Basic plan for managing hot flashes/night sweats with heavy/irregular bleeding

START WITH:

- 10 day Medical Food "hormone flush/detox"
 - work up to 3x day protein powder + all the non-starchy leafy green and colored organic vegetables you can a total the total transfer of the second start of the second start
- Liver Herb combo for phase I/II support 2 caps 1-3 x day
- Add inositol powder 1-2 gms with each protein smoothie [blood sugar + neurotransmitters]
- Might add DIM+ Ca D glucarate supplement 1-2, 2-3 x day
- Prebiotic / Probiotic combo or spore-forming bacteria supplement
- For sleep: Phosphatidylserine start with 500mg and adjust up or down as needed
- · NO Caffeine, ALCOHOL, sugar, "white stuff"
- SELF-CARE!!!

While doing this, you are running bloodwork, thyroid, adrenal stress index, saliva, urine

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FOLLOW WITH:

- 1. Food Plan: "Vegetarian Mediterranean" / Paleo style*

 *mostly vegetables, nuts and seeds, good fats, limited animal protein: wild caught fish, grass fed/pasture raised meats; limit all sugars/grains; legumes OK
- 2. Siberian Rhubarb derivative +/- botanical prep w black cohosh
- 3. Chasteberry 1000mg daily or Progesterone 100-300mg orally or 25-50 mg topically day 14-28 of cycle, [2 weeks on/2 off] if premenopausal or day 8-28 if perimenopausal/menopausal
- 4. Limit all caffeine, alcohol and simple sugars