



DETOX YOUR Hormones



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Supplements for Detoxification and Women's Health

There are SO many supplements available! If you are like me, it's easy to be curious about a new supplement and buy it, only to half use and let it sit in the cabinet for three years.

The good news about my shopping habit is that I have tested a LOT of supplements. I am very choosy about what I add to our shop.

I want to only sell supplements that are reliable, high-quality, absorbable, and able to really move the needle on your health.

To get great results from supplements, you need to be careful with the dosage, and also listen to your body. It's usually best to underdose at first, to see your reaction, but then you need to take the full dose consistently if tolerated. In some acute cases, you need to double or triple the dose for a short time to change your symptoms.

I often find that most of my clients are taking a few special supplements for this or that, but are missing basic components of their supplement routine.

It is essential to get certain nutrients each day in sufficient doses. This is especially true of your water-soluble vitamins, like B and C. These cannot be stored.

Other vitamins, like A and D, don't necessarily need to be delivered daily, but it will keep it a lot easier if you just go ahead and do the daily dose.

So we are going to start the conversation on supplements on the basic ones to take daily, and that everyone needs.

B Vitamins

If you remember our lesson on food, the B vitamins came up a LOT for healthy hormones and detoxification.

Here are few highlights:

B1:

- May aid in missing ovulation due to endometriosis

B2 & 5:

- Supports adrenal function along with vitamin C (good in fatigue & menopause)
- Supports energy metabolism (energy creation)
- Supports liver function to clear spent hormones
- Supports gonad-releasing hormone from the pituitary (overall hormone signaling)

B3:

- Works with chromium to balance blood sugar
- Needed by the antioxidant glutathione peroxidase

B6:

- Acts as co-enzyme to produce gonad-releasing hormone from the hypothalamus
- Helps to detox us of spent hormones
- Precursor to progesterone and serotonin

B12:

- Supports red blood cell production (energy)

The nutrients of B2, B3, B5, B6, B12 and folate support phase 1 detoxification. Vitamins B5 and B12 are needed for phase 2 detoxification.

Some B vitamins come in a cheap form that the body cannot process well. This is why I always discourage people from buying supplements at Target, Costco, etc. These vitamins are in the cheapest form 99% of the time.

If you look at the back of the bottle at your B vitamins, you should *not* see:

- B12 as cyanocobalamin
- Folic Acid
- Food colorings

Instead you want:

- B12 as methylcobalamin or, adenosylcobalamin or hydroxocobalamin
- Methylfolate / folate
- No fillers

I think it is rare to find B12 as adenosylcobalamin or hydroxocobalamin currently. Dr. Ben Lynch's Seeking Health line of supplements does have this option. Pure Encapsulations Pure Genomics Multivitamin has all three forms.

Here is a [resource](#) about the 4 types of B12, and a fun summary from that article:

“Again, cyano garbage can, methylcobalamin supports methylation, adenosylcobalamin supports energy, and hydroxocobalamin supports the reduction of nitric oxide and optimizes the levels.”

Magnesium

Magnesium is needed for phase 2 detoxification, for alkalizing the body, and for 300 enzymatic processes in the body. It also:

- Helps for menstrual cramps, immune system, anxiety, leg cramps and sleep
- Works with iodine and selenium to support the thyroid in temperature regulation
- Supports ovarian function
- Supports progesterone and luteal phase

I have written about it in blogs a few times:

[Are You Dangerously Low in Magnesium?](#)

[Food Sources and Supplement Options](#)

[Ten Tips for PMS](#)

The recommended dosage of magnesium is about 300- 400 mg /day, but I find that many women need about 600 mg / day. This could be because of the increased demand for magnesium while under emotional and chemical stress. It's great to get more magnesium from food sources, and increasing your nuts and greens is a great way to do it. But still most people don't get enough, or don't have the digestive strength to break down the food enough, and this is why I do recommend supplementing.

Magnesium levels in foods have declined with modern farming practices, along with other nutrients.

Magnesium can also be depleted from OTC and prescription medication. Here is a [list of magnesium depleters](#) from Dr. David Perlmutter. Note that oral contraceptives and estrogen medications are on that list! Chronic cannabis use and sugar will deplete magnesium as well. ([Source](#))

If you choosing a magnesium supplement to absorb it and avoid GI distress, you want to take a chelated magnesium. Chelated means the magnesium mineral is attached to an amino acid, a component of protein. This makes the supplement appear more like a food to the body. Chelated magnesium includes: magnesium aspartate, arginate, lactate, glycinate, lysinate and glucarate.

We sell both a [magnesium chelate](#) and also a [magnesium malate](#), which is technically a magnesium salt but absorbs well without gastric distress.

Vitamin D

Vitamin D is technically a hormone and its very important for hormone production, immunity and more.

Here are some highlights:

- Precursor to cholesterol which is needed to make our hormones
- Influences 3,000 of our genes!
- Important to thyroid gland
- Essential for healthy ovulation
- Can ward off depression by improving serotonin production
- You get 20,000 iu in half hour in bathing suit
- I often recommend 5,000 iu day as supplement
- Note: Synthesis of vitamin D is inhibited by inflammation,

darker-pigmented skin and obesity. Digestive disorders could hamper absorption from food sources.

According to the [Harvard Health website](#), “Except during the summer months, the skin makes little if any vitamin D from the sun at latitudes above 37 degrees north (in the United States, the shaded region in the map) or below 37 degrees south of the equator. People who live in these areas are at relatively greater risk for vitamin D deficiency.”



The best way to correctly supplement for vitamin D is to test, replete as needed, test again, and then maintain. You can get a vitamin D test for \$50 at [this link](#) (In US only and not every location), and it would be advised to add it to a complete blood count for \$30 to get more info while doing a blood draw! You can also order a thyroid panel and more.

A 25-hydroxy vitamin D blood test. A level of 20 nanograms/milliliter to 50 ng/mL could be the range they advise as normal, but many functional doctors think 80 ng/mL is ideal.

It is not uncommon for me to see lab results at 10 or 12! This is especially common in autoimmunity cases.

[Dr. Mark Hyman's vitamin D recommendations](#)

I recommend to take a vitamin D that also contains K2. This helps transport calcium to your bone. You can see my favorite [vitamin D supplement here](#). You can also [read my blog in vitamin D here](#).

Life Extension blog states, “vitamin D facilitates calcium absorption into the bloodstream and thus plays an important role in maintaining bone density. Less recognized is the need for vitamin K to transport calcium from the bloodstream into the bone. Vitamin K is also required by calcium-regulating proteins in the arteries. Together these two vitamins help maintain youthful calcium skeletal distribution while promoting vascular health.”

Fish Oil & Nutritional Oils

In our food unit, we covered the benefits of healthy nut and seed oils. These are often deficient in our diet, as well as clean fish as a regularly-occurring food source.

There is debate on how much fish oil to get, seafood safety, and how many omega 6 oils to get. When fish oil was really trending, we were told to get a 1:1 ratio of omega 3 to omega 6 oil.

According to Dr. Dan Pompa, everything beyond a minimal dosage of fish oil is overkill and it can stress the body. “Overall it is 11:1 parent omega-6 to parent omega-3 in the tissue. Most organs like brain, heart, kidney are 4:1 LA to ALA. The muscle is 50% of your bodyweight or 6.5:1. The skin is 1,000:1 parent omega-6 to parent omega-3. The brain is 100:1 in the parent omega-6 to omega-3.” ([Source](#))

However in my own health journey, I have found high dose fish oil to work well for acute conditions of an impending flu, menstrual cramps and headaches (especially due to a detox reaction or chronic inflammatory response syndrome (CIRS) flare-up.)

Dr. Ann Louise Gittleman says the right ratio is 4:1 Omega 6 to Omega 3.

I'll do my best to sum this up!

It's important to get Omega 6 oils from a variety of healthy sources. The canola oil that is used in most prepared foods and restaurants is not the healthy type, and should be avoided.

Coconut oil, walnut oil, sesame oil and more are all good choices, if not allergic. I recommend to review the document on macronutrients (see fat section) and special detox techniques to

You can purchase some nice seed oils as a supplement to take by the spoonful, to add to smoothies, or to drizzle on cooked foods. Some seed oils can also be used for cooking, just check first.

You may want to consider a supplement to get GLA (gamma-linolenic acid). GLA is essential for smooth and healthy skin and female hormonal balance.

Don't overdo the fish oil without also getting a lot of good Omega 6 oils! A conservative daily dose of fish oil may be 500 mg EPA/DHA, and 1,000 mg EPA/ DHA for women trying to conceive.

Again, I have found higher doses (like 3,000 mg/ day) to be helpful for me in acute cases, but I don't maintain a megadose of fish oil daily.

Make sure you get to know the brand of fish oil you choose, what fish they harvest, and how they test for purity. Generally smaller fish and Northern coldwater fish are cleaner.

You also want your fish oil in triglyceride form. The triglyceride form, as opposed to the ethyl ester form (EE) is in the same form as seafood, so the body recognizes it as food. ([Source](#))

Our fish oil meets these standards: The TruTG™ seal guarantees a minimum 90% triglyceride-bound (TG) omega-3 fish oils, a level that is 40% - 50% higher than the industry standard for most TG fish oil concentrate products.

As always, [our fish oils](#) are molecularly distilled and filtered to ensure purity and to maximize the removal of heavy metals, pesticides, solvents, PCBs, and other contaminants.

You can also [read my blog post on healthy fats](#) to learn more.

Probiotics

As we learned in lesson 1, we are all being exposed to glyphosate (Roundup) that can decrease friendly bacteria in the gut. We are also under stress, are exposed to other pesticides, sometimes eat sugar, drink alcohol or take antibiotics. This is all a threat to our gut microbiome, an area that is key for our health.

My hands-down favorite probiotic is MegasporeBiotic. In a few years of selling it, I've only had one complaint about it, and this was from someone with a very complex case who probably could not handle the shift in bacterial balance at that point in her journey.

Megaspore is all bacillus spore-based probiotic strains. Because they are spores, they do not need to be refrigerated and can survive the harsh, acidic environment of your stomach, and 'wake up' in your large intestine.

The bacillus strains then 'read' your bacteria environment, feeding the good guys and starving the bad guys. They can also help create up to 80 varieties of good bacteria.

There is a lot of confusion about probiotics. Although [Megaspore](#) is my favorite, this does not mean that all other types are bad. Some are beneficial even if they do not survive the stomach, because they provide food for good bacteria.

For more information, use the links below:

[How Megaspore Is Different and Why Many Probiotics are Junk](#)
[How to Heal Leaky Gut and Dysbiosis](#)

Gut Health Kits

When I surveyed our audience recently, gut symptoms were the #1 complaint. It seems we not only know academically know that disease starts in the gut, but we feel it too!

The [Bye Bye Bloating Kit](#) is for bloating and if bloating is your main complaint I would definitely start with this kit before you try another.

The [Gut Infection Kit](#) is a nice general infection-killer for mold, Lyme, unknown or suspected bacterial or parasitic infections. If you think you have a gut infection but can't afford to test, this is a good option. It has a couple products that will ease any die-off.

Toxin Binders

I get a lot of questions about toxin binders. I never knew about these until I was sick with mold. And, frankly, at first I was quite unimpressed.

Binders are like the garbage men of the body. They help move out the waste, but nobody pays much attention to them! I can tell them are helping occasionally, and their job is important, but they aren't the star of the show.

If you have gas, a stomach bug, or a hangover, you may really notice the binder working. If not, just consider them a part of your detox team.

We have two in-depth articles on binders below. We also now offer our favorite binder as part of a [Detox Starter Kit](#).

[Toxin Binders Part 1](#)

[Toxin Binders Part 2](#)

Other Detox Products

Glutathione is an antioxidant the body makes that deals with much of the toxicity and inflammation your body faces. As the toxic burden increases, glutathione levels drop, just when they are most needed.

We have added a glutathione mouth spray to our shop. While you can take glutathione precursors or do coffee enemas, this spray is quick and easy and has been shown to increase urinary levels of heavy metals.

[ACG Glutathione](#) (my favorite glutathione)

[Detox Starter Kit](#) (dry brush set, glutathione, GI Detox)

Phosphatidylcholine (PC) is a phospholipid compound that has a special affinity for the brain, gut and liver. It helps build healthy cell membranes, free of inflammation. It really moved the needle for brain fog for my husband and I when we were sick with mold.

The product is a little spendy but it's the one that works the best and if you can't keep your thoughts straight then you won't regret it!

[Pure PC](#) (my favorite PC supplement)

Mitochondrial Support

If you watched the mitochondria bonus lesson, hopefully you got as fired up about mitochondria as I did! These are such important little things to support.

Just about any type of toxicity - mold, chemicals, alcohol, sedentary lifestyle- can damage the mitochondria.

For the last month or so I have been taking a new mitochondrial product that is the best I've found.

It contains CoQ10 in a form that best allows it to penetrate the cell and boost the mitochondria directly.

This is a great supplement for early aging, heart issues, fatigue and more.

For many years now, probably a decade, I have had afternoon fatigue. Even when I detox or eat well it's there. I have to take sea salt but it only sort of helps. I often develop a tension headache or need to lie down.

Recently I've taken my Mito Q every morning, and I've also given up all caffeine, except for an occasional chocolate. (I used to 'need' tea or chocolate every afternoon.)

My afternoon fatigue is nearly gone, with sometimes not even noticing it, and some days just needing a little rest or lemon water. Amazing!

[Original Mito Q](#)

Dosage is 2 capsules a day in morning ½ hour before food.

Hormonal Support

For some reason I have very slow to add hormonal supports to the shop. As I decided it was time (in honor of this group), I also realized why it's been hard.

Beyond general support, it's hard to know what you need for your hormones without testing.

For example, many women think they are estrogen dominant and they fear estrogen and want to clear it. What is often true is that they have both low estrogen and progesterone and they often need to boost both.

So I would suggest to proceed with caution if you 'think' you have a certain condition. That being said, sometimes you can guess correctly based on symptoms (low sex drive is always going to have low testosterone), and some of you have run labs, or want to do so.

[Endocrine Complete](#) - This is a multivitamin and herbal formula to boost aspects of the endocrine system: pituitary, adrenal, thyroid and ovaries.

[Product guide](#)

[Adrenomend](#) - Adaptogenic herb blend to help you and your adrenals manage stressors.

[Thyromend](#) - Helps to produce healthy amounts of thyroid hormone and ensure that it is received at the cellular level.

[TestoGain](#) - Boosts testosterone levels in men or women.

[EstroMend](#) - Naturally raises estrogen levels for fertility or post-menopause.

[Product Guide](#)

EstroQuench - Prevents the conversion of steroid hormones into excess estrogen. Can be utilized by men as well.

[Product Guide](#)

[Estrogen Detox Support Protocol](#)

[ProgestoMend](#) - Boosts progesterone for fertility, perimenopause, luteal phase defects and PMS.

[Detailed Product Guide](#)

[PMS Support Protocols](#)

[Guide to Hormonal Formulas by Douglas Labs](#)