



A SMART GIRL'S GUIDE TO THE BIRTH CONTROL PILL (OC PILL)

*Everything they forget to tell you about birth
control pills and hormones!*

by Dr. Disha Sridhar

“
Women will
SAVE THE WORLD!
”

His Holiness, The Dalai Lama

Foreword

One of my passions in life is making sure you have all the information you need to make the best decisions for your health. And, I've been shouting from the rooftops about the pros and cons of hormonal birth control for years and years!

So, I've decided it's time to revisit this topic to give you a comprehensive, all-options-included post on how to quit the pill without side effects like skin breakouts and mood changes.

I want you to make an informed choice about your birth control options. Let's face it. Birth control is a common option so many women are prescribed, yet they don't have all the information. You have probably been hearing since you hit puberty and started menstruating that the pill can fix your cycle and all the unpleasant symptoms associated with it. Is your period a huge pain and comes with heavy bleeding and painful cramps? The pill is the answer! Do you not get your period at all? The pill is your magic fix! Do you want to feel less emotional, get clear skin or eliminate the symptoms that come with it? Yes, you guessed it right - the pill can take care of you!

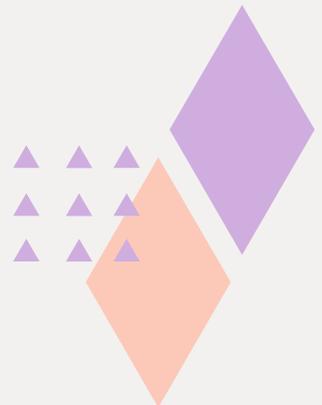
These are probably some confident statements that you have heard all your life from the people around you. However, I doubt that it has done anything to resolve the root cause of your problems. Because here's the truth, these pills only give you instant gratification, while the root cause of it gets masked more and more after continued usage. May be you used the pill for some time but finally realized that it's not doing anything to fix the root cause of the problem or may be you downright detest how you feel or behave after taking these medications.

Whatever be the reason, if you have had enough and are finally ready to give up on birth control pills forever, I will help you understand exactly how to quit them. This is the ultimate guide to help you get off the pill and start your recovery process in the best possible manner.

The first thing to remember is that the birth control pill is nothing more than a masking approach to deal with all your deep-seated hormonal symptoms for the short term. However, when we are given this pill, we are never told about some crucial things such as its long-term effects on your body. Nevertheless, if you are ready to quit the pill, I do not recommend you to quit it cold turkey. You must have a proper lifestyle plan as well as a revamped nutrition chart in place before you jump into it. Once you comprehend all the causes of the deregulation of your menstrual cycle and the reasons for your hormonal dysfunction, you will understand precisely why it is essential to address all of these root causes (that the pill masks) to get rid of the problem once and for all.

"If you are ready to quit the pill, consider this guide - here's where recovery starts."

Dr. Diha



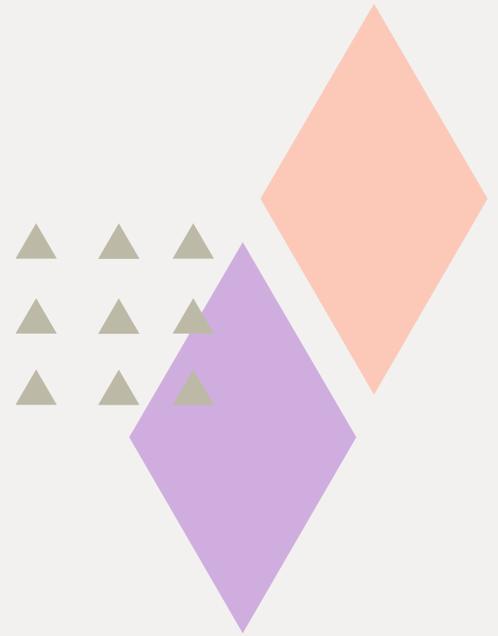


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Section 1

Why should you stop taking birth control pills?

Always remember that birth control pills only mask the symptoms of your hormonal problems instead of addressing all the underlying issues - ranging from PCOS to PMS.



In fact, to help demystify better, let me tell you that the chemicals present in your pills are RESPONSIBLE for causing more problems than they solve. Most women that I see in my practice usually start considering the idea of quitting the pill when they are in their early 30s or late 20s because this is when they think about starting a family. That said, some other women are prompted to quit the pill when their body starts demonstrating evidence on exactly how the synthetic chemical hormones that are present in birth control pills are affecting their health.

It is essential to understand that all these chemicals do not complement the complex and unique hormones produced by the body. On the contrary, they stimulate some undesirable reactions that your body can do totally without, initiating a disruptive chained reaction.

It is likely that your doctor will not tell you about all these risks that are associated with birth control pills. But you must know that they can throw the Vitamin B levels of your body out of whack, mess with the highly sensitive microbiome system in your body and increase the testosterone sensitivity in your body. As a result, the pills exacerbate your PCOS symptoms and cause more problems than it resolves.

If you want to learn more, you can explore all these issues and more in the documentary titled "Sweetening the Pill." This documentary is based on a book that goes by the same name, and the movie revolves around the cultural and historical mix of birth control. It is a good idea to watch this documentary if you wish to understand some non-hormonal alternatives with zero side effects to prevent pregnancy.

Section 2

What do birth control pills do to you?

Most women around the world blindly adopt the pill due to a recommendation from their doctors. They are also happy to continue it because for a short period of time, the troublesome symptoms that they have been experiencing subside. Although it might blow your mind, the simple truth is that when you bleed on the pill, this is not your body getting a real period. I am sure that it looks like a period and even feels like one and arrives at the right time every month. Yet, it is not your body's right menstrual cycle.

Birth control pills work by stopping all the conversation between your ovaries and pituitary gland, thereby shutting down the natural production of hormones in your body. In addition to that, synthetic hormones that are present in the pill also mimic pregnancy, but the presence of hormones in your body is not how they should be when we talk about menstruation cycle of a healthy woman. When you bleed while you are on the pill, it is nothing more than breakthrough bleeding that is caused by the placebo present in most pills. This synthetic hormone makes the uterine lining in your body to shed a little to avoid the risk of uterine cancer. That said, this shedding is not your period and has nothing at all to do with your ovulation or your menstrual cycle. Shocking, right?

Don't worry. There is a way out to quit the pill - but you need to ensure it is finely balanced by few lifestyle changes, lest you will see all the symptoms flooding back! However, if you originally took the pill regime to 'manage' or 'treat' any of your hormonal imbalances such as acne outbreaks, uncontrollable PMS or cumbersome cramps, with no weightage on lifestyle changes, then quitting the pill will bring the symptoms back.

So, even if you thought that the pill was doing miracles for you, it was actually only masking the symptoms and does nothing to heal the root cause of the problem. No wonder once you stop taking pill, your symptoms will come back with vengeance.

I say with vengeance because when you have been on the pill for years, your hormones will now operate in a far-from hospitable internal ecosystem with depleted magnesium, D3 and B Vitamins. What's more, your microbiome will be completely imbalanced.

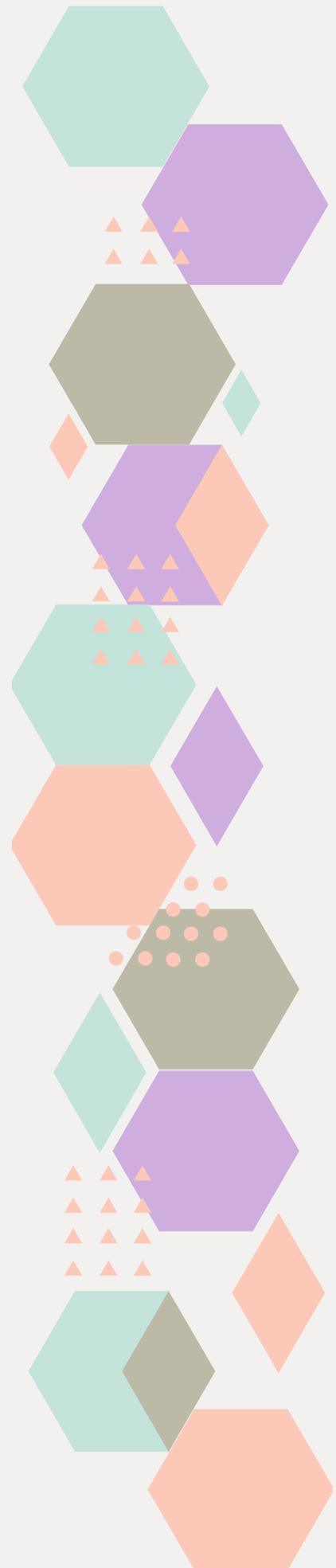
Once you are on the pill, regardless of having had a clear hormonal history, quitting it after a period of intake will have the symptoms coming back. Even if your intake was purely for contraceptive purposes, once you quit it, a sudden onslaught of hormonal issues might pop up! Although it seems unfair, the reasons still remain the same. These birth control pills manipulate the natural micronutrient stores and the body's innate ability to metabolize estrogen efficiently.



But is the pill all that bad? Don't get me wrong! When the pill was introduced into the mainstream culture, it was considered to be a vital milestone in the history of sexual freedom and the liberation of women throughout the world. That said, women are, more often than not, unaware of the full story as well as the drawbacks and risks that come with birth control pills. In addition to that, several other alternatives can be adopted. With due credit to the medical breakthrough that these pills have made, we must understand that these pills are not as generic as they are portrayed too, and hence, could have mixed effects on different women.

You cleanse, do sun salutations as well as a spin daily. But why do you ingest so many chemicals? I have several clients that repeatedly tell me about their religious consumption of organic juice, practicing yoga and meditation to lead the healthiest, most stress-free and the most natural lifestyle possible. If that is your agenda too, why do you continue pumping your body with synthetic hormones on a daily basis?

The most obvious reason is that you have not been made aware of all the options that you have and your doctors have simply urged you to take a medication or a pill that just does not line up with your health or values. This is why I want women to understand their options and then use all that wealth of information to exploit their hormones for the benefit of their bodies.



Section 3

What are the long term effects of birth control pills?



Now that you know that the pill is not really a problem-solver and that there is plenty that you don't know about it, here are some very real side effects of the pill that you might not hear from your doctor.

1 It robs your body of B vitamins

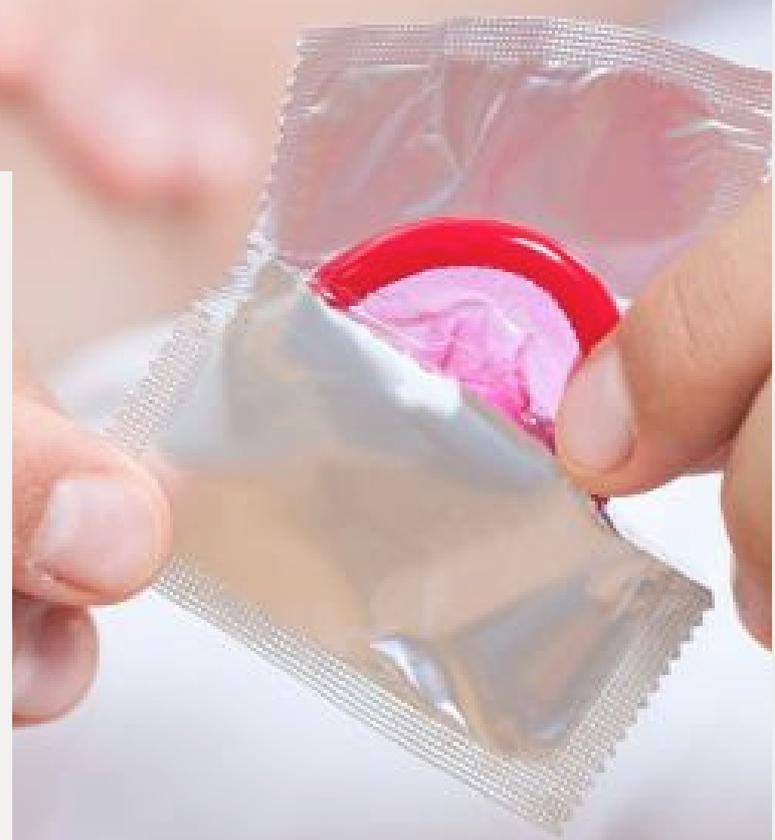
Birth control pills have a proven connection with the depletion of B6 vitamin in your body which is responsible for producing energy. This deficiency can lead to decreased brain function and depression in the long run.

2 It disrupts the microbiota in your body

Vaginal microbiota are healthy microorganisms that colonize the vagina and are meant to protect the area from pathogens. Countless studies show how hormonal contraceptives alter the regular microbiota of your vagina. This can lead to chronic yeast infections and Urinary Tract Infections.

3 It suppresses the testosterone response in your body permanently

Your sex drive should ideally be at its peak around ovulation. However, the pill does not let that happen. What's more, the mix of synthetic hormones destroys your testosterone reserves which are key to your libido in addition to a holistically balanced hormonal system.



BUT HOW DO YOU PREVENT PREGNANCY?

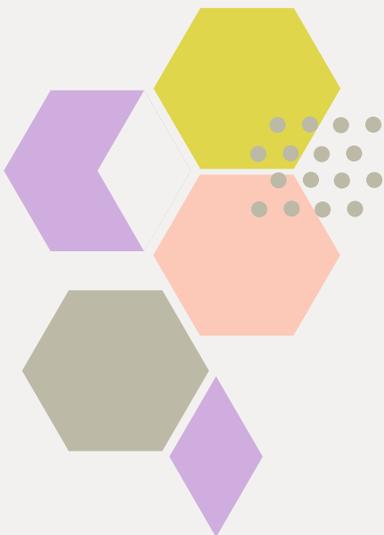
Your concerns are evident, and I have answers to all your questions! You will be able to connect with your cycle more and know exactly when you are ovulating when you can learn the language that your hormones speak. Once you have a healthy regular cycle, you will actually get an insight into when you are ovulating. You can use condoms during the ovulation week, but if you are not a big fan for reasons best known to you, be rest assured that there are plenty of other safe alternatives that you can go for such as the today sponge and the diaphragm.

Section 4



Why do you need a rehab from birth control pills?

Quitting the pill cold turkey isn't the best option



A proper lifestyle and nutrition plan needs to be set in place before one decides to quit the contraceptive pills. Easing into this transition plays a pivotal role in having a safety net in place instead of causing your body a shock of change. However, the good news is that I have listed down few tips that will help this transition a much better one!

1 KEEP A TRACK YOUR PERIOD

If your periods are on time and visit you regularly, it's great news for your body. However, if that isn't the case, it isn't that bad a news. It just means that it is a mere reflection of underlying problems associated with it, which, thankfully can be solved. I recommend that you start with watching your food and lifestyle choices and fix them first. Post quitting the pill, many women experience irregular cycles, or no cycles at all. But with Truhealing protocol, the transition phase becomes easier than ever. Start with regular exercise and eat in complete harmony with your cycle, which will then make your transition not only smoother but gentler on your body and the endocrine system as well. Most post-pill side effects such as insomnia, acne, irregular cycles and mood swings can be mitigated by following this. It may be useful to follow any Hormone balancing protocol like the Truhealing protocol for a few weeks PRIOR to quitting the pill, as this will help in offsetting the severity of all symptoms so much so that, even when they come back, they will be negligible.

Following the Truhealing protocol helps women, by flooding their bodies with the right supplements and nutrients that they have lacked for several years. You will be surprised by the wonders it will do to your body!

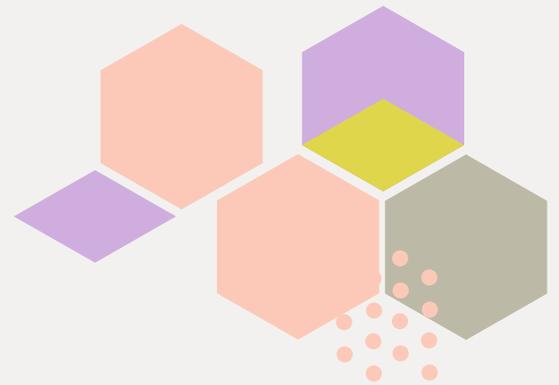
2 RE-BALANCE THE GUT FLORA

The birth control pill has the ability to damage your internal microbial ecosystem. If you have been taking it for a long time, the impact on your body will be even worse. The best way to kickstart the healing process is by eating clean, healthy and good food while you are on the pill. It is essential to understand that supplements alone will not be of much help as they take time to absorb when you are already suffering from intestinal inflammation caused by the pill. That said, two supplements significantly reduce inflammation and improve gut flora. Good quality probiotics as well as a combination of L-Glutamine and NAC are highly recommended in order to heal the intestines. These will also allow in the absorption of all the essential nutrients better when you follow a healthier lifestyle.



3 INCREASE YOUR VITAMIN INTAKE

Start taking good quality Vitamin B complex immediately. This vitamin, when taken in a large dose, has the ability to make all the difference while you are still on the pill. Also, since quitting the pill will bring about mood swings, the Vitamin B complex will smooth out these inevitable changes too. I recommend you to eat lots of amino acids rich foods and good quality fats as these are exactly what your hormones are comprised of and what your body needs, to begin making these hormones on its own. This will also help in re-stabilizing your hormones. Quitting the pill also results in estrogen dominance in a lot of women. The best way to tackle this problem is by eating lots of leafy greens. Include spinach, fenugreek, kale, cabbage, cauliflower, broccoli and lettuce everyday in meals if possible.



Now that you know and understand all the causes of the deregulation of your menstrual cycle and hormonal dysfunction, it is evident just how crucial it is for you to address all these root causes instead of just masking them with a pill.

The natural rhythm of your body is not regimented or static. Therefore, eating the same food all the time cannot possibly maintain the balance. Also, there are four distinct phases of our menstrual cycles. In every phase, we have varied sleep patterns, energy levels, thoughts and cravings as our bodies generate distinct levels of hormones. Therefore, it only makes sense to feed our body food as well as lifestyle needs in every phase.

This is precisely why I have designed the Truhealing protocol to bring your body and cycle back into balance.



Section 5

What is the way forward from birth control pills?

Truhealing can be called as a woman-centric health system to combat all kinds of hormonal issues that syncs perfectly with every woman's unique rhythm. This protocol assists you with a solid foundation to solve hormonal issues of all types that you may have suffered with throughout your life. From preparing your body to conceive, to regulating your menstrual cycle and improving your stamina and energy, the Truhealing protocol does it all. Research also shows that contrary to popular belief, you are not simply what you eat. You are also whatever you digest as well as eliminate. The right food helps your body in making the right hormones to support you at the right times. But our approach also focuses on gut healing. This ensures that you can easily break down as well as absorb the nutrition from foods.

I have created this protocol that addresses the root cause of hormone imbalance which I also happen to teach in my private coaching. This is specially sequenced to recalibrate your endocrine system. This guided program follows a few steps to naturally balance your hormones by way of simple and cumulative food, supplements, detoxification as well as lifestyle changes over a period of 3 to 6 months.

1 BALANCE INSULIN

Stabilize your blood sugar and insulin to improve your digestion and metabolism so that your body can lose false fat and clear excess hormones. We do this by using food as medicine and manipulating the concentration of macronutrients based on your metabolic type.

2 BALANCE CORTISOL

Support your adrenals and restore your cortisol to increase your energy and lower your stress so that you feel relaxed, vibrant and more rested than ever.

3 BALANCE ESTROGEN

Clear excess estrogen by supporting your elimination organs to prevent the clogging pathways of elimination and excess estrogen build up.

ALL THE ABOVE DONE IN HARMONY WITH YOUR MENSTRUAL CYCLE AND ALIGNMENT WITH YOUR FEMININITY.

Truhealing is a set of resources and tools as well as a community that resolves hormonal issues in women in 100% natural ways using lifestyle changes, food, and supplements. It teaches you all the ways by which you can resolve hormonal imbalances in your body. As a result, it helps:

- Decrease the stress hormones which results in regular, easier and painless menstrual cycles
- Optimize your metabolism keeping your energy levels always on the rise
- Balance your weight effortlessly thereby increasing your energy, zest for life and sex drive
- Eliminate frustrating symptoms such as cramps, PMS, fibroids, cysts and more
- Save you from second-guessing your daily lifestyle and food habits
- Enhance your possibilities of pregnancy at will

There are many approaches out there that feel like a shot in the dark or a guessing game. However, our program is sequenced and structured in such a manner that it works in favor of your body rather than against it.

What's more, it is based on years of science and research. This approach has countless benefits such as stronger libido, more energy, weight loss, clear skin, reduction of cramping/pain/PMS, regular periods as well as a better relationship with your female body and feminine energy. In addition to that, you will be directly responsible for and in charge of your own hormonal health.

If you are ready to start feeling better right away, the Truhealing protocol will teach you the right ways to resolve all your symptoms and hormonal issues as it has for hundreds of women across the globe. In addition to that, I followed this protocol myself to heal all my PCOS symptoms, and I am a happy individual for it.

DISCLAIMER

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While this has been thoroughly researched and collated keeping in mind women's well-being, please note that only reading these does not amount to a doctor-patient relationship between you and Dr.Disha Sridhar MD. Hope this helps you become more aware as a woman and help you make more informed choices. Kindly do not treat the above as a prescription of any kind, as every woman is different and there is no one standard way to go about treating womanhood problems.

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EMBRACE YOUR WOMANHOOD.
IT SUITS YOU. PERIOD.

