

**Christine Garvin**

# Hormone Protocol

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## Focus

Hormones

Page 1:

- Low progesterone, which makes you estrogen dominant, even though your estrogen isn't too high
- Low testosterone, but this may be false
- Very low overall cortisol
- Total DHEA isn't bad (1,375 would be optimal for your age range)

Page 3:

### **Progesterone:**

- Prefer the 5a pathway for your progesterone, which means oral progesterone can be more helpful for symptoms of anxiety and difficulty sleeping
- DHEA-S is low (optimal would be 190 for your age range). This can be due to inflammation

### **Testosterone + metabolites:**

- Testosterone metabolites are good relative to testosterone marker, which makes it seem like your testosterone is off. Can always test serum levels if you'd like.
- Slight preference for more androgenic 5a pathway.

### **Estrogen and metabolites:**

Estrone and Estriol are low end/below range, but that's not clinically significant as the former is impacted by menopause and the latter pregnancy.

Estradiol (main estrogen during cycling years) is good, except for the fact that your progesterone is so low, meaning you have relative estrogen dominance.

Phase 1 liver detox metabolites: Although you are pushing quite a bit down the beneficial 2-OH pathway, there is still more going down the DNA-damaging 4-OH pathway than we'd like. 16-OH is fine in being low (we just care if it's high)

Phase 2: Methylation is low as compared to how much is moving through 2-OH pathway.

Page 5:

- Melatonin is good
- Metabolized cortisol is very low
- Slightly favor more cortisol metabolites (not really significant here as it's so overall low)
- Generally low cortisol and cortisone throughout the day. Glandular to start (Cytzyme-AD).

Page 6, OATs:

-B12, B6, Melatonin, and oxidative stress all good. Though I have seen high homocysteine levels on serum labs even when B12 looks good on here

-Low dopamine, norepinephrine/epinephrine can point to multiple sources - gut issues, COMT gene mutation are two of the big ones. Needs further testing to dive deeper into this section.

### Therapeutic Diet

**1) For protein**, shoot to get at the very least 80g a day, though most hormone experts will tell you to eat 1g for every pound of the \*weight you want to be.\* It's usually easier to start off with the lower-end (80g) and slowly work your way up over time.

Using collagen powder in a smoothie is a great way to get easily digested protein into your diet. Drinking a smoothie with collagen may be a great option for you. Use 2-3 scoops per smoothie (18-27g of protein).

Here is a great article on the [importance of animal protein](#) in perimenopause:

"While it is great to see more respect being given to protein generally, it is especially important for women. Not having adequate protein will leave you with less energy, have you feeling un-satiated after meals and thus always on the hunt for more food, give you brain fog, and make maintaining your muscle mass quite difficult. As you know, bone health is directly tied to your muscle status - the more the better. Given that we are already dealing with a reduction in Testosterone (our muscle-friendly hormone) in middle age, we don't want to make that muscle-retention battle any more difficult. Thus, having good and proper protein is essential for your health in midlife and beyond.

**What concerns me, however, is the preference for plants vs animals as a source of protein.** The value of a protein source must be evaluated through a few different lenses: amino acid completeness, bioavailability, digestibility/absorption, and anti-nutrient load. In every way, folks, animal proteins are your best friend."

**A moderate amount of good fat** is extremely important for hormone production since hormones are derived from cholesterol. Good fat is also very supportive of the liver.

Shoot for around .4 X your body weight of fat per day. For example, 160 pounds X .4 = 64g of fat per day.

1 tbl. of olive oil contains 13.5g of fat

1 oz of almonds (about 22 almonds) is 15.64g of fat

1/2 medium avocado is 12g of fat

4 oz salmon is about 7g of fat

Use fish oil for HPA axis support, as well as adrenal and anti-inflammatory support.

**For carbohydrates**, rely heavily on cruciferous vegetables (broccoli, cauliflower, Brussels sprouts, etc.) to help support estrogen detox in the liver, with plenty of greens and some root veggies for satisfaction. Some non-glutenous grains are fine, as long as it feels like they are digesting well and not making you tired. **Shoot for around 130g of carbs a day.**

**2.** I recommend cutting back - and then out - on beer. The gluten in it could easily be underlying your systemic inflammation. Here are some articles worth checking out: <https://www.arthritis-health.com/types/general/how-gluten-can-cause-joint-pain>, <https://riahealth.com/2019/08/27/alcohol-and-inflammation/>.

**3.** Seed cycling (see handout attached). Good for both fiber and for supporting your cycle. This is

helpful for processing estrogen during the first half of your cycle, and supporting progesterone during the second half.

4. Diminishing or eliminating dairy, which is a trigger for estrogen and is often [inflammatory](#). Substitute options:

**Dairy:**

-[Kite Hill](#) (almond based cheeses, cream cheeses, yogurts, etc.)

-[Forager](#): cashew-milk yogurt, cheeses, milk

-[Nooch It](#) vegan parmesan

-[Siete Dairy Free Cashew Queso](#)

5. Coffee stresses your adrenals majorly. Slowly cut back on amount, and it would be good if you could take a break from it completely for a while to help heal your adrenals.

6. Beer everyday is tough on your liver, making it hard for you to properly metabolize that estrogen.

**Sugar:**

Monk fruit w/erythritol

[Lily's Chocolate](#)

**Supplements:**

1) Cytozyme-AD is the glandular I want you to start with. **Take this for a week before starting anything else (except for HCl+digestive enzymes, which you can take right away). Take in the morning with food.**

2) You can take a homocysteine test, which would tell us if you have some methylation issues. It would be about \$30 for testing. **Or, if you want to go ahead and try a methylated B vitamin in order to support your Phase 2 liver detox, you can. Take at lunch with food. Take this for a couple of days before you include the rest of your supplements.**

2) DIM-Evail to help support Phase 1 estrogen detox.

3) We didn't have a chance to dive deep into this, but I would like you to try HCl+digestive enzymes to support your digestion. If for some reason your heartburn is kicked up, let me know.

4) I'm recommending Taurine instead. Take 2 15-30 minutes before bed.

5) You can stop taking HUM Moody Bird. You can keep taking the HUM Daily Cleanse, CoQ10, and Fish Oil for now.

6) If you want to try Saw Palmetto to help hinder testosterone preferring that 5a pathway, you can. Again, it is favoring it in a crazy way, but it could possibly be a part of hair loss. I'm including it below in case you want to try it.

**Detox support:**

-I find clients that use supports to get stuff out of their bodies more quickly tend to handle the process better and have less "side effects." Things that seem to work the best:

-Coffee enemas (if you want to learn about the process, you can do so [here](#))

-Infrared saunas

- Epsom Salt baths
- Castor oil packs on your gut or liver, particularly good for estrogen detox (***Instructions in your documents***)

**Lifestyle support:**

1. Finding time for you each day. This is essential! I recommend finding at least 5-10 minutes in the afternoon as a "break" for yourself (and your adrenals!). Meditation, visualization, deep breathing - whatever works for you
2. Nighttime ritual - see in documents
3. Mindset work - creating an affirmation around your health being to the energy and life you want to lead.
4. Intense exercise can be really hard on your adrenals. It might be worth cutting back for a little while, focusing more on yoga and Pilates and walking for a while.

**Further reading:**

If you want to read up on bioidentical progesterone, here are some good article:

1. [Stroke Risk and Bioidentical Hormones](#)
2. [New Research Shows Natural Progesterone Can Help Treat Breast Cancer \(Part 1\)](#)
3. [AN EXCELLENT NEW STUDY ON PROGESTERONE CREAM](#)

**Next steps:**

- 1). Set up appt with me after you have been using the supplements for one cycle. But feel free to email me when starting supplements.