

Guide to Getting Off of Birth Control

First, expect some withdrawal symptoms:

Acne, irregular cycle, mood swings. Hang in there, it should subside within 3 months (or faster if you support your body well!)

If your cycles were irregular before birth control, expect them to return to the way they were. Now is a great time to work on potential root causes of cycle problems!

Supplements to support your hormones when coming off of birth control:

Oral contraceptives have been shown to deplete the body of essential nutrients like folate, vitamin B, zinc, magnesium and more. Therefore, to help correct these deficiencies as well as to support your body's hormone production, I recommend:

- Folate
- Vitamin B
- Magnesium
- Vitamin C
- Zinc
- Selenium
- Vitamin D
- Vitamin A
- Vitamin E
- Omega 3s

Please reach out if you want brand recommendations!

Herbs to help support your body in recovery:

Nettle (Urtica dioica) - high in minerals and essential nutrients, supports hormonal balance through supporting kidney health and elimination pathways

Dandelion Root (Taraxacum officinale) - strong liver supporting herb, helps the body cope with hormone disrupting chemicals, eliminates hormonal waste and improves digestion and nutrient absorption

Milk Thistle (Silybum marianum) - another powerful liver supporting herb

Ashwagandha (Withania somnifera) - an adaptogenic herb that helps the body cope with stress and supports restoration of regular cycles. Not recommended for pregnancy, discontinue if pregnancy occurs.

Please let me know if I can assist you in choosing a quality herbal supplier.

Essential oils to support female hormones:

Clary Sage - a favorite for women's health, often used for stress reduction and easing cramping

Geranium - known for a soothing, balancing effect on hormones

Lavender - calming, stress reducing, helps with sleep

Let me know if you need help selecting pure, therapeutic grade essential oils.

Diet:

Avoid inflammatory triggers such as refined sugars, processed foods and polyunsaturated fatty acids (PUFAs)

Focus on balanced meals of protein, fruits/vegetables and healthy fats, lots of leafy greens and anti-oxidant rich foods, and gut healing foods like fermented foods and bone broth.

Sleep

Getting high quality sleep is vital for hormone balance. Practicing good sleep, hygiene like avoiding bright lights in screen time before bed, letting your food digest for a few hours before you go to sleep, and making sure to get physical activity and daylight during the noon hour will help you establish healthy circadian rhythms.

Herbs like chamomile and skullcap can help to calm you before bedtime, as well as essential oils like lavender and cedarwood.

Family planning

Whether you are hoping to avoid pregnancy effectively without birth-control, or you are getting off of the pill in order to conceive, learning to chart your fertility signs with Fertility

Awareness/Natural Family Planning can give you the confidence to track your cycle phases and identify the beginning and end of your fertile window each cycle.

Learn more here:

<https://www.wellspringfertility.com/cycle-awareness-and-nfp.html>

Specialized help

If you had period problems before getting on birth control, you might appreciate specialized help with restoring a healthy cycle.

I offer cycle wellness/preconception consultations here:

<https://www.wellspringfertility.com/consult.html>

