

Episode 55: What to do if your period is gone

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SPEAKERS

Leah Brueggemann

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Welcome to another episode of the balancing hormones naturally podcast where we offer actions and steps you can take today to start balancing your hormones naturally. This is your podcast host Leah Brueggemann. I am a Functional Diagnostic nutritional practitioner. I am honored and excited to be your guide on your journey to better understanding your hormonal health and how it affects your everyday life.

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Hey, guys, so it's freezing cold here. Today buddy wants to know that but you know those memes where?

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I'm assuming they're memes. Maybe they're not. Maybe they're just like, I don't know. We're gonna go with memes where they'll say it's winter.

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Deceptive spring, second winter. And then real spring.

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I got fooled by the deceptive spring, we had some 50 degree days with sun and then it's snow today. And Sunday, it's a low of 15 degrees. Monday, it's a low of 11 degrees. I am just cold. I want the summer and spring and

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I got these cute little like pregnancy dresses that so excited about is to call tomorrow. So it's fine. We're all fine.

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Um, I'm just really one spring. Okay, so everybody in Canada, I'm sure

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is laughing at me right now. But it's fine. And I'm jealous of all my clients that live in California because they're like, we don't even know what those temperatures are like Leah. Anyways, today we are going to talk about

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what to do if your periods gone? More so actually not really what to do but what to look for what tests to run.

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I just

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it Okay, so there's a few reasons why I want to do this episode. One it truly. It truly breaks my heart. When I see women whose period is missing. They like they don't have a period.

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And yet they keep taking pregnancy tests and heartbroken every time it comes up negative if they're trying to get pregnant. And

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you You don't need to take pregnancy tests if you're not ovulating because you can't get pregnant if you are not ovulating. So you want to look first to are you

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did you ovulate like are you tracking ovulation? Where's your ovulation?

did you ovulate like are you tracking ovulation? where's your ovulation?

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Because yes, still going to be heartbreaking if you're trying to get pregnant but at least you'll know you don't need to take a pregnancy test or you'll know when to take it because you're tracking your ovulation. So I think it takes a little bit of the wandering out in the guesswork and missing periods are just

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there. They're so hard and sad and

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all of that stuff.

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And

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because

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periods or something that, you know, when your period comes, you know, maybe you'll be like, Oh my gosh, can't believe my periods here. I don't actually want to be on my period. But

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you know, it's a sign that you do have a period, you know, like you you can

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get pregnant, you can all of that stuff.

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But so it's in some ways, I would say we feel like it's a sign of

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the fact that like we're healthy, you know, and we can have babies because yes, our period is so much more than our fertility, but it is a sign of healthy fertility. We're not going to get into the signs of like, let's look at your period and what else is it telling you? Etc. Right now because this is truly just about what to do when your periods gone. But

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all that to be said you need to look at what is suppressing ovulation because if you don't

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Another Period you don't have an ovulation you don't. Okay. So in order to have a period, you need to ovulate before Right? Which means so if you ovulate, the only two things that can happen are period or a pregnancy. That's it. Nothing. Nothing else can happen. Okay? But you can have withdrawal bleed sometimes, you know without an ovulation. So this is why it's just so important to be tracking your ovulation. Are you actually ovulating? This is a sign of our health. ovulation is the most important part of our cycle. So if you do not have a period, you do not have an ovulation. So we need to figure out what is suppressing it. Okay.

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Okay, by the way, I just want to say this because like, it makes me want to bang my head against the wall. When I hear this. A lot of times, I'll see people post this question and they'll be like, can I get pregnant if I don't ever have a period? And all of these women will be in the comments like yes, I not pregnant without a period. It's possible and it's like, no, it's not possible if you're not having a period but but but but but you probably ovulated and got pregnant on that ovulation. So therefore, you never saw that period of this like girl you were in, which is why you're like, Yes, I got pregnant without having a period. I think the better question would be like, can I get pregnant without ovulating and no, you can't get pregnant without ovulating. So

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I see this a lot with breastfeeding moms, for example. They're like, I got pregnant. I didn't even get my cycle back. And it's like, well, no, you ovulated that's how you got pregnant. But you are you got pregnant on that first ovulation. So you never saw that first period that first bleed after having a baby. Does that make sense you guys have is a true period by definition needs to be preceded by an ovulation. So if you have this missing cycle, and then you ovulate and you get pregnant on that

ovulation, you never will see that first period because you got pregnant before you got it right. But if there's just no period, and there's no ovulation you just you can't get pregnant. You need an ovulation. Am I making sense here? I hope I am. Because I think it's very confusing to people. And that's why they keep taking pregnancy tests, especially women with PCOS. And they're like my cycles are so irregular and I just keep taking these pregnancy tests. It's like no, we need to go to the ovulation what's suppressing the ovulation. Okay. So there's so many things that suppresses ovulation here. Number one, get a thyroid panel done because hypothyroidism

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can absolutely suppress your ovulation for some people. So get a thyroid panel done. See what is going on there. Okay, that's number one.

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Number two, your ovulation can be suppressed if you are over exercising and or under eating. Okay.

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Yes, because if you think about it, your body smart. You know it equates ovulation with pregnancy. Even though even though your ovulation affects so much more than just pregnancy, your body goes okay, we don't have enough nutrients. We're in too much of a stress right now to get pregnant. The best way your body knows to not get pregnant is white suppress ovulation. Okay.

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It's a big one. So

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get your thyroid panel done. Are you over exercising and under eating? Number three, stress is so massive. Okay.

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I just you guys, you can eat all the right foods. You can take all the right supplements. But if you do not manage your stress, get rid of stress in your life. I'm sorry, you will never balance your hormones. I know that that is such a hard thing to equate because we just want to take a pill, right? We just want we want to take the supplement and be like I'm good. I don't need to do anything else. Honey, it doesn't work that way. You need to manage your stress stress can 1,000% delay ovulation suppress ovulation again? Because your body's like I can't get pregnant things are way too stressful right now. Okay, so manage your stress.

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And then some of the most common ones that we see especially with PCOS are going to be insulin resistance. Excess testosterone can absolutely suppress your ovulation

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So let's kind of talk a little bit about what things you can do in general to support your body if you don't have an ovulation things you can labs you can run a

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Um, things you can ask your doctor. So

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let's start first with

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some tests you can ask your doctor for. So you can kind of get started in the right direction. A, just be honest with yourself, are you over exercising and under eating? You know, just ask yourself, are you super stressed?

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Be honest with yourself,

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can ask your doctor for a

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full thyroid panel, full thyroid panel is TSH, T four, T three, free T for Free T three, total T for total T three and reverse T three and both your antibodies.

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It's not just TSH, you want a full thyroid panel, okay.

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So ask your doctor for that.

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And then you can also ask your doctor to test your hormones, specifically, your testosterone and your sex hormone binding globulin so you know what's going on with the testosterone circulating in your body. And then you can also ask for a fasting plasma glucose test, this test will measure your blood sugar after you haven't eaten for at least eight hours, you can do an oral glucose tolerance test, that will first you'll take the fasting glucose test. And then you'll have to drink that horrible sugar solution. But hopefully they can do it a different way. Because that stuff is horrible for you. And then two hours after that you take another blood test. And then you can do the hemoglobin a one C test, this shows your average blood sugar levels for the past two to three months. Um, so you can just kind of see what's going on with your blood sugar and insulin resistance and all of that kind of stuff. And so you can really see what's going on, I would highly recommend asking your doctor for those. So those are some basic tests.

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You know, hopefully they're covered by insurance or your doctor will just run them for you.

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And,

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you know, go to your doctor, and you can tell them what's going on.

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And

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though, they'll probably maybe hopefully not say, Well, I can just put you on birth control and get you your period back and

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I'm

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birth control of synthetic hormones is an endocrine disruptor. So how on earth are you going to use an endocrine disruptor to balance your hormones like what what. And then on top of that your period is missing because you don't have an ovulation. So if you go on birth control, you still are not having an ovulation you'll have a hill bleed what's called a pill bleed. It's called by the drop of synthetic hormones from the pill. So you'll get a pill bleed. And so you go into the solution then oh my goodness, I got my period while I'm on birth control. No, you're not. You're just getting a pill bleed. So therefore when you come off of birth control use still are not going to have a period you're going to have nothing still because birth control did nothing except for put you in this false illusion that you were having a period. So I mean, politely tell your doctor no, that is not the answer. I want to actually you know, figure out why I'm not ovulating.

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Do you think you could run these labs and see maybe if I have insulin resistance, you know if I have a thyroid issue? And if they say no, you can find a new doctor or you can very politely say thank you. I appreciate that. But you know I have all these symptoms. I do want to dig deeper and see what's going on. Would you notate in my chart that I asked for these and you refuse to run them just so we can have a record a lot of times they will run them after that but be polite about it it's not like a threatening battle you are literally just advocating for yourself ask politely and then it's completely your right to go get another doctor Okay.

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Very sad though how I feel like I'm pulling teeth trying to get full thyroid panels for clients or glucose panels. It's just metabolic panels. It's just ridiculous

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because

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you also need to remember when you're going to your conventional doctor, you know that they're trained in pharmaceuticals, you know they are

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in a chance of a catastrophe. You know something or I need surgery or something like that. I want 1,000% I'm gonna go to my doctor and be like help, you know and all of that but

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they treat disease.

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You know, they are in the not health care they're in the treating of disease treating of symptoms with medication. They are not

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about getting to the root and

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preventing things and building up the health of your body. That's just not what they do. So you also need to know that going into your doctor, like a lot of times, people will be like, hey, what labs? Can I ask my doctor to run? And they'll ask their doctor, and I'll be like, well, these are helpful. And then the last their doctor to run them, and their doctor will run them and be like, Oh, they're normal. And then you're stuck at phase one, because you are not sick enough to need medication yet, but your labs are not normal. They're not optimal. They're you're just not sick enough to need medication. Does that make sense? And so you just have to know that when you choose who to go get labs run from, and a lot of times, my personal clients,

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we try and get some labs run through insurance. So we'll have their doctor run them. And then I read them for them. And we go through, you know, what's exactly going on, and how to use lifestyle nutrition, you really get to the root of what's going on, right? But

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we try and get as much covered by insurance as we can. But that's why I think it's really frustrating for people when they go to their doctor, and they're like, hey, you know, can you run these labs and their doctors like, oh, it's normal. You're like, Well, why do I feel like utter crap? You know, it's because normal is not optimal. I don't know why this episode just turned into a rant, but it just kind of did. Because I literally like my heart breaks for all these women without cycles.

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And they just get no answers from their doctor, except for being told to go on birth control and birth control fixes nothing, nothing. But I feel like we're just fighting a system that is just meant to keep us sick, you know, medication after medication after medication. Instead of asking, like, Hey, what is your nutrition look like? What are your stress levels look like?

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Because, unfortunately, like there's, you can't also go to natural medicine and just ask for supplements. To bandaid what is going on, you need to make changes.

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To get out of a place of a lifestyle that is not serving your body. Right.

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I don't know why that made me super emotional. We're gonna bring down the pregnancy hormones. Okay.

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So anyway, that's my fight with the doctors. And you know, that's what I would, I hope you wrote that down. None. If you're driving, don't write that up. You're driving, wait till you're not driving.

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So now let's kind of go into

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some lifestyle shifts you can do and then we'll go into some holistic labs, you know, practitioners, all that kind of stuff.

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Now,

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lifestyle, the first thing you need to do is balance your blood sugar. I know we say this all the time, but my dear insulin resistance, stress.

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All of that really does in some way. Well, insulin resistance especially but stress also comes back to blood sugar, because the more imbalanced your blood sugar is, the more stress that puts on your

blood sugar, because the more imbalanced your blood sugar is, the more stress that puts on your body. Balancing your blood sugar is not just for diabetics, my dear. It's for everybody. Everybody needs it. In order to balance your hormones, you need to balance your blood sugar. So you know, we talked about this 1000 times protein, fat carb, every single meal snack. I typically recommend like half your plate be veggies. As long as you're digesting veggies really well. It's lots of awesome fiber, a quarter protein and then a quarter of your plate be your fat and carb.

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Food has no moral code, literally. So I will smash my head against a wall when I have people go.

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Hey, why are you eating that? That's a bad carb. Like what is a bad carb? Like what is a bad Garp like, food has no moral code. It's not bad. It's not good. There's food that's more nourishing. There's food with more nutrients in it, but it's not good or bad. There is food that is absolutely nourishing your body and then there's food that nourishes my soul. Ice Cream nourishes my soul. Okay?

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It doesn't mean I eat ice cream every day. But when I do, I put some protein with it. Okay, it's all about balancing your blood sugar. It's all about balancing your blood sugar you guys. So

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I think I have 1000 episodes on balancing your blood sugar, so we're not going to dive too much into it. Please go back and listen to another episode on balancing your blood sugar.

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But if you have insulin resistance, every time your blood sugar gets imbalanced. Think about insulin resistance as like, your body goes hey, there's sugar in my system and your body goes okay and it releases insulin and your body goes insulin.

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Then what's that? I don't know what insulin is, and your cells aren't receptive to it. So then it releases more insulin and then you have all of this extra insulin and that suppresses ovulation. Also as well. If you have insulin resistance every time you imbalance, your blood sugar, your ovaries produce more testosterone. So then we're in this lovely circle of no ovulation. Okay, so I hope I impacted upon you how important balancing your blood sugar is, okay? And

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I just feel like people are like all or nothing when it comes to balancing your blood sugar, can you just start with balancing your blood sugar, and then move on to the next step. So like, if you've got to eat, and your favorite thing is a hamburger and fries. And I don't know, vegetables, grilled asparagus. All that sounds so good right now.

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Okay, so let's look at that. So you have your meat, there's your veggie protein, right? Your grilled asparagus, your vegetables, I'm sure there's so much fat on that plate because of how much oil they grow things in. So you don't have to worry about that. But then we have a lot of carp here, right, we have, you know, the bottom of the bottom, the top of the bun, and we have some fries. So I would say Here are your choices, either take the one off and have some fries for your car, or have like part of the button and a couple of fries.

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Does that make sense? So it's not saying you can't have things when you go out. It's just make smart decisions, build your protein, start with your protein. If you have insulin resistance, you need to be focusing on your protein, protein protein, you need to be getting about three quarters of your body weight in protein. And I know you just all fainted right there. But it's so important. It's so important. Okay, so

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that's where I would start. If you also have insulin resistance, Myo inositol and D Chiro inositol is a fabulous supplement, your ratio has to be 40 to one.

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There is an amazing one you can get from full script I have a lot of my clients use. So if you go to the show notes, and it says discount on your supplements and you like click that and create an account and that dispensary, it's free, you can get the MIO and D Chiro inositol there for is really cheap, I think for a discount as well.

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That one's really, really good. But again,

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if you if you don't balance your blood sugar and you take a supplement to help with your, your insulin resistance, my dear is going to do nothing unless you are supporting it with the nutritional lifestyle shift. Okay, sleep is so massive and stress, especially when it comes to ovulation and your blood

sugar. The less sleep you get, the more your cravings you're going to have the next day, right?

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The more your cortisol is going to be raised. And the more stressed you're going to be and the more crazy food you're gonna want to eat. Okay, so let's start with balancing our blood sugar. And then you're going to move into maybe supplementing to help support that. And then you're going to be focusing on your sleep and lowering your stress levels. And are you getting seven to eight hours of quality sleep? Do you have a nice relaxing nighttime routine? Are you staying off your phone before bed, I mean, okay, we have a whole episode on nighttime routine. So I would start there and then you can see it cycle if you have no period with the moon. So you would do pumpkin and flax seeds from the New Moon to the full moon. And then the full moon, you would do sesame and sunflower until the new moon again. And you can get if you want a discount on those you can get them at your local grocery store, buy them whole organic and then grind them before eating them. But I do have to say a lot of fun, get wellness seeds. If you're in the US. There's a discount code for you in the show notes.

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If you want to learn more about seed cycling, there's a whole episode on it with a dietitian. It is amazing.

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And it's a subscription and their B Corp organic seeds. She grinds them right before she ships them to you. So you know they're not rancid and you just get that amount for that part of your cycle. So they don't go bad. They taste amazing. I love seeds. Okay, moving on. Um, so I would do that.

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And then I would support your adrenals your stress hormones so I love good old adrenal cocktail which is

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five ounces of orange juice, one ounce of coconut milk, full fat coconut milk, for the teaspoon of cream of tartar and a fourth a teaspoon of sea salt. Use the Redman sea salt because you are looking for Celtic sea salt, you guys again that's in the show notes, all of the products that are

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I use all the time and love I always link for you guys with discounts in the show notes because I use them all the time. Cream tartar, you can get the baking section in your health future, I mean, not healthy store regular store.

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It's probably a health food store too.

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So I would do that. Okay, so that is my you can also put a scoop of collagen peptides in there as well to get a little bit more protein. So that's awesome.

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I, you can take those in the morning or the afternoon or both.

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Definitely be avoiding coffee before you eat breakfast to help stabilize your cortisol levels, and your blood sugar and all that good stuff.

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So I would start there. And then diving into like more functional labs. And I know, I get this all the time, people are like, what labs do you recommend? And I'm gonna like, go take those to like my doctor or my naturopath, whatever, and have them run them. And I'm like, Well, I can tell you which ones I recommend. But truly, like, these are labs, I love and there's reasons why I love them. And I like working with them, because I see such a massive difference in my clients, right? But to be honest, you are not your path may like different labs, right? And so when you are going to work with someone,

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I don't go in,

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you want to do you align with their beliefs do you align with what they do? Do like their results, then work with them. Don't try and turn somebody else into somebody that you like, because each person stands in their superpower, right? Like, I love these labs, I work with specific clients on, you know, their hormones and their cycles and mood swings and digestive issues, and all of that. And then there may be another practitioner that specifically like works with Lyme disease or something like that. And so you need to go to the one that aligns with you and work with them. Instead of trying to make a different practitioner or a different doctor, do all of the stuff of the person that you like, does that make sense? Because, for example, I've had this so many times where people, I typically don't work with vegans, I truly believe that you need meat,

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too. Two, from the studies that I have read the research that I have seen from clients results in all of that, I feel that most women truly do need at some level,

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those bioavailable vitamins from animal protein, especially those with insulin resistance. And I have so many people be like, but I want you to do bla bla bla bla bla, with me as a vegan, and I'm like go, don't try to change what I do. Because I stand in my power of how I help people. You go find somebody that aligns with you. Okay? So if you find someone that aligns with you, and you love their beliefs, and you love the result in what you do, then work with them. Okay? Don't try and take. I don't even I hope this is making sense.

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Because I just think that if you go to somebody, and you're like, Okay, I'm gonna work with you. But I want you to do all this stuff that a different doctor does. It's like no, which is cool work with that other doctor, does that make sense? Work with the person you align with that you love the results, you love how they do things, don't try to change other practitioners to do things differently, because they are good at what they do. Because it's what they do. You know, I hope that makes sense. So basically, if I love these labs, and I like to run them, and then you go to another doctor, and you're like, hey, I want you to run all of these labs and all this kind of stuff. And they're like, Well, I prefer these labs. And they don't typically run the labs that I run well, they may not be as skilled and reading them. And so you're going to be banging your head against the wall trying to change what they do. opposed to like, if you also were like, Hey,

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I have this doctor that wanted to run all these things. And I really, really liked that. But I would like you to run them. I'm like, Okay, well, that's great, but I prefer running these labs because of such and such reasons, then you wouldn't be a great fit for me because that's not what I specialize in. Does that make sense? I hope that makes sense. Like I'm not going to take on a client that has pots, for example, you know,

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work with what you specialize in, because that is where you're going to see the most amazing results like getting to the root of the issue. Okay. So that being said, one of my favorite labs to I have a three that I like to run with people who have

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Missing audio

missing cycles.

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One, I get a full thyroid panel from the doctor.

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And I try and also get a metabolic panel as well. So we can see what's going on with some of their bloodwork there. And then I love running a Dutch test. So a comprehensive hormone panel that also shows me how well they're detoxing their hormones. I love the hair mineral analysis test as well. So I can see their minerals, which also tells how well their cells are utilizing hormones, I can tell like how well their adrenals are doing all that kind of stuff, and their blood sugar. And then I also the last one that I will sometimes run would be a GI map. So I can see what's going on there. Because you know, bacteria levels can also impact your cycle. So those are the ones that I like to run. And those are the reasons why I like to run them. And I get a very full picture of what's going on. Okay, but you may have a doctor that likes to run something completely different or naturopath. And if they're really good at what they do, then, you know, you want to trust them and work with them there. Those are the reasons why I like to run these labs. And the reasons why I'm harping on this so much as I get asked by people all the time, like, hey, like my naturopath doesn't run such and such lab like how do I get them to run it, I'm like, Well, if they don't typically run it, they probably don't know how to interpret it, right. And that is really important because a lab means nothing. It means nothing if you do not know how to read it correctly, and you don't know how to read it and correlate it with what you have going on in your life. If you're just looking at labs as a number, you are doing it wrong. Because it all correlates together with what's going on in your life.

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And that's why I'm harping on that because I don't want you to listen to these labs and then just go out and order them yourself and then be like, Well, what do I do with these things? That's just a waste of money. You need to know how to you need to know how to read them.

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Otherwise, it's pointless. So

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I feel like this was a little bit of a ranty episode, but I just hope that it helps you understand where to start when you don't have a cycle and where to start looking and start with the free stuff. You guys balance your blood sugar, manage your stress. Work on your sleep.

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Get your thyroid panel run by your doctor

Get your thyroid panel run by your doctor.

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Get your sugar levels, your glucose levels run by your doctor and advocate for yourself. Okay, you need to get your ovulation back. All right. If this was helpful for you, I love it when you guys share these episodes and tag me and like let me know if it was helpful for you. I love it when you message me and be like hey, can you do a podcast episode on this? Because that gives me ideas I am all for you giving me ideas.

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Thank you for listening to today's episode of balancing hormones naturally. If you found this helpful, I would love for you to share it with a friend and post it on your stories and tagged balancing hormones naturally podcast so we can get this message out. You can find me on Instagram at Leah underscore br You EG and I would absolutely love to hear from you