

# Episode 84: Why do I have excess hair growth?

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## SUMMARY KEYWORDS

pcos, supplement, walk, unwanted hair, androgens, blood sugar, helpful, insulin, adrenal, balancing, blood sugar balance, growth, hormones, seeds, insulin resistance, super, work, support, spiking, hair

## SPEAKERS

Leah Brueggemann

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Leah Brueggemann 00:03

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.



00:33

Okay, ladies, let's talk about unwanted hair growth, unwanted hair loss all of those things. Here suit him Here autism, however you want to say that



Leah Brueggemann 00:48

so you can



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have this without, you know, having PCOS, it doesn't mean that you automatically have PCOS. But let's talk about some things that you can do about it. Because I think you know, a lot of times people are like, Oh, just, you know, drink your life away in spearmint tea. And that will solve that will solve the issue. Right? Well, why did you bring me a flower? Oh, it smells so good. No one prepares you for like little boys melting your heartland and just pick me a flower. Okay, so when we talk about these random symptoms that are due to a hormonal imbalance, right? We always want to go, what do I do for tender breasts? What do I do for hair growth? What do I do for stinky feet, I literally made that one up. And we want this one supplement that we can take. And you guys, when it comes to all of these things, it's not one supplement that's going to change it for you. It's going to be supporting your body as a whole so that it can come back into balance. Okay, so yes, we are talking specifically, you know about unwanted hair

growth or hair loss. Or we're talking about PCOS, because will some some things be a little bit specific to this? Yes, yes, they will. But if you do not work on the foundations that apply, no matter what you have going on, no matter how fancy you get with your supplements, and no matter what you do there, you guys, it's not going to make a difference. It's not going to make a difference. Okay, so let's go over the foundations first. So you can be like, yep, check, Leah, check, check, check. I'm doing that. Okay. So number one, is going to be blood sugar balance. And this is actually like for everybody. But it's also super specific to insulin resistance and PCOS and unwanted hair. Hair Growth. Because if you have insulin resistance, every time your blood sugar spikes, it's actually going to cause your ovaries to produce more testosterone. And you're like, Okay, I already have enough from that we don't need any more. So, balancing your blood sugar is so so so so so so, so, so important. Okay, protein, fat and carb every snack and every single meal. And I challenge you actually, like, if you have PCOS, or you have insulin resistance, I think one of the best things that you could do to make sure that you're so dialed in here, just I would do this for like 14 days, I would do it for a month max. And just to help you understand and then maybe check in with this, like every once in a while to make sure you're still like killing it would be to use a continuous glucose monitor. So if you go listen to episode, I don't know what episode it is. I think it's episode 74. It's called optimize your metabolism. I interviewed a medical doctor actually. And we talked about the continuous glucose monitor and like using that information with the AP levels who really understand how to keep that insulin from just searching throughout your body all of the time. Because if it especially I know we're talking about unwanted hair growth here, you guys but like when you're dealing with insulin resistance as well, you're typically dealing with struggling to lose weight, right? And they don't always go hand in hand but like you guys, insulin just like constantly circulating throughout your system is like the best way to never lose weight. Because it's like it's just like turning on fat storage in your body. So you need to get the insulin down you need to sensitize your body to this. And I would start with the nutrition so And if you have insulin resistance, just for like 14 days, I would like track on a continuous glucose monitor. And just be like, find some meals that, you know, find those breakfasts that really work to keep you in that very tight range of blood sugar. It doesn't mean no carbs, you guys, it doesn't mean no carbs, it just means paring things together in a way that's gonna fuel your body, and it's going to help you feel so much better, it's going to help your energy, it's going to help all the things, okay. So I would start, I would start there with the blood sugar.



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We're gonna take a quick moment for today's sponsor. If you're anything like me, it's kind of hard to remember to always grind your seeds before putting them in your smoothie or making protein balls and it's also time consuming. And my husband was not such a big fan of finding flax seeds stuck in the coffee grinder. I don't know why flax seeds were the ones that always got stuck there. But they did. And that is why I really love using forget wellness subscription. You guys, you can choose how you want to have it shipped to you and it comes every single month, I never run out their ground right before they're sent to me. So I know that they're not granted. And I just can stick them in my fridge. It's only two bags because they blend the pumpkin and the flax together and they put the sesame in the sunflower together. So you don't have a million bags of seeds. And they taste so good. They're organic B Corp certified, these seeds are like you can actually taste the difference. They taste amazing. But I just keep them in my fridge. And then I pull out two tablespoons every single day of whichever bag that I have meeting at that time. And I'll put them in my oatmeal, I'll put them on a rice cake, I will put them in a salad, I'll put them in a smoothie, whatever I'm feeling at the time. And it's such an easy way to be consistent with your seed cycling. My seed cycling consistency game definitely

stepped up when I started using funky wellness seats. So let me tell you how to save the money. You can go to fun, get wellness.com get the seed cycling kit, do the subscription one. And you'll already get free shipping and a discount. And then use the code Lea 15 l e h 15. And you'll get an extra 15% off bringing the cost down and making it so cost effective to do your seat cycling. So if you end up on using pocket wellness seeds, please tell me because I think that you will thoroughly enjoy them. And then

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some other things that you want to you know, you know, think about so like every time you spike your blood sugar. If you have insulin resistance, this ovaries gonna produce more testosterone. But what if you're like I have unwanted hair growth, but I do not have access to sastra. And when I like had my labs run. So this is where a Dutch panel like a touch hormone panel can be so helpful because I see this a lot of times where you may have like normal levels of like testosterone and DHEA. But your androgens or your these are your androgen hormones are metabolizing down what's called your alpha pathway. And what happens with this is that it makes your androgens extremely more androgenic. So you're like, okay, they're not super high, but they're super androgenic and causing all these symptoms. And even though they're together with androgens, like both deal with androgens, you actually would have a completely different protocol for them. So I think understanding that can be really, really, really helpful. Because let's say you have all the symptoms, you want your doctor and he's like, Well, your androgens are normal, it don't lose heart, like there's still some stuff you could do. And that's where I would go find someone who can do a Dutch panel. Because that can be really, really, really helpful for you. So I would start there 100%. So I hope that helps you feel like you know, the world is not ending here. And then something else that's always really connected with PCOS and unwanted hair growth and all that fun stuff is actually your adrenals a lot of times you're you know, are you the person that feels super, like it's really hard to wake up in the morning, you're super tired. You go to bed at night and you're like, well now I'm wired but tired, you know, you're ready to go to bed and you're kind of tired, but at the same time you're also kind of jittery and you don't really want to go to sleep. Okay, so this is an adrenal and like a cortisol issue. So you know, I'm not going to jump down some, I'm not going to jump down any type of like, you know, fancy herbs or anything here but I think some simple things that you can start to do like an adrenal cocktail, would be really simple, something super simple that you could do. If you do If PCOS or insulin resistance I'm actually I'm, this may come as a surprise but I'm actually going to not recommend that you do the one with orange juice because I have a lot of people that will go overboard with the orange juice on this one or or you guys forget to like eat it with a meal and then you're just spiking your blood sugar and we're just not really helping anybody out here in that case. So if you have insulin resistance or PCOS, I would highly recommend doing like what's called jigsaws adrenal cocktail, it's a powder. You can always get these through like full script. Supplements are linked always in the show notes for you guys.

 10:44

And I would do that. If you want to make it if you're like, Okay, no, I

 10:50

really, really really want to make it it's five ounces of OJ with two ounces of full fat coconut

cream, a scoop of collagen peptides. Fourth, a teaspoon of creamy Turner and a fourth a teaspoon of Celtic sea salt or Redmond's Real Salt. And you have to really, you know, make sure you eat this with a meal. You know, I do love a good old orange juice, but you guys do be careful with insulin resistance and blood sugar. And that's where jigsaws adrenal cocktail doesn't have any sugar in it because they just use vitamin C, which is what you were using the orange juice for in the first place to make it so that could be really useful for you. And helpful. So I would start there. Okay. But supporting your adrenals is really really, really useful. So adrenal cocktail is really good balance your blood sugar is really good. Making sure you're getting enough quality salt, so Celtic sea salt, Redmond Real Salt, something like that. And potassium rich foods, like make sure you're fueling your adrenal glands, they're getting the necessary nutrients that they need, but not like going overboard, like I wouldn't be taking, you know, adrenal glandulars or you know, something along those lines, I would just be using like foods or potassium or TrueHD. celery juice, coconut water, coconut, milk, spinach, avocado, banana, stinging nettle tea, all great forms



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of potassium.



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So I would be starting there in doing that. And then I would be really prioritizing my my sleep and my stress levels. Because the more you're stressed, the more you're spiking that cortisol that fight or flight hormone, you know, your body's not going to be in a healing place there. So prioritizing that sleep, making sure you're sleeping in complete darkness, right? I think is so important. So so, so important. Getting seven to eight hours of quality sleep, you guys and I know you're like, but what defines quality like sleep, sleeping in complete darkness, get it, get off your phone, before you go to bed. You know, don't be feeding into other people's drama before going to bed. Maybe you're going to read a book and help quiet your mind down. All those are great, great ideas. And then taking ways to just manage your stress every day. You know, maybe you go out on a walk, maybe you do EFT tapping, maybe you do breath work, maybe you lay down on an acupressure mat. I do really like acupressure mats. They're really easy and simple to use.



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If you're really competitive when it comes to getting your movement in, and you know if your friends getting it in, then you're gonna get it in, then you're really going to enjoy the walk easy up there. A whole mission statement is that you can promote physical movement in a positive way. So we're not doing this to punish our bodies. But you can track and compete with your friends and your family on getting your stepson so guys walking, most underrated type of movement out there. It's I mean, it's so stress free on your body. And it helps improve your sensitivity to insulin. And it's not like you're gonna go out and do a hit workout and start raising those cortisol hormones. And we don't want that. Okay, so walking is something that I recommend to all of my clients. And now you can get it in and a competitive way. I don't know I am. If I know that I want to stick to something, I tell somebody else about it and I try and drag them with me. So this is just the perfect combination. And on top of that, while you're on your

walk, you can listen to an audio guided session depending on what your goal is. So if you're going out on a walk, mostly because you need that break and you need that mental piece, then choose the one that is a self love walk. It's all about improving your self esteem. If you're someone that's like I need to Kill two birds with one stone, I need to write my to do list I need to go outside to clear my head, then you're going to want to choose a goal setting walk, which is the audio guided walk to define your life goals. Or just your goals. In general, if you're like me, I need to just define my goals for the week. Or you can go on the cardio walk, which is a much faster walk, you can go burn off steam, you the cool thing is you just can compare steps and support each other and compete, I don't know, I just if I'm going to do this, I'm going to drag somebody else with me. And then I'm going to be consistent with it. So if one of your goals is to get more movement in, and you're too scared to like, commit to it by yourself, and this is going to be the perfect fit for you. And I love that it's just a celebration of your what your body can do. And they're combining the benefits of walking and mental health. So it does not get better than that you guys, I'm always talking to you about support your blood sugar balance, walking is so important for that. And then on top of that, I'm telling you to lessen your stress load, manage your stress and getting out in nature and getting out and walking is such a great way to do that. So go to the link in the show notes. There'll be one of the links and it says walk easy. Go ahead and download that you don't need a fancy gadget. You just need your phone, you guys. download that and go ahead and start getting in your movement. And let me know how you like it so



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when you're thinking about unwanted hair growth, it's like I was just gonna do a little recap from my brain cells in yours is not your blood sugar. And then I would figure out like is it excess androgens? Or is it androgens going down the wrong pathway. Both of those are important because you're gonna get two completely different protocols, right? Support your adrenal glands and prioritize your sleep, you know, calming down those adrenal glands and managing your stress. Okay, and then I'm gonna give you one supplement, that's generally Jen generally good for everybody. And it's good whether you have androgens going down the wrong pathway, or just excess androgens, and that's going to be reishi mushroom. Reishi mushroom is just super helpful with androgens in general. So it's pretty safe supplement mushrooms or food. Obviously, always check with your provider before taking supplements. I really like real mushrooms, reishi mushroom, real mushrooms reishi mushroom yet I put their discount for you guys are their link in the show notes. I think their discount code is like leave 10 or something like that. I don't really remember, but you can go look in the show notes. And then. So that one's pretty universal, least safe and good for everybody. And it's helpful to both issues,



Leah Brueggemann 18:00

which is kinda nice.



18:02

And then something that can be really useful for PCOS,





Leah Brueggemann 18:06

if your PCOS



18:07

is insulin resistant, is obasa tall, which is my eau de mio and D Chiro inositol together because you need that ratio of 40 to one. So it just overall is the mix of the two in case you were like ever wondering around that it can be really helpful for helping support sensitizing your body to insulin and, therefore will be helpful overall for PCOS or hair. Unwanted Hair Growth. But okay, don't buy that from Amazon. That's gonna be my number one thing. I feel like everybody tries to buy it from Amazon, but it will be a useless supplement if you do not manually balance your blood sugar. I saw that I know I said it. And that makes everybody so angry because you just always want to get a supplement. And it's going to solve all your issues but honey, my dear, I'm looking at you looking at you whether you're driving in your car, keep your eyes on the road or not. Supplements are not going to fix the issue if you are not doing the work. If you're not doing the work manually balancing a blood sugar focusing on sleep Why does someone keep honking? Seriously, so rude with the honking do so focus on those foundations, maybe those supplements will be good. Maybe you're gonna go get a Dutch panel now from someone who provides a Dutch panel. I've worked with so many women with PCOS. And they've seen such a massive change in hair growth which has been really really cool for them. If you're on the other end of the spectrum as well and you're like I'm dealing with unwanted hair loss. rocastle Organics hair spritz is really helpful and And then so is like silica cell salt can both be really, really helpful. But again, you know, these are just things to help support you along your way, they're not going to fix any issues unless you get to the root issue of what's going on. And then lastly, I think something that would be really helpful for you is running a hair mineral analysis test because when you your minerals are the spark plugs to your hormones. So if you can get those balanced out and really, you know, see what's going on with those adrenals like deep down inside and support your body, I think that you're going to be Guchi on your way to feeling incredible So start with your foundations you guys don't get super fancy until you're like I've nailed my blood sugar balance Lea, I'm nailing you know my sleep. I'm nailing my stress like all those things. And then you know, targeted supplements can be can be can each life changing and you know getting some laps back can be really useful but I would start there



Leah Brueggemann 21:02

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 tag 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