



Supplements for Mid-Life

Hormone Balance

by Bridgit Danner, LAc, FNDP · *Women's Wellness Collaborative*

This report includes:

- Introduction and Disclaimer
- Some of My Favorite Supplements for Hormone Balance After Age 40
- How to Buy from Our Online Shop
- Live Supplement Webinar
- How Else We Can Help

Introduction and Disclaimer

I have been using supplements for many years.

My first experiments with herbs and remedies were in college, for personal use. I later got a Master's degree in Chinese Medicine, but to be honest I didn't connect with the study of Chinese herbs. What was more fascinating to me was the job I had at a little local herb shop. I read about homeopathics and looked up herbs for certain conditions for customers.

When I started to study functional medicine, I learned more about the power of nutritional supplements and compounds.

I have drawers full of supplements, and, probably like you have found, some have worked and some have not. Supplements are easy to buy, but they are not easy to master.

Despite this, I do think supplements are valuable, and I have seen them be effective for myself and my clients. When you are dealing with a difficult or chronic condition, just getting back on track with a better diet and more exercise is often not enough. Your body has fallen into a pattern of imbalance, and it takes a deeper level of support to restore normal function.



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Remember that, while supplements are often safer than prescriptions, they are often slower too. Generally you should allow at least three months to see results. While this sounds like a long time, ask yourself how long you've felt off balance. And how long before that were you under stress?

I share the information in this guide for educational purposes only. **Please consult your physician before start this or any new regime.** I will share resources for how you can get functional health coaching and personalized supplement recommendations later in this guide.

I'll also share some important considerations about supplement quality and how to access high-quality supplements online.

Thanks for learning with me!

Bridgit Danner, LAc, FNDP
Founder of Women's Wellness Collaborative

Disclaimer

Before using specific herbs and nutritional compounds, I think it's important to get your bases covered. You need the magical amino acids, fats and micronutrients, found firstly in foods, to make hormones and cleanse your body.

Since no one has a perfect diet, since soil nutrition is depleted, and since we live in a toxic, busy world, starting with basic nutritional supplements is a great idea.



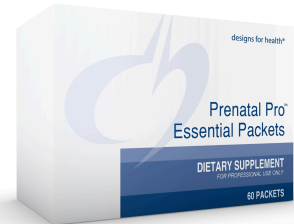
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Supplements I Like

1. Prenatal Pro Essential Packets OR Twice Daily Essential Packets



These two formulas are similar, with your **Recommended Daily Allowance of all vitamins and minerals plus daily fish oil softgels**. But the Prenatal Pro contains iron and more robust amounts of things like folate and iron. Even though I personally am not trying to get pregnant, I take the Prenatal Pro because I am immuno-compromised and like to get the extra nutrients.

DO NOT take Prenatal Pro if you do not menstruate or if you have plenty of iron already. You can find this out through a blood test with your practitioner. When in doubt, choose the Twice Daily Essential Packets.

The Twice Daily Essential Packets are great for women who don't need the extra nutrition, aren't menstruating, and don't need more iron.

Like I said, I have been using supplements for many years. I have often used a pillbox organizer to make it easy to take supplements. But in the past year I started to use this packets, and I love them. I take one packet in the morning with breakfast, and one with dinner. If I'm traveling or out and about, they are easy to pack or keep in a purse.

I'm also an environmentalist, so I worried about the trash involved. But even with vitamin bottles, the lids can not be recycled, nor can tiny bottles in most places. You can recycle the paper box these come in, and I think you can recycle the tiny bags the packets are made of where you recycle plastic grocery bags.



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I love these supplements and really notice my symptoms creep back if I run out of them! Please see the quality section for more on how these multivitamins are different.

One last tip, I usually tear of the top tabs of the box and put the whole box in a drawer or cabinet. It make is super easy to grab a packet.

Search: PREPKT to buy Prenatal Pro or TDE060 for Twice Daily Essentials

2. Fem Guard + Balance

This supplement is great for supporting both hormone production and elimination. It uses a combination of targeted micronutrients, herbs and nutritional compounds. It is a great choice if you are experiencing **spotting between periods, heavy periods, PMS or menstrual headaches.**



The dosing is 4 per day and I'd recommend two in the morning and two at night. Use for 3 months consistently for best results. If your symptoms have improved after three months, you can try cutting down to 2 per day.

Remember that supplements just *supplement* your good habits. Be sure to avoid sugar, alcohol, caffeine and processed foods. Get healthy fats like hemp oil and high-lignan flax oil. Take rest breaks during the day and get 8 hours of sleep at night. Exercise, and remember short bits of exercise daily may be more valuable than pounding out super-tough work-outs infrequently.



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3. GLA 240

If you've heard me talk about perimenopause you know I am crazy about adding GLA (gamma-linolenic acid), a type of fatty acid that helps support hormone production and control inflammation, to your health care regime.



This GLA supplement contains 240 mg of GLA per capsule derived from borage oil, which has the highest concentration of GLA.

I would recommend adding 2 capsules a day to your diet but as symptoms improve you can experiment with reducing to one per day.

I would also recommend getting fresh, raw nuts and seeds in your diet

Search FGB120 to find this product

4. OmegAval Ultra

Fish oil got really popular for a while and now it's not 'in the news' as much. But I still consider it an important foundational supplement for women. The fats found in fish oil help make your hormones, regulate your immune system and lower inflammation. Most of us aren't getting high-quality fatty fish twice a week, so fish oil supplementation is a help.





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Use for low hormone levels, cramps, headaches, autoimmunity, detoxification and general maintenance.

You can find high-quality fish oil in our daily supplement packs or on its own in OmegAvail Ultra. Quality is very important in fish oil, and the fish oil we carry is not tested to prevent your exposure to heavy metals. It's also processed in a way that retains the natural fat composition found in food, so your body will recognize as food and be able to utilize it.

Take 1 soft gel twice a day, unless you are working with a practitioner who suggest higher levels for a certain situation.

Search OVU120 for 120 softgels

Search OAM8OZ for a liquid form

5. C + BioFizz 144 g powder

Vitamin C was one of the first vitamins discovered. It seems to have developed a reputation to be a boost when you have a cold, but it actually does a lot more. Your adrenal glands, which we discussed above, use a large amount of vitamin C, so supplementing with this simple vitamin can be a big boost for **energy and hormone production**.



Vitamin C is very helpful for **detoxification** as well, from chronic viruses, pollutants, etc.

This formula is buffered and contains antioxidant compounds so that your body will recognize it as food and utilize it. Try 1 teaspoon as day at a time of day when you're tired- either morning or mid-day. You may need more if



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you are in a chronic or acute immune challenge. If you take enough to cause diarrhea, back off by 30-50% on the dosage.

Search CBF144 to find this product

6. Adrenatone

If you've been learning about functional medicine, you likely know about the adrenal glands and how they get run down in chronic stress. If you are **tired, tired/wired, anxious, not sleeping well, under chronic stress, low in sex drive or often sick**, you may want to consider Adrenatone. Bolstering the adrenals can make for a smoother transition in perimenopause/ menopause.



This formula contains adaptogenic herbs that help your body 'adapt' to stress, aka handle it better. This, in turn, allows your body to get back to making female hormones. (Female hormone production is usually depleted in chronic stress/ adrenal dysfunction.)

Take 3 capsules a day, and I'd suggested doing all in the morning if that's when you're most tired, or taking 1-2 in the morning and 1-2 at lunch if you tend to 'crash' after lunch.

Search ADP090 for 90 capsules

Search ADP180 for 180 capsules



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7. Magnesium Chelate Powder, 150 gm

I am crazy about this magnesium powder. It's super calming and well-absorbed by your body. It is helpful for **muscle pain and menstrual pain, headaches, restless leg syndrome, anxiety, insomnia, hormone production and detoxification.**

I usually take 1 teaspoon a day about 1/2 hour before bed, because I also get 400 mg /day in my multivitamin pack. Get 400 mg /day in you are feeling good for maintenance, or 600 - 800 mg /day if you are having symptoms and are under chronic stress. Reduce the amount you take if it's causing any digestive upset.

Search MCP150 to find Magnesium Chelate Powder



8. EssentiaGreens™ 285 g

EssentiaGreens are tasty, mildly and naturally sweetened and pretty affordable at about \$1 a day. Most of us don't eat enough greens in a day, and it can be hard to keep fresh, organic greens in the house. Drink your greens and get these benefits:





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- Alkalize your body for cancer prevention and optimal function
- Prevent early aging with antioxidants from broccoli sprouts, grape seed extract and more
- Feed your friendly gut bacteria with pre-biotic inulin

Use in a smoothie or mix into water for a healthy daily boost. Personally I like to use this with collagen powder (my favorite protein powder) in a smoothie with raw nuts, hemp oil, almond milk, water, almond butter, berries and maybe a little banana.

Search ESSGRN to find EssentiaGreens

9. CatecholaCalm

I've really been enjoying this supplement to help calm me as I work on the Hormone Balance After 40 summit! It can be used day or night to calm anxiety. I would be careful to find your best day and night dosage. The dosage on the bottle is three, which is fitting if you are feeling really panicked or sleepless. But you might just use 1-2 to take an edge off. This formula contains some vitamins and several calming herbs, plus a moderate dose of phosphatidylserine to lower cortisol.



Search CAC090 to find this product



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10. 5HTP Supreme

Getting sleep is super important. Of course you'll need to practice good 'sleep hygiene' and wind down by avoiding caffeine, turning down the lights and getting off screens. You can also read a book (I prefer a paper book at night) or do some deep, slow breathing. But if you are just still wound up and can't sleep, I like this product.



Avoid taking this every night, and if you have a chronic sleep issue, please work with a practitioner to identify and balance underlying causes.

Search HTU060 to find 5HTP Supreme.

11. LibidoStim F

Many, many women complain of low sex drive, and with the stress on modern life, some of these women are in their 20s!

LibidoStim F contains mainly herbs to support hormone production and blood flow, but it also has a bit of DHEA (hormone precursor), so if you are avoiding hormone supplementation, be aware of this.





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I would recommend taking the full dose of two capsules a day in the morning and take it daily.

Search LSF060 to find this.

There is also a male version at LSM060.

12. Twice Daily Multi

I am a big fan of the packets I mentioned in item one. But if you can't take those for some reason (maybe you are allergic to fish or don't eat fish), this is a multivitamin that is high quality and can even be taken by your male partner.

Please note that like almost every multivitamin it does NOT contain enough magnesium and calcium. These are two bulky for a two a day supplement.

You could add something like this Cal/Mag 1:1 to get those.

I actually would take both capsules in the morning with breakfast.

Search TDM120 for 120 capsules of the twice daily multi. Also comes in 60 or 240.

Search CAM011 for the Cal/Mag 1:1





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You have two ways to shop with us:

1. To enter our online shop, go here:

Patient Promo Code (20% off first order): FIRST20 (You'll need to set up an account before you can use the promo code.)

Website url: <http://womenswellness.ehealthpro.com> **AND**

2. You can shop with us on **Amazon** too!

www.amazon.com/shops/DFHselect

Use Promo Code DFH89637 for 25% off your first order FREE shipping for Amazon Prime Members!

You'll need to identify me as treating provider in a follow-up you'll receive!

Unfortunately we can't yet ship internationally, but we DO plan to accommodate our international community members in the future. For now, I recommend that our international clients see what supplements/ ingredients we recommend, and then visit iHerb.com, a company that offers shipping to many countries. I have also heard that the supplements from Seeking Health can be shipped internationally, and these are good quality.

Webinar

I am going to host a free webinar called, "Clean Out Your Supplement Drawer" on June 21st, 2017 at 3 PM PST / 6 PM EST.



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This webinar is designed to help you discern what supplements you don't really need, or that may not be working for you, and instead focus on using just a few high-quality that can make a difference.

Register: <https://app.webinarjam.net/register/25550/242e5a7111>

How Else We Can Help

High-Quality supplements can make a big difference, but it also helps to get expert advice. If you are just looking for some tips, enter the webinar above. I may open up some private supplement consults too and I'll announce on the webinar.

We also offer a private coaching program, Restore Your Radiance.

This program is for women who are ready to step it up and get a deep dive into their case and lab testing.

What is unique about our program is the combination of the masculine and feminine elements. We practice functional health coaching, which is very cutting-edge and our protocols are based on lab testing of blood, urine or stool. But our approach looks at the whole woman and gets the whole story.

We also coach you in how to implement changes. Sometimes you want to change a habit or your diet but just can't figure out how!

Our clients tell us they've "tried everything," and have gone to multiple practitioners and spent thousands of dollars. Others are on a long list of medications and their doctors have told them their lab results "look fine."



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If you don't feel well, it's not fine. We get it and we are here to help. If this kind of care sounds great to you, we invite you to sign up for a Spark Case Review. This session is an in-depth 45 minute look at your case.

Again, we won't tell you what to do quite yet, because we rely on running our own labs first. But we can often tell you what labs we might run and what hidden causes of illness we would look for in your particular case. From there we can both decide if it's a good fit to continue.

This Spark Case Review is at a special price of \$100 currently, and you can schedule here: <https://womenswellness.leadpages.co/restoreyourradiance/>