Alisa’s Natural Hormone Supplement Guide

I am so excited that you took this step to get your hormones working FOR you!

Whether you need to be free from period drama, free to become a mother, or free to enjoy optimal energy, moods, and sex drive, the key to getting there is balancing your hormones from the functional level out.

This guide to building your very own hormone supportive medicine cabinet, just like the one I have in my own kitchen, will help you protect your endocrine function for the long term. These are the best of the best of what I like to always have on hand to optimize my FLO at all times. You see, once you get your hormones balanced using my FLO protocol, then you can use supplements like these to help you stay balanced long term. And some of them are great for symptom triage too!

Thousands of women have been using the hormone food protocol in my book WomanCode and in our online program at FLOliving.com to reset their endocrine system, improve their hormonal balance and eliminate symptoms fast.

Women who get on the protocol and get in the FLO, clear up stubborn acne, lose weight, get their periods back, lose their cramps, lower their FSH levels, beat estrogen dominance, restore their thyroid naturally, rebalance their adrenals, and have reaped the benefits for months after with pain and PMS free periods and boosted energy and moods!

Each of these recommended medicine cabinet items address the underlying causes for endocrine breakdown. This is the hallmark of the FLO Living protocol that has helped thousands of women in 36 countries take charge of their hormones, eliminate symptoms, and their true desires to have it all!

At the core of the protocol is what we want our food to do for our hormones to make them work optimally. Every day we want to eat foods and take supplements that help us:
1—stabilize blood sugar
2—restore adrenal rhythm
3—improve estrogen elimination
4—optimize hormonal ratios each week of your cycle
5—express our passion, purpose, and be in our feminine FLO

If you’re estrogen is too high, your insulin all over the place, your thyroid hormone too low, your testosterone too high or MIA, your progesterone too low, and your cortisol surging at the wrong time, this one elegant protocol restores ALL of these to optimal functioning by increasing the micronutrients you need to manufacture the right amounts of these hormones and to signal to them to do their jobs at the right times for you.

What’s Included in this Guide:

**Supplements 101**—the inside scoop on supplements and how to use them, and why different brands make a difference

**Symptom Guide**—why you have you them and what it means for your hormones

**The Medicine Cabinet Essentials**—links to my favorite brands—with convenient one click purchase

**Beyond the Cabinet**—What to do beyond supplements to heal your hormone issues

**Printable Cabinet Usage Guide**—print it, use it, love it
Supplements 101

There are thankfully so many amazing supplements to choose from these days. There are even ones available that really help with hormonal issues. From B vitamins to adaptogens like maca, supplements have come a long way. It is really important to consider 3 things when taking supplements.

1—You have to make it easy for supplements to work

Supplements are most effective in the right internal ecosystem. You have to change your diet. They can help bolster depleted micronutrient concentrations when stores of them are low due to improper diet. However, if your diet is fundamentally endocrine disrupting, then no amount of supplementation is going to get you to your health goal.

2—You can’t spot treat symptoms

Supplements are a short-term item to include in your healing protocol to hasten your desired results. You have to address the root causes of your condition and symptoms to get to your goal. So for example, while you can take ibuprofen for your cramps, if you want to eliminate cramps, you need to work on your prostaglandin levels through diet and the use of some EFA’s.

3—Brands matter

Recent findings have shown that many mainstream supplements sold at big box retailers contain none of the ingredients suggested by the packaging. When it comes to taking supplements, you want to select the highest quality manufacturing standards possible. In addition, you have to look closely at the other ingredients. Many supplements use soy derivatives, corn, gluten, dairy in their manufacturing. There are a very select few brands that I use and trust and the rest just make very expensive pee. If you’re going to use supplements, invest in the best. And because you’ll be changing your diet, you really do only need them for a short period of time.
This of course is why my program addresses the root causes of your issues first without focusing first on symptoms. For example, you may have period pain, irregular cycles, acne, bloating, weight issues, low energy, infertility, mood swings—in fact you may be reading this and saying that’s me! Those are your symptoms, but your CONDITION might be PCOS, PMDD, Fibroids, Endo, Cysts, infertility, perimenopause—you see all the symptoms are the same for varying conditions. That’s the bad news. The good news is the root causes of the CONDITIONS and therefore the symptoms are the SAME and clearing them up is easy once you learn the science of your hormones. When you manipulate the underlying causes with food changes, you’re then able to watch your condition evaporate and your symptoms clear up for good.

**Symptom Guide**

So before I get in to the Hormone Medicine Cabinet Essentials, I want to walk you through why you are having the symptoms you DO have and what it’s telling you about your hormones.

I’m going to cover my favorite must have supplements for as many of the symptoms that go along with a variety of hormonal conditions:

- Weight
- Skin
- Sex Drive
- Energy
- Mental focus
- Anxiety
- Insomnia
- UTI/BV
- Digestion
I’m even going to add in my 3 best all around hormone improving supplements and my bonus immunity pack.

As I’ve said earlier however, supplements are not the answer. Food is. Beyond that, the other key to fixing your hormones for good is to gain an understanding of how they work. So let’s get into the behind the scenes on your current symptoms!

**Weight Issues**

At the core of weight issues lies an imbalance of the interplay of estrogen, cortisol, and leptin. Your sense of hunger and satiety is not responsive enough and your fat cells are being programmed by these hormones to not only not give up their stored fat for fuel, but to grow and multiply! This of course is a vicious cycle that can actually create menstrual disorders, infertility and low libido!

**Skin Issues**

At the core of skin issues lies a low concentration of the micronutrients your liver needs to break down estrogen and other toxins effectively. This causes congestion in the lymphatic system and ultimately shows up on the skin in the form of breakouts, eczema, and rosacea. When the liver is chronically undernourished and skin issues are present, it’s a perfect indicator that you are dealing with excess estrogen. This excess estrogen is a key root cause of menstrual disorders, infertility, and low libido.

**UTI’s/Yeast/BV/Digestion**

Let’s face it, when there’s a problem in panty town, it’s absolutely no fun. We treat these symptoms typically with antibiotics, then get a yeast infection, then treat that with an antifungal, then the UTI/BV comes back and we can find ourselves on the medication hamster wheel for far too long with no symptom relief. This breakdown in our immune response has a lot to do with our hormones actually. When there is an overgrowth of the wrong bacteria in our guts, it’s not too long before our flora below the panty line goes awry. Your microbiome
health creates strong immune response and when it’s off, it actually causes estrogen to rise, making our estrogen dominance worse and exacerbating our tendency to develop menstrual disorders, infertility, and low libido. Are you starting to see a pattern?

**Sex Drive/Energy/Mental Focus/Anxiety/Insomnia**

So many symptoms—do they all really have the same cause? You got it!

At the core of these symptoms lie chronic imbalanced blood sugar and adrenal insufficiency. This interplay between overworked cortisol and big drops in your blood sugar actually suppress DHEA production making your sex drive disappear, decreasing your energy, making you foggy headed, anxious and sleepless.

**The Hormones Medicine Cabinet Essentials**

To stock your own cabinet easily—one click shopping can be found [here](#).

Symptom: Weight
Supplement: Milk Thistle
Function: helps the liver break down estrogen

Symptom: Skin
Supplement: NAC
Function: Precursor to Glutathione which is the mother antioxidant the liver needs to do its work

Symptom: UTI
Supplement: D-Mannose
Function: Proven to be effective for the treatment of UTI’s!

Symptom: Libido booster
Supplement: B5
Function: Gets your adrenals making the right ratio of cortisol to DHEA
**Symptom: Energy Booster**
Supplement: Cinnaforce
Function: Keeps your blood sugar stable and that's what actually gives you energy!

**Symptom: Mental focus**
Supplement: Rhodiola
Function: My go to for short term focus needs on projects at work

**Symptom: Anxiety**
Supplement: Oat straw tincture
Function: Instant stress reliever

**Symptom: Fertility booster**
Supplement: B6
Function: Helps you make more progesterone, improving conception will stay

**Symptom: Insomnia**
Supplement: Hyland’s Insomnia
Function: A homeopathic blend of hops and chamomile that soothe the nervous system, so you can fall asleep more easily (non habit forming)

**Symptom: Indigestion, bloating, gas**
Supplement: Rainbow light Advanced Enzyme
Function: Provides digestive enzymes that improve nutrient Helps reduce bloating during PMS

**Symptom: Yeast/BV**
Supplement: Jarrow Femdophilous
Proven to actually reduce the conditions—you can start with this before going the route of medication
Hormone Support Basics

Jarrow B-Right—B vitamins are water soluble and required for many hormonal functions, so we need to replenish them daily.

Carlson D3—A critical micronutrient for hormone function, ovulation, fertility, and more.

Orthomega or Vital Choice—Omega 3’s are proven to reduce cramp causing prostaglandins and help balance hormones overall.

Bonus Immunity Protocol

Sambucus—Nature’s way—studies show how elderberry extract reduces symptoms of colds/flus.

Camu powder or Acerola cherry powder for natural form of vit C - I don’t take Vit C—it’s made from GMO corn—GMO’s are endocrine disruptive!

Zinc—powerful immune booster.

Beyond the Cabinet

Triage is good! Using these supplements means you are paying close attention to the subtle cues your body uses to tell you your hormones are not happy.

Ideally of course, you get your endocrine system optimized where you very rarely have these issues.

Really addressing the underlying causes with the most powerful supplement we have, food, is the best way to really turn things around with your hormones and health. With this guide you’re becoming a real DIY WomanCoder! Make sure to take advantage of our DIY Hormone
Balancing Guide to add the food element in and take things to the next level! Start playing with your food and seeing how you can address your root causes more directly!

As always, I like to end with our FLO pledge aka the Ovary Oath

I pledge allegiance to my ovaries and to living in harmony with their cycles.

I pledge allegiance to my hormones and to feeding them organic foods to optimize their function.

I pledge allegiance to my body, listening to her language and making course corrections when needed.

I pledge allegiance to my feminine energy and to being a creative force of nature.

Go forth and use your FLO for good!

Turn the Page for the Printable Cabinet Usage Guide
FLO Living’s Hormone Supplement Cheat Sheet

**Milk Thistle**  Weight—1x/day for 2 weeks

**NAC**  Skin—1x/day—for 2 weeks

**D-Mannose**  UTI—5x/day for 5 days for an active infection

**B5**  Libido booster—1x/day—for 2 weeks

**Cinnaforce**  energy—after breakfast and after lunch daily

**Rhodiola**  Mental focus—1 pill 30 min before a big project

**Oat straw tincture**  Anxiety—1 dropper full in 2 oz water when anxious

**B6**  Fertility booster—1x/day for up to a month prior to trying to conceive

**Cal/mag**  Insomnia—1-3 T in 4 oz hot water 1 hour before bed

**Digestive Enzyme**  Digestion—after lunch and dinner

**Jarrow femdophilous**  Yeast/BV—2x/day for 2 weeks

**Hormone Support Basics**

**Jarrow B-Righ**  daily with breakfast

**Carlson D3**  daily with breakfast

**Omega’s**  Orthomega or Vital Choice—daily with breakfast

**Bonus Immunity Protocol**

**Sambucus**  4 tsp/day while sick

**Camu powder or acerola cherry powder**  1 tsp day while sick

**Zinc**  2x/day while sick