

Post-Birth Control Syndrome

Quick Start Detox Guide

Congratulations on taking your first steps towards health and recovering your body! You will not regret investing in yourself.

Hormonal contraceptives affect every aspect of your body! Beyond just the prevention of pregnancy, the pill can also cause an array of symptoms like depression, low libido, and digestive issues. And the fear to come off is real!

Many women experience an array of symptoms, from heavy, painful periods to absent periods and hair loss. But these are symptoms that your body can heal!

The pill, nuvaring and other hormonal contraceptives contain synthetic hormones that must be processed by your liver in order for your body to remove them from your system. This is the main mechanism of detoxification that your body uses to eliminate hormones that are no longer needed.

Supporting detoxification and elimination is one of the five pillars of the Brighten Protocol Post-Birth Control Hormone Reset program I use in my clinic. In this guide I'm sharing with you what I've found to be the quickest way to help women start feeling better fast when the hormonal chaos hits!

It is my sincere hope this guide helps you heal too!

Dr. Jolene Brighten



What is Post-Birth Control Syndrome?

Post-Birth Control Syndrome describes the constellation of symptoms that arise in women typically within 4-6 months of discontinuing the pill and other hormonal contraceptives. You may not even realize the symptoms you have are because of breaking up with those hormones. Here are the many signs and symptoms of Post-Birth Control Syndrome.

Common Symptoms Include:

- Post-Pill Amenorrhea (loss of menstruation after taking the pill)
- Heavy menstruation
- Painful periods
- Short menstrual cycles (<24 days).
- Infertility
- Hypothyroidism
- Hair loss
- Breast tenderness
- Acne
- Adrenal dysfunction
- Pain syndromes like migraines and headache
- Weight gain or difficulty losing weight
- Mood Disorders such as anxiety, depression
- Mood swings
- Digestive upset, gas, or bloating
- Inflammation and other immune imbalances

Why Support Your Liver Post-Pill

Your liver is responsible for getting hormones ready to be moved out by the gut. High levels of synthetic estrogen, like that found in the pill, require additional work on by the liver to process them out of the body. It's no secret the pill and other synthetic hormones take a toll on this very important organ. Your liver must be functioning at its best if you want to balance hormones.

Elimination of Estrogen

Once your body has used the estrogen it needs the liver prepares it for elimination through the bowels. ***You need to have a bowel movement every day to get the unneeded estrogen out.*** So if you're not pooping then you need to find out why. Many people report constipation relief by using magnesium citrate nightly.

How to Support Your Liver

If you're coming off the pill or already have stopped, here's what I recommend to begin improving your hormones right away.

What to Eat?

Eating foods that provide nutrients to support liver function like beets, burdock root, dandelion root tea, garlic, complete proteins, and cruciferous vegetables will provide your liver with essential nutrients to support your natural detox pathways.

Supplement to Consider

In my practice, we use professional-grade detox support for 14 day to support the body in optimizing hormone balance and improving health quickly. I've seen women who struggle with hormonal symptoms even years after going off of the pill in my practice benefit from a 14 detox. Learn about our [Paleo](#) and [Plant-Based](#) Detox options.

How to Support Your Liver **ON** The Pill

If you're currently on the pill and plan to continue with it, aim to eat plenty of cruciferous vegetables, including cauliflower, broccoli, and kale. Consider eating 3-6 cups weekly of cooked cruciferous vegetables.

You too can benefit from a 14 day detox! For the women in my practice who are sticking with the pill, I recommend this every 3 months. Use the guidelines below to help your body thrive.

Post-Birth Control Syndrome Detox Diet Guidelines

What to Eat:

Vegetables: 3-6 cups daily is the minimum. Get those greens in, along with beets, carrots, garlic, onions, broccoli and artichokes.

Protein: Your liver requires protein to run those mighty detox pathways. Eat organic, pasture raised meats, eggs...or if you don't eat meat, focus on your legumes, nuts and seeds.

Healthy Fats: Avocado, cold pressed olive oil, coconut oil, macadamia nut oil, olives, etc. Keeping your blood sugar balanced and supplying your body with the fuel it needs to create hormones is why healthy fats are crucial to your health.

Water: If you're not already getting half your bodyweight in ounces of fluid daily, definitely start there. A good rule is to up your intake of water by about 20 extra ounces per day during a detox.

What NOT to Eat:

Sugar: It increases inflammation, disrupts blood sugar, stresses your hormones, and is addicting...which is plenty of reason to ditch it!

Alcohol: You probably knew that one was coming, but yes, no alcohol while you're showing your liver some love. Let it take a break from processing alcohol and other toxins...trust me, you'll be happy you did.

Inflammatory Fats: Canola oil, corn oil, cottonseed, peanut, etc. You build hormones from fat, so if you want awesome hormones, you can't be eating these fats.

These fats drive hormones and the immune system wild. Cut them out! And leave them out!

Hormone Disrupting Foods: Soy, dairy, wheat, corn, and all grains. I recommend giving your body at least 3-4 weeks off of these foods before slowly reintroducing them back into your diet to test how you feel.

Mind Body Practice to Balance Hormones

When you wake in the morning, before you ever step out of bed, place your hands on your belly and breathe. Take 5 deep and full breaths. Let your exhale extend longer than inhale and allow yourself to focus on your breath. This will help you find your center and prepare your hormones for the day. By taking a pause and a breath you allow cortisol levels to rise naturally, which supports overall hormone support.

Quick Start Post-Birth Control Hormone Reset

Sample Menu

Day 1

Breakfast: Sauteed Ground Turkey & Kale OR Sauteed Kale with White Beans and Shitake

Lunch: Fresh Green Salad with Almonds & Avocado optional Chicken Breast

Dinner: Broccoli and Beef Saute' or Lentil Soup topped with Cashew Cheese

Day 2

Breakfast: Green Smoothie

Lunch: Spinach Salad with Hazelnuts and Turkey Breast OR Spinach Salad with Hazelnuts and ¼ cup quinoa

Dinner: Baked Salmon OR Sauteed Portobello Mushroom with Asparagus and Cauliflower Rice

Day 3

Breakfast: Grain-Free Granola and Coconut Milk

Lunch: Garden Salad with Leftover Salmon OR Portobello Mushrooms

Dinner: Grass-fed Burger OR Black Bean Burger on Butter leaf Lettuce with ½ Baked Sweet Potato and Side of Sauteed Cabbage and Chard.

Brighten Protocol for Post-Birth Control Syndrome

Remember this is only one of the 5 essential pillars in the Brighten Protocol for Post-Birth Control Syndrome. If you still have symptoms please remember most women coming off the pill require support in healing their gut, restoring their nutrients, as well as balancing hormones. If you're looking for easier periods, clear skin, and better moods then I'd like to invite you to explore my [Post-Birth Control Hormone Reset Program](#). This takes you through the steps to help your reset your hormones and eliminate unwanted symptoms.

If you found this booklet helpful or are looking for more support then you may also be interested in [my articles](#), joining me on my [Facebook page](#), or following along on [Instagram](#).

Wishing you the best on your healing journey!

Dr. Jolene Brighten



References:

1. "An observational study of severe hypertriglyceridemia, hypertriglyceridemic acute pancreatitis, and failure of triglyceride-lowering therapy when estrogens are given to women with and without familial hypertriglyceridemia." Cholesterol Center, Alliance Hospitals. 2003 Jun.
2. "Contraceptive choices for women with inflammatory bowel disease." J Fam Plann Reprod Health Care. 2003 Jul.

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