## Step Two: Re-Balance Your Gut Flora.

The Pill has ravaged your internal microbial eco-system. The longer you've been taking it the worse the impact on your body. When you're on the Pill eating good, clean, healthy foods is the best way to start the healing process. Continue nourishing your body in this way as you come off and you'll heal quickly. Supplements alone won't help enough as they're not as easy to absorb when you're suffering with the intestinal inflammation the Pill creates. But there are two that really can help improve gut flora and reduce inflammation.

I highly recommend Jarrow probiotics and a combination of NAC and L-Glutamine to help heal the intestines and allow for improved absorption of all the important nutrients you'll be getting from your FLO protocol.

## Step Three: Up Your Vitamin Intake.

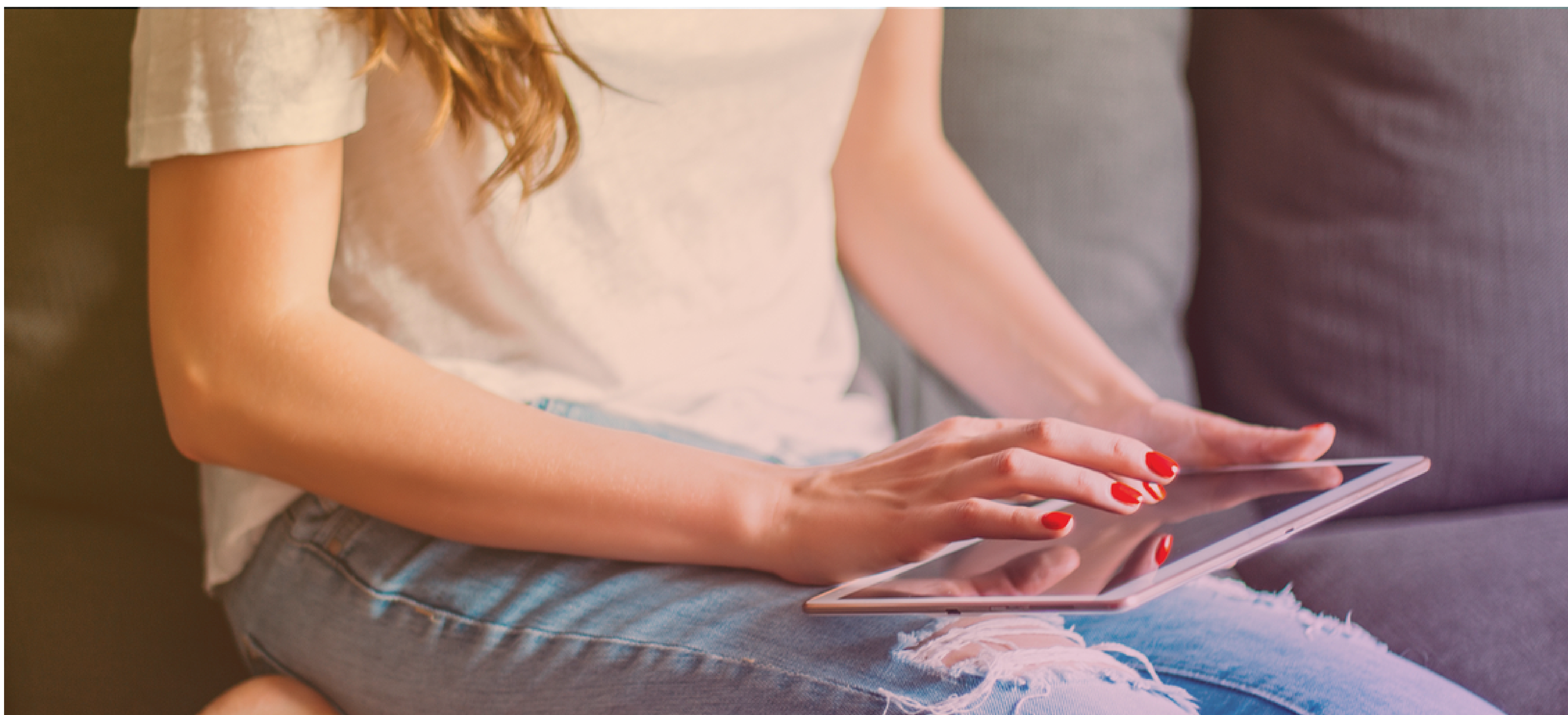
Start taking a really good B vitamin complex right now. It's the one vitamin that will make a difference in a large dose even when you're still on the Pill. When you come off it will smooth out the inevitable mood changes that follow. You can also mix a lot more buckwheat, quinoa and oats into your daily meals.

Eat lots of good quality fats and amino acids – this is what hormones are made from and what your body needs to start making more of its own and fast. If you can and do eat animal protein have fish and organic poultry as well as pasture-fed eggs (including their yolks). Olive oil and avocados too! You must eat fats in order to stabilize hormones. A lot of women deal with estrogen dominance after the Pill. Leafy greens are the absolute best way to combat this problem. Tuck into kale, chard, spinach, lettuce, cabbage, broccoli, cauliflower and more (and at every meal if you can!).



## SECTION 5:

# WHAT YOU SHOULD DO NOW



*Now that you understand all of the factors that can cause hormonal dysfunction and deregulate your menstrual cycle, you can see how important it is to address all of the root causes of your symptoms--not just mask them with the Pill.*

*Your body's natural rhythm is not static and regimented—so, of course, eating the same way all the time isn't going to keep it in balance.*

Our menstrual cycles have four distinct phases. In each phase, as our bodies produce different levels of hormones, and we have varied energy levels, sleep patterns, cravings, and even different thoughts. Doesn't it make sense that we would have different food and lifestyle needs at each phase?

That's why I created MonthlyFLO: The Cycle Syncing System™ to help guide you back into balance with your cycle.



MonthlyFLO: The Cycle Syncing System™ is the first-ever woman- centric health system that syncs with your unique rhythm. It gives you the foundation for solving any hormonal issues you may have over your lifetime – from getting your cycle regular in your MonthlyFLO to preparing your body to conceive in FertileFLO to resetting your energy and sex drive in SexyFLO. Research shows that food is the key to improving your biochemistry. The foods you eat support your body to make the right hormones at the right times.

MonthlyFLO: The Cycle Syncing System™ is a specially- sequenced food therapy program that recalibrates your endocrine function. Over three months, you will be guided step-by-step to balance your hormones naturally through simple, cumulative food and lifestyle changes through my 5-step protocol.

### 5 step protocol:

**Step 1:** Stabilize your blood sugar to improve your metabolism and digestion so you can clear excess hormones and lose false fat.

**Step 2:** Restore your adrenals to lower stress and increase your energy so you can feel more rested, relaxed and vibrant.

**Step 3:** Support your organs of elimination to prevent excess estrogen buildup and help all of your 'lady parts' work better together.

**Step 4:** Synchronize your food and lifestyle with each week of your cycle to balance hormones have regular, more predictable cycles and see your symptoms disappear.

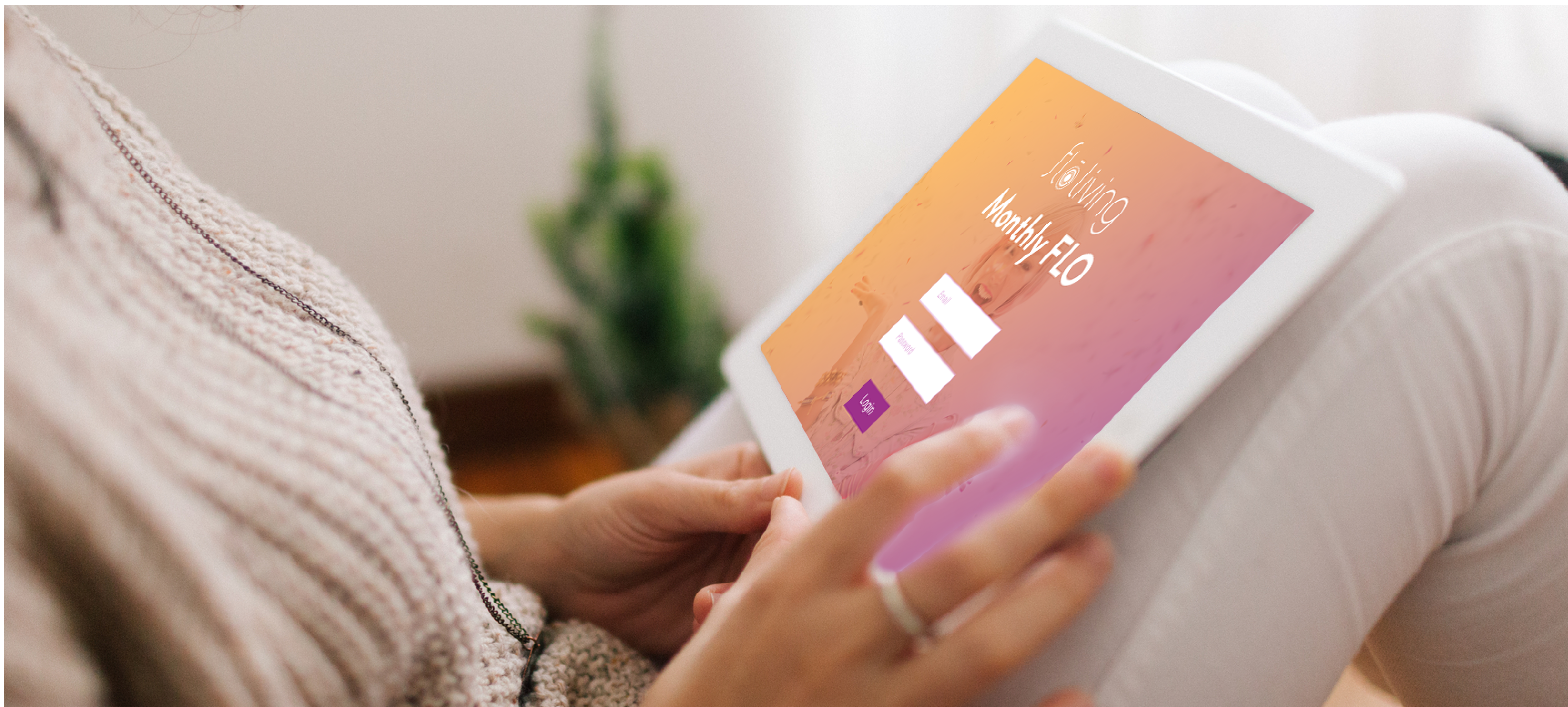
**Step 5:** Improve your relationship with your feminine energy and your female body through curated emotional exercises and cycle-based self care.

I created MonthlyFLO: The Cycle Syncing System™ because I was frustrated looking for a one-stop solution that didn't exist. WomanCode is the first-ever online system that solves women's hormonal issues in a 100% natural way – using food, supplements and lifestyle changes.

**MonthlyFLO: The Cycle Syncing System™ will teach you how to solve all of your hormone imbalances so you can:**

- Decrease stress hormones so your period is easier, regular, and painless.
- Eliminate frustrating symptoms like PMS, cramps, cysts, fibroids and more.
- Optimize your metabolism so you feel energized and effortlessly balance your weight. Increase your energy, sex drive, and zest for life.
- Improve your chances of getting pregnant when you want.
- Take the guesswork out of your daily food and lifestyle habits.





Unlike approaches that can feel like a guessing game or shot in the dark, our program has been structured and sequenced based on years of research and science.

The benefits of this approach include: more energy, stronger libido, clear skin, weight-loss, regular periods, reduction of pain/cramping/ PMS, and a better relationship to your female body. Plus, you will have been directly responsible for creating your hormonal health reality.

If you want to start feeling better right now, MonthlyFLO: The Cycle Syncing System™ will teach you how to solve all of your symptoms, as it has for thousands of women in over 216 countries across the world. It is also what I did to avoid taking the Pill to mask my PCOS symptoms.

**[Click here to learn more about MonthlyFLO: The Cycle Syncing System™](#)**