

Education on Hormone Replacement Therapy and other tools that can change your trajectory with your precious body

Dr. Christiane Northrup and Kate Northrup talk about

- Perimenopause
- Hormones
- Menopause myths most doctors get wrong

<https://youtu.be/aUULvnhpf1E?si=NrvivKqMQcHP4i7g>

Chronic degenerative disease is not inevitable

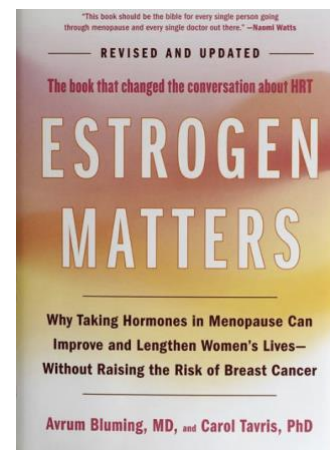
If you refuse to look at the issues that's your body is trying to get you to look at, then you will begin the downhill to the suffering of chronic degenerative disease

There are other options!

Dr. Northrup wrote in her book, "wrong hormone at wrong dose" —> need to be BIO-IDENTICAL

Women's Health Initiative Study was stopped abruptly
Other good resources about the study and its impact:

- Abrams book "Estrogen Matters"
- Videos about the book:
 - **Why Estrogen Matters with Dr. Avrum Bloom**
<https://youtu.be/qoBJmNqOYPQ?si=-9GqdRKbSVmQcj7y>
 - **Let's Talk About Why Estrogen Matters After Menopause (And Doesn't Cause Breast Cancer)**
<https://youtu.be/DH-n0g6cSsw?si=dmTmthY6JNcE1IBI>



Explanation about:

- Corpus luteum
- Hormones that signal from Pituitary Gland to Ovaries to initiate Ovulation
 - FSH (Follicle Stimulating Hormone)
 - LH (Luteinizing Hormone)

If skip ovulation, FSH increases

Levels of FSH is test used to determine if you're "in Menopause"

Menopause = 6-12 years

FSH and LH spike

Your brain in trying to get you to ovulate

→ maximally receptive to getting pregnant

→ pollination of ideas = an electric time for Creativity

You stay at Ovulatory Levels of FSH LH for the rest of your life

CONNECTIVITY increases

Hormonal shift wires in WISDOM

—>allows you to connect things that you couldn't connect before

Brain cells may decrease but number of CONNECTIONS increases until the day you die and number of brain cells in Hippocampus (memory) keeps increasing as you learn more

WISDOM is not just experiential ... it's also BIOLOGICAL

—>We are literally wired to get more wise and be able sift through the lessons of our earlier days

Yes hormone levels fall but the big thing is

(14:05) "unrelenting Cortisol from Adrenal Fatigue"

A person feels Tired + Wired

Sympathetic Nervous System vs.

Fight

Flight

Feign

Freeze

vs.

Parasympathetic Nervous System

Rest

Digest

Detoxify

Repair

Play

Create

Sex

Premenstrual (2nd half of the cycle) || Perimenopause

→ In Perimenopause, everything that you have not resolved to that point will come up and hit you between the eyes = same stuff that bothered you premenstrual
= things in your life that need resolution you have not attended to
= your soul dictates

Most women have

~290 menstrual cycles... each cycle

= opportunities to address what's not working in your Nervous System and your life
If you don't then, brain "catches fire" at perimenopause.

Epinephrin + Cortisol (STRESS) + Excess Blood Sugar (Opiates: sweets/wine)

Sugar/Alcohol = Opiates that makes you feel better

By "catches fire" she means
ula.

Actions and behaviors whether by

→ something you DO or something you DON'T do...

→ Action you take OR Actions you failed to take...

that will take you

- ◆ out of soul alignment or
- ◆ off your life's path or
- ◆ veering from your Divine Design or
- ◆ deviating from God's plan for you.

I believe we all have a Life Mission, a purpose, work that makes our hearts sing
...and maybe more than one thing

My mission and the bigger, overarching reason I created the Foundations Program
was for you to be able to do that...

facilitated and supported by a strong, sure, energized and confident body.

When we're in pain and feeling fragile and fatigued, it focuses our attention inward on *self*, as opposed to being able to focus on our work, our purpose, our mission and on being able to contribute in a heart-satisfying way to others.

My aim with our classes is to alleviate that.
My mission is to help you live your mission

The body is a miracle.
It is brilliantly designed...
This is an example of how
our Spiritual Path is woven into and compelled by our Biological Function

Detrimental effects of Alcohol

Dr. Christiane explains how “Alcohol competes in the liver in the metabolites for alcohol and estrogen and hormones and cortisol”

→ Translation

The liver plays a critical role in our Detoxification System
It is responsible to filtering toxins and breaking down hormones
It will prioritize that greatest threat first
In that way the liver zeroes in on neutralizing the alcohol as a priority which allows the estrogen to stay circulating.
→ that allows Estrogen to rise to dangerous levels

(16:04) women who drink a lot of wine are at higher risk for Breast Cancer

Tips for pre-menstrual Migraines

(17:07) For migraines (specifically pre-menstrual migraines) that occur from lowered progesterone:

Pro-Gest 2% Progesterone Cream – ¼ to ½ tsp on soles of feet

Link to Emerita Store https://www.amazon.com/stores/Emerita/page/C46B957C-BE9B-46A1-8622-57E1DD786D0C?lp_asin=B0083JEENE&ref=cm_sw_r_ud_sf_stores_3YY2TBRA3K6WPX5J084H&store_ref=bl_ast_dp_brandlogo_sto

Progesterone's effect on the Nervous System

Progesterone binds to GABA receptors in the brain, which is the same place as valium.

--Kate mentioned Progesterone Troches and her practitioner, Britt Anderson (spelling?)

Progesterone = calming

In Pregnancy → Progesterone is HIGH = the “pregnancy glow”

In Menopause → Progesterone is Low

Progesterone is first hormone to fall when we're not ovulating
...and Estrogen can rise

They mention Herbal HRT as an option

Things you can do to help besides HRT:

1. Get high glycemic food out of your diet so you don't have spike in Insulin

Tips for Hot Flashes

(21:00) Talked about Hot Flashes and that we don't actually know what they are but they're related to the changes in hormone levels, the ups & downs, not the absolute levels of hormones

Herbert Benson at Harvard's Integration Medicine Center with Joan Borysenko
They found 90% reduction in Hot Flashes with two 20-minute meditations a day

Herbert Benson

Herbert Benson's Relaxation Response method of meditation

→you repeat a single word, like “Rose” or “Peace” to meditate instead of a mantra as in the Transcendental Meditation technique

<https://bensohenryinstitute.org>

Joan Borysenko

<https://joanborysenko.com>

One of her books

Minding the Body, Mending the Mind

Stress

Stressor increases Cortisol but even after we “feel” the stressor pass, the increased Cortisol level is running through your system

Cortisol is very corrosive.

It can:

1. Increase appetite and weight gain especially around tummy
2. Narrow blood vessel and increase blood pressure
3. Break down muscle and weaken bones
4. Disrupt sleep
5. Weaken the immune system

Rise in Cortisol → Blood sugar rises to allow you to run from the Stressor

If we don't metabolize the Cortisol, it gets stuck in the fascia

The fascia is the liquid matrix, the semi-crystalline material, that coats, encases and runs through every part of the body.

This is how our emotions get stuck in our tissues.

This is how the body keeps score

They discuss ways to change your state to dissipate the Cortisol so it has a less degenerative effect (see full list below)

In midlife, often Rage comes up...

rage of needs you have pushed down since childhood

Perhaps you were not allowed to show emotions

Three Primal Wounds that come up at Perimenopause:

1. Betrayal
2. Abandonment
3. Shame

Perimenopause is a beautiful time of Re-birth.

Giving birth to something deep within us that we stuffed at 11, 12 or 13, when the period started and the Throat Chakra, our voice, our ability to speak what we need, shuts down

Throat (5th) Chakra shuts down Sacral (2nd) Chakra open up

Tonsils are like the ovaries but in the throat

So at Perimenopause the opposite happens...

→the Sacral Chakra (our womb of creation) has concluding its business in perimenopause and the throat gets activated again.

In Menstruation,

1st half of cycle = Estrogen at its highest

→you are perfectly willing to do for others and pass on your preferences...

2nd half of cycle = Progesterone at its highest

→you're preparing to give birth to something within yourself

Perimenopause is adolescence in reverse

Like your Luteal phase of cycle but magnified before you go into your peak FSH/LH period, your WISDOM years

Dictates of your soul have to be attended to if you want to live the rest of your life with full access to health and wisdom

If you refuse to look at the issues that your body is trying to get you to look at, then you will begin the downhill to the chronic degenerative disease that they say is inevitable

Perimenopause and Menopause are not medical conditions that require drugs

Notes taken to 39:30

Other resources:

<https://www.drnorthrup.com>

Dr Northrup's Books:

1. The Wisdom of Menopause
2. Woman's Wisdom, Women's Bodies

In Summary...

Our Biology is directly tied to our Personal and Spiritual Growth

Menstruation and Menopause mirror each other.

Perimenopause is adolescence in reverse

Adolescence → Menstruation → Perimenopause → Menopause

In Menstruation,

1st half of cycle = Estrogen at its highest

→ you are perfectly willing to do for others and pass on your preferences...

Mid-cycle / Ovulation = FSH/LH level at the highest

→ maximally receptive to getting pregnant

2nd half of cycle = Progesterone at its highest

→ you're preparing to give birth to something within yourself

= things in your life that need resolution you have not attended to

= your soul dictates

In Perimenopause,

everything that you have not resolved to that point will come up and hit you between the eyes = same stuff that bothered you pre-menstrually

Perimenopause is a beautiful time of Re-birth.

At Menopause,

FSH/LH levels are high like at Ovulation

→ pollination of ideas

= an electric time for Creativity ...

→ Hormonal shift wires in WISDOM

...allows you to connect things that you couldn't connect before

WISDOM is not just experiential ... it's also BIOLOGICAL

So the body tries about 290 times (menstrual cycles) to get you to assert your voice, your needs

= opportunities to address what's not working in your Nervous System and in your life

At each cycle and in Perimenopause, your chemistry tries to

→sets you on a path to ***course correct, shift, change, grow, expand***

So if you haven't done that, *taking of inventory*, then the body ramps up and gives you a louder message at Perimenopause

The implications are detrimental if you leave the *issues that matter to your heart unattended*

Lifestyle Suggestions:

How to support the body in fluctuating or decreased hormones levels :

1. Decrease glycemic index foods
2. Manage Cortisol by taking actions to dissipate it
3. Herbal Options – Pueraria Mirifica

Ideas to Change your State:

1. Prayer
2. Breath – box, 4 count IN by nose, 6 count OUT by mouth
3. Sounds – singing, humming, listening to music
4. Tears
5. Movement – shaking, bouncing, squats, heel raises, 15 minute walk, Foundations class or a portion of one
6. Laughter
7. Connecting – “Tend & Befriend”
8. Meditation – saying mantra or single word
9. Grounding/Earthing – getting your body in contact with organic matter (grass, sand, dirt, rock, wet concrete)
10. Sunshine – even if you're under cover, being out in the air
11. Nature - walking in nature, observing wildlife, appreciating nature
12. Creativity – journaling, drawing, doodling, painting, knitting, painting, making music
13. Acts of kindness – doing one, witnessing one, hearing about one, telling about one
14. Rampage of Appreciation
15. Soft tissue work, Massage, Touch

◆ Self-discovery Exercise 1: (15 mins)

List 3 things in your life that: *If you have more then, keep writing*

- need resolution that you have not attended to.
- Things that you can remember (or imagine) that would come up, flare up, pre-menstrually or in perimenopause or still are now.
- They could have to do with Betrayal, Abandonment, or Shame
- “soul dictates” that you have not followed or a purpose/mission that you want to re-direct your life toward

◆ Self-discovery Exercise 2: (10 mins)

1. List 3 common stressors that you can anticipate coming up
2. List 3 tools that resonate with you to have at the ready, to help you dissipate the Cortisol spike from a stressful situation