

REBALANCE YOUR HORMONES AND CONNECT TO YOUR NATURAL WISDOM

# HEALTHY HORMONES AND BETTER CYCLES



DR. JESSICA WHELAN  
NATUROPATHIC PHYSICIAN

CREIGHTON MODEL FERTILITYCARE™  
PRACTITIONER AND MEDICAL CONSULTANT  
AT ST JOSEPH FERTILITYCARE™  
CENTER

# WELCOME

Welcome to your very own guide to healthier hormones and menstrual cycles!

Whether you are trying to conceive, struggling with irregular and unpredictable cycles, tired of period pain, PMS (like anxiety, irritability, insomnia, brain fog, fatigue, etc), ready to ditch your birth control, transitioning into menopause... you're in the right place.

This guide will walk you through six simple, natural ways to have healthier hormones, easy pain-free periods, optimal fertility.

We'll be exploring a world-class and precise way to cycle chart,, why gut healing is necessary for hormone health, how to avoid the environmental toxins that wreak havoc on your hormones, and simple ways to to reduce stress and support your nervous system.

If you're ready to step into your most vibrant, embodied self, let's dive in!

I'm here for you and believe in your health vision!

For so many women, hormone imbalance, fertility struggles, and painful periods have become the "norm."



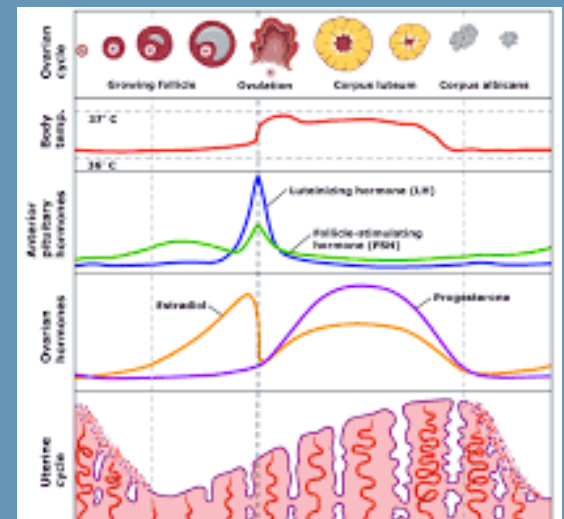
The menstrual cycle and menopause transition are still stigmatized. "Being hormonal" or "PMS-ing" are often said in a derogatory way.



When we're struggling with PMS, infertility, heavy bleeding, or painful periods, we're usually either dismissed, ignored, or given the Pill, IUD, or IVF as a "band-aid" approach and our only option.



We're living in a time when we have the most scientific information about our bodies but ironically are so disconnected from the wisdom of our bodies and the healing power of nature.



We've never been taught how to REALLY understand our cycles. We've never been taught to actually support a healthy menstrual cycle because we've been taught that hormonal imbalance is normal.





Symptoms like pain, infertility, heavy bleeding, mood swings, bloating are our body's way of telling us that it needs to be listened to and cared for.

Hormonal birth control use, copper IUDs, eating processed foods, hormone disrupting chemicals, busy schedules, sleep issues, and more all contribute to hormone dysregulation and common period problems.

This guide will reveal empowering steps to reclaim your natural cycle and enjoy healthier hormones, optimal fertility, and easier periods so you can ultimately live a more vibrant life with better relationships.



# Table of Contents

- 01 Discontinue the Pill or IUD
- 02 Why period apps are not the answer
- 03 Cycle chart naturally
- 04 Heal Your Gut
- 05 Gentle Detox
- 06 Soothe your Nervous System



# 1. DISCONTINUE THE PILL OR IUD

Did you know the Pill doesn't "regulate your cycle"? It shuts it down. By telling your brain to stop the signaling to your ovaries, you will no longer ovulate. No ovulation=no period. The bleeding you may experience during the "sugar pill" week are a "withdrawal" chemical reaction.

Neither the IUD or the Pill solves the underlying cause of your health issue.

And actually, they create MORE hormonal imbalances.

"Common side effects" listed for the Pill and Mirena IUD include: anxiety, depression, abdominal pain, pelvic pain, headaches/migraines, breast pain, painful intercourse, decreased libido, nausea, vomiting, cervical and vaginal infections, weight gain

Serious reactions for the Pill: heart attack, stroke, depression, breast and cervical cancer risk, pancreatitis, high blood pressure.

Serious reactions for the IUD: ovarian cysts, ectopic pregnancy, pelvic inflammatory disease, uterine rupture.

Even the copper IUD has unpleasant "common side effects" :Heavier periods, vaginal bleeding, abdominal cramps/pain, painful intercourse, vaginal infections, back pain.

Why put up with these treatments that don't solve the root cause and create so much more inflammation and hormone imbalance when you can achieve healthy hormones and easier periods naturally.

Quitting the pill or IUD is a great first step to hormone balance and reclaiming your natural cycle.





## 2. WHY Period tracking apps are not the answer

Today's period apps are a glorified version of the old-school "rhythm" or calendar method. They use mysterious algorithms to "predict" your time of ovulation and next period. There is no way these apps know what is going on in your unique body.

Plus, many of these apps do not protect your privacy and are collecting sensitive health information without HIPAA compliance.

Instead of handing over control of your body to artificial hormonal medications or computer algorithms, why not reclaim control of your own body by learning a science-based accurate, natural form of charting?

HINT: See tip #3 for more info!



### 3. LEARN A NATURAL SYSTEM OF CHARTING

For use during your entire procreative life - whether you have regular or irregular cycles, struggling with health issues, coming off the Pill or IUD, trying to conceive, recovering from miscarriage, entering perimenopause, or breastfeeding - the Creighton Model is for every woman! It will help you connect with your body like never before. Experience profound healing physically, spiritually, psychologically, and emotionally.

This deeply fulfilling approach is empowering for men as well and is the best thing you can do for growing in intimacy in your marriage.

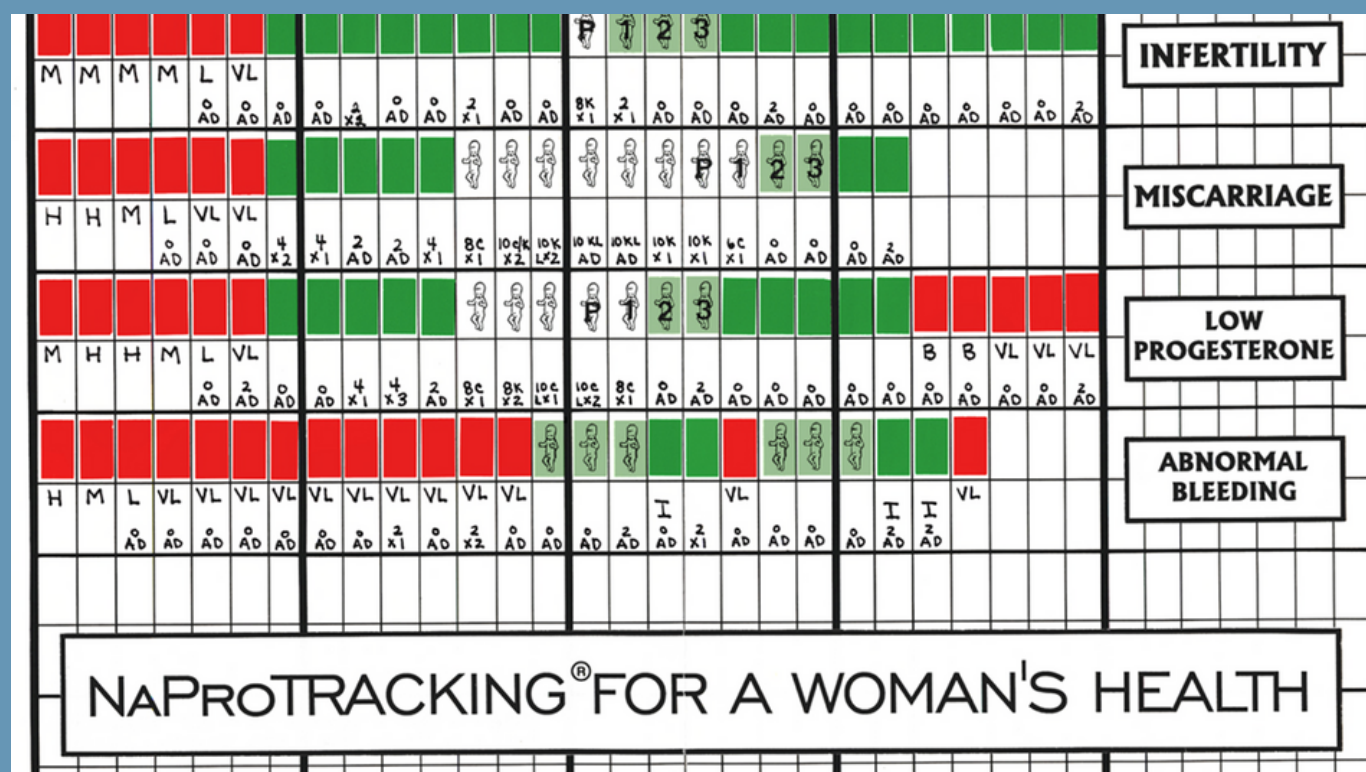
*Tip: To learn this life-changing and revolutionary approach, check out my Creighton Model FertilityCare™ services ! Complete this questionnaire to get started:  
[Bit.ly/hormonebreakthrough](https://bit.ly/hormonebreakthrough)*

### 3. Learn a natural system of cycle charting.

For the first time ever in the history of the world, women are empowered to be active participants in their own health.

This international and world-class system is the only one currently available that allows women and couples to precisely identify their days of fertility and infertility WHILE ALSO being a complete system of women's healthcare.

The Creighton Model identifies risk factors for ovarian cysts, infertility, PMS, miscarriage, as well as the effects that stress has on the cycle. It is the foundation of a complete medical approach that treats your underlying health condition without suppressing your natural fertility.



## 4. HEAL YOUR GUT

What's your gut have to do with hormones? EVERYTHING.

Poor gut health may be the reason you're having symptoms like cramps, acne, headaches, irritability, anxiety, fatigue, or weight gain.

Our "microbiome" - bacterial organisms in our gut - influence mood, weight, inflammation, and hormones.

We have estrogen and progesterone receptors in our gut.

We also have a unique population of bacteria - called the estrobolome- whose main job it is to detoxify excess estrogen and the harmful breakdown products of estrogen.

The pill and IUD both increase inflammation, disrupt the microbiome, and cause "leaky gut" or "intestinal hyperpermeability." Stress, inflammatory foods, alcohol, antibiotics, and more can harm your gut.

You are what you eat, digest, and absorb. Even if you're eating healthfully, if you have digestive issues, your body may not be absorbing and using the nutrients necessary for making healthy hormones. We need many minerals and vitamins for healthy ovaries, thyroid, adrenals, and neurotransmitters.



## 5. GENTLE DETOX

Your body is always detoxing for you. The main organ of detox (our "emunctories") are the lymph, gut, kidneys, liver, skin, and lungs.

SO many things in our modern world can "back up" these detox systems and result in hormonal imbalance symptoms like brain fog, fatigue, acne, bloating, painful periods, heavy bleeding, and infertility.

Good news is you can help remove obstacles to your body's natural healing wisdom.

1) Drink 8-16 ounces of clean, filtered water upon waking. Our deepest detox occurs while we are sleeping (HINT: see tip #6). Drinking water immediately after waking up will help flush out toxins. I keep a hydroflash next to my bed, filled with water from my Berkey filtration system.





## 5. GENTLE DETOX

- 2) Move your body. Aim for 5-10 minutes of movement first thing in the morning. This will flush out toxins in the lymphatic and circulatory systems. Emphasize some stretches or deep breathing exercises to benefit your lungs.
- 3) Sweat or Take an Epsom salt bath. Sweating is SO good for detox. Some people find it easy to break a sweat, while others find it quite challenging. Infrared saunas are awesome for health. Another option, if you have a bathtub, make use of this medicinal facility in your home by taking an Epsom salt soak. Not only does this help detox, support healthy hormones and easier periods, it replenishing the body of magnesium, and supports deeper sleep.
- 4) Try a Castor Oil Pack! This oil penetrates deeply to the gut and pelvic organs for liver detox and lymphatic drainage. I personally use and love Queen of the Thrones.

<https://queenofthethrones.com/>



## 6. Soothe your nervous system

Prioritizing deep, restorative sleep is fundamental to healthy hormones. Sleep has effects on our entire body - from moods, digestion, periods, mental focus, appetite.

Poor sleep can be due to many factors including: cortisol dysregulation (stress), blood sugar imbalances (insulin), hormonal imbalances (estrogen/progesterone), thyroid imbalances, environmental disturbances: (noise, light, pets, electronics' blue light, EMF), and, gut health dysfunction

Develop an evening wind-down ritual. Avoid electronics for one hour prior to bedtime. Turn the lights low or relax by candle light. The warm glow of a salt lamp is also a great option.

Spend this time on soothing your nervous system. This will signal to your body that it's time to relax and rest deeply. Journaling, epsom salt baths, gentle stretching, prayer and meditation, and breathing exercises are all great options.



**So... Are you ready to turn your health around and banish PMS, anxiety, bloating, brain fog, insomnia, fatigue, and painful periods ??**

This guide is a great first step on your journey. These tips are some of the foundational steps I tell my clients when they're ready to reclaim their hormone health.

For MUCH more individualized and comprehensive support check out my Healthy Hormone Platinum Program.

Together, we'll create a plan and road-map so you can be on your way to deeper sleep, better moods, steady energy, easier, pain-free periods, and optimal fertility.



In the Healthy Hormone Program, we work together to leverage the power of food as medicine. We'll nourish your body with delicious and satisfying nutrient-dense hormone balancing foods and supplements. Along the way, we'll be optimizing your digestion and healing your gut so you can absorb all the nutrients your body needs to heal.

You'll be empowered to support your body's natural detoxification processes with simple, at-home practices like castor oil packs, womb self-massage, and more. Additionally, we'll identify beauty care or household chemicals that may be a big culprit behind your hormonal imbalance systems and learn to replace these hormone-disrupting chemicals with safer and healthier options so you can get back to your vibrant self faster.

We'll also support your nervous system, nourish your adrenals, and balance your cortisol (stress hormones) so you can sleep better, wake refreshed, and have better moods, healthy appetite and clear focus.



## ABOUT ME

I've struggled with hormonal and reproductive health issues most of my life - since starting my period on my 13th birthday up until a couple years ago. Through my own naturopathic medical training and Creghton model, I've been able to successfully reverse PCOS symptoms, regain regular cycles, and achieve hormonal balance, better digestion, and improved energy.



I didn't know naturopathic medicine was a professional option until my late 20s. I had previously considered becoming a pediatrician or nurse but chose to channel my love of children into teaching instead. Once I learned of naturopathic medicine, I soon began taking pre-med prerequisite courses and interviewed at National University of Natural Medicine in 2015, on my 31st birthday. After four more rigorous years of study, I did a residency program in St Albans, Vermont. It soon became clear that I needed to open my own business in order to best serve women and couples through holistic reproductive healthcare.

Since starting my business in 2021, I've been able to help women from all walks of life - from young teenagers through menopause - heal from PMS (anxiety, depression, insomnia, fatigue, weight gain, cravings, brain fog), heavy or painful periods, irregular cycles, ovarian cysts, and digestive issues. Most importantly, these women have been equipped with the tools to care for their own health, empowered with knowledge of their bodies, and grown in trust of their own bodies.

I've also had the honor to guide couples in understanding their shared fertility, as they learn a whole new language for communicating about and working together in their shared fertility. Some of these couples are selecting to avoid pregnancy temporarily for various reasons while others have successfully achieved healthy pregnancies naturally. This healthcare approach is highly individualized and relationship based. I am here to listen to you, to be your guide.

If you're ready to get to the bottom of your symptoms, reclaim your natural cycles, achieve optimal fertility, and healthy hormones, I welcome the opportunity to work with you!

You'll be empowered to listen and trust your body and have life-long tools to support your own health and well-being.

Completing this application is the first step: [Bit.ly/hormonebreakthrough](https://bit.ly/hormonebreakthrough)



Talk with you soon!

Dr. Jessica Whelan  
[info@drwhelan.com](mailto:info@drwhelan.com)