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# Vitamins and hormones pdf

Hello, I have high levels of testosterone which makes my periods extremely irregular. I was put on birth control to regulate my hormones but it made me extremely sick so I had to go off of it. As a result I've been doing a lot of research on natural remedies to balance hormones instead of hormonal therapy. I've read that certain supplements might help but nothing seems to be proven. Is there anything proven to help balance hormones naturally in order to regulate periods? Does anyone else have natural remedies such as vitamins, supplements, or life style changes that made their periods regular? Whether you're menstruating, trying to conceive or suffering from endometriosis, having your hormones out of whack can make you feel lethargic, irritable, anxious and craving all sorts of nonsense (hello, sugar!). But instead of reaching for the trusty concoction of Cadburys and Ibuprofen, the answer could be in the herb garden. Ashwagandha and Shatavari have been used for centuries to rebalance hormones, and with our growing interest in Ayurvedic medicine and a more natural approach to our ailments, Feminax might be out of business before we know it. It's not just what you're popping that you need to think about if you're dealing with cramps and cravings, though. Surrounding lifestyle factors such as exercise will have an impact too. Get this: In India, when a woman is having her period, any vigorous activity is a no-no. Instead, she is urged to rest, keep warm and protect her insides and those valuable baby-making organs. Okay, so that might be a bit far-fetched for some of us in the UK, but there are other things you can do to help ease your pain. Sometimes exercise helps shift those piercing twinges, but assess what kind of exercise you're doing. A 20 minute HIIT session jiggling around your insides when all you really want to do is hug a hot water bottle might not be the right self-care route after all. Instead, think about a yoga or pilates class that avoids ab crunching and burpees. One other thing to note is that not all herbs work in the same way so depending on your hormonal imbalance, you'll need plants prescribed accordingly. Anthropologie If you're in sync with your menstrual cycle, you might have noticed that all those irritating PMS signs (sore breasts, cravings, even anxiety) will happen in the first and second part of your cycle, also known as the luteal phase. "Vitex drops are great for rebalancing your hormone levels, especially prolactin [what's behind those swollen boobs] but you need the fluid extract which is stronger, rather than a powder or pill," explains medical herbalist Victoria Kearns. 10-15 drops in water every morning should do the trick. Cassandra Barns, nutritionist at Pukka teas also suggests a helping of Shatavari. "It translates as the woman who has 100 husbands and is great for helping to regulate the menstrual cycle, alleviate PMS symptoms and enhance a flagging libido as it rebalances estrogen, progesterone, and testosterone," she says. Don't forget to spice things up with a side of turmeric. It has anti-inflammatory properties and also boosts blood flow, so your period literally "goes smoothly". In addition, it helps support the liver—which, by the way, is essential for happy hormones as it's your insides' way of breaking down excess hormones that can contribute to PMS. Pukka's new Womankind supplement (\$5) blends Shatavari with B vitamins, turmeric and green tea for a reputable all-rounder. Period pain often comes under the PMS umbrella, but you don't have to suffer from both. For those who don't suffer from mood swings and soreness at the time of the month, you just need something to get rid of those tummy-clutching cramps. Hello, Viburnum Opulus or "crampbark" (the clue's in the name)! As an anti-spasmodic, it soothes and calms your insides and acts as a relaxant. High-strength fennel in a tea or tincture is another good shout, and eating anti-inflammatory foods like leafy greens, nuts, berries, and fatty fish at this time get a big thumbs up from our herbalists, too. It's unclear what causes endometriosis, but regardless of the trigger, you will have too much of the hormone estrogen. This means that there will be too much blood circling the uterus, which in turn causes pain and proliferation of the cells. Because estrogen is stored in fat cells, a high-fat diet has been said to contribute. Although pressure on the liver and congestion in the lymph areas will also have an impact, as the body won't be able to flush away the necessary toxins and hormones it needs to (note that poor bowel health is another side effect of endo). High doses of the aforementioned Vitex will help to reduce estrogen, while Witch Hazel acts as an astringent to moderate the heavy bleeding. To combat the inflammation and formation of scar tissue that's common in those with endometriosis, Calendula and Centella Asiatica, another Ayurvedic herb, will both heal and soothe your insides. Barns also flags up red clover. "It contains phytoestrogens, which are natural plant substances that have a similar structure to estrogen and can have a balancing effect on women's own estrogen levels by blocking its effects when estrogen is high." There are so many factors that surround fertility issues, but stress can be a major factor, as it impacts the reproductive hormones. For this, you need calming adaptogenic herbs that reduce anxiety and tension in the body. It's also vital to get blood to and flowing around the uterus, for which Kearns suggests Angelica Zevensis and Yarrow. Both can be taken in tinctures or teas, although for best effects, you will need a prescribed dosage from an herbalist. Chinese medicinal remedies and practices are also called out for fantastic fertility benefits. Schisandra berry is not only brilliant for liver function, it's also good for the reproductive organs. Take it with a side helping of Acupuncture. Okay, it's not a herb, but it can be helpful in regulating hormone levels and recommended by specialists treating women for IVF as it has been clinically found to enhance success rates by up to 60%. A vitamin is an essential nutrient that our body must obtain from food. Yet, this is not the case for vitamin D, because our bodies manufacture it. Vitamin D, which has the chemical structure of a steroid molecule, is derived from cholesterol and is similar to the adrenal and sex hormones.1 It circulates in the blood and binds to receptors in order to evoke biologic action listed in the table.2There are vitamin D receptors and activating enzymes throughout our bodies that perform actions. Every cell in our body has a nucleus with the ability to interact with vitamin D.2Vitamin D is often prescribed by endocrinologists and other medical doctors as Rocaltrol (calcitriol), which is a very active form of this nutrient. There are various forms of vitamin D. It starts out as a cholesterol molecule, which we can call vitamin D1. Near the skin's surface, it gets zapped by sunshine and becomes vitamin D2 (ergocalciferol). Then it gets transformed by activating enzymes, usually in the liver, to vitamin D3 (cholecalciferol) and by the kidneys to its most active form, vitamin D4 (Calcitriol).1Physicians who specialize in hormones are very familiar with all the forms of vitamin D because there is a 3-way relationship with calcium, the parathyroid gland, and vitamin D. When vitamin D levels are extremely low in the body, the parathyroid gland is affected and usually tries to compensate by releasing more of the parathyroid hormone. This hormone normally deposits calcium into bone. Vitamin D causes calcium to be absorbed from the gut into the bloodstream. When vitamin D is not present, calcium is also not abundant and the parathyroid gland cannot do its job.3Physicians also prescribe vitamin D4 when patients are not healthy enough to properly make and activate vitamin D. The D2 to D3 conversion takes place in a healthy liver, and the D3 to D4 conversion (1,25-dihydroxy-cholecalciferol) takes place in the kidneys. People in kidney failure cannot properly activate their vitamin D, so they end up with a sequelae of symptoms, including brittle bone diseases.4It would be a mistake to assume that vitamin D is the cure for diseases and poor health, which are often the result of years of genetic mutations and/or lifestyle choices. Restoring low vitamin D levels to normal in an otherwise healthy individual can have great health benefits. But for a person who has experienced a lifetime of unhealthy choices, restoring vitamin D levels to normal may not be enough to cause a noticeable change. The underlying causes of these diseases need to be corrected for best results and a possible cure. However, symptoms can be alleviated and a disease might be improved by restoring low vitamin D levels to normal. Patients may see improvement in their energy, moods, and pain levels. For more pharmacist OTC recommendations, visit The OTC Guide website. Gunda Siska, PharmD, is a staff hospital pharmacist assisting doctors and nurses with drug prescribing, administration, and dispensing, as well as independently monitoring and dosing highly toxic and dangerous drugs. REFERENCESBikle D. Vitamin D: production, metabolism, and mechanisms of action. MDTtext.com. 2000-2017. Bouillon R, Marcocci C, Carmeliet G, et al. Skeletal and extra-skeletal actions of vitamin D: current evidence and outstanding questions. 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