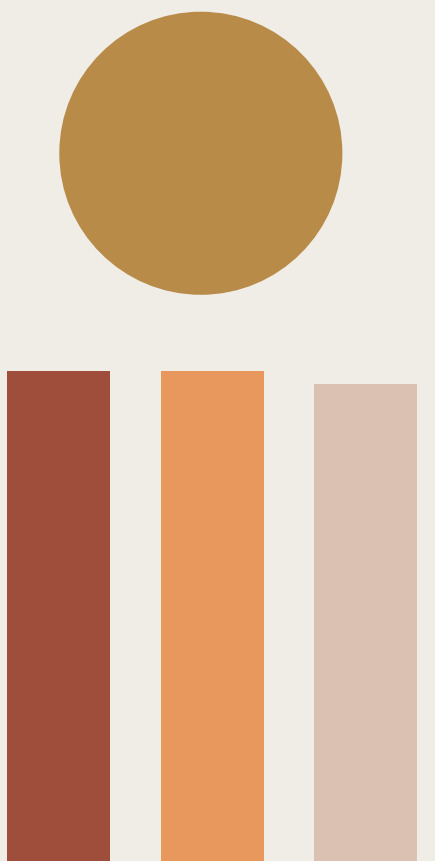


Post pill acne guide

Manifest with Madison





Hi, I'm Madison!

I'm a certified Integrative Health Practitioner specialising in Hormonal and Gut Health with a MSc in nutrition, physical activity & public health. I help those who are in need of extra support in these areas to gain control back over their health and well-being so they can start thriving!

If you have downloaded this guide, I am guessing you need some help with your post pill acne, acne in general, or wanting to come off birth control but are worried about your acne coming back.

Inside this guide you will find the steps to take for you to start moving forward with ease.

What is Post-Birth Control Syndrome?

What does post-pill acne, alongside hair loss, and weight gain all have in common? They can all be the result of a temporary surge in androgens when you come off hormonal birth control

Why are they androgen symptoms? Because they're caused by the temporary surge in testosterone and other androgens of male hormones that can occur when stop taking a combined estrogen method of hormonal birth control. A classic example is the acne when trying you come off Yasmin, but other pills can cause similar issues.





When I say temporary - in actual fact symptoms can last for a couple of years (which can feel like forever when you're struggling with horrible breakouts).

What are androgen symptoms? Think facial hair and strong jawline acne 0 even if your testosterone is normal on a blood test.

I know how you feel!

I wish I still have the pictures from when it was worse than this to show you guys!

Post-pill acne is the result of:

- the rebound sebum production as you withdraw from the sebum-suppressing drugs.
- temporary surge in androgens (male hormones) as your ovaries come back into action

Don't give up hope! You'll eventually get through the drug withdrawal process



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Step 1

Nutrition

It's important to address your nutritional intake to ensure you are receiving adequate nutrients to support the natural hormonal production of estrogen, progesterone and androgens to support healthy monthly cycles for ovulation.



You will want to increase your intake of:

- Adequate levels of protein, carbohydrates and fats
- Green leafy vegetables
- Phytoestrogen-rich foods
- Cruciferous vegetables
- Preferably grass-fed & organic if possible

You will want to limit your intake of:

- Caffeine and alcohol
- Inflammatory foods
- Sugar and processed goods
- A1 cows milk

Step 2

Detoxification

Your liver and gut are the two major organs that are responsible for breaking down and clearing hormones once they have been used up in the body. It is critical that these systems are working happily to prevent a build-up of hormones that can contribute to hormonal imbalances.



How to support your liver:

- Consider a functional medicine detox.
- Reduce your exposure to endocrine disruptors: household cleaning products, perfumers, household sprays. Visit www.ewg.org for healthy alternatives.
- Increase your consumption of foods that support liver function: cruciferous vegetables, garlic, beets, dandelion root tea.
- Increase your water intake to a minimum of 2 litres of filtered water per day.
- Increase consume of bitter foods to support digestion.
- Avoid all normal dairy (yogurt, cheese, ice cream, milky coffees), but you can have butter, goat or sheep dairy (which has only A2 casein) because it spikes a hormone called IGF-1.

Step 3

Supplementation

The pill is known to deplete certain nutrients. In the weeks leading up to coming off the pill, or if you are coming off straight away you may want to consider these key supplements to start replenishing certain nutrients. As the pill affects the health of your microbiome which can alter your digestive system. **Disclaimer: always talk to a professional before taking any supplements, this is not medical advice.**



- Zinc > is antimicrobial & helps to down regulate testosterone
- Magnesium > lowers cortisol production by stabilising hormonal imbalances in the body
- DIM > known as diindolylmethane it is compound derived from cruciferous vegetables, which helps to block androgen receptors
- Selenium > those with acne have lower levels of glutathione, which is an enzyme capable of preventing cellular damage.
- Berberine > herbal medicine which is antimicrobial, anti-inflammatory, and improves insulin sensitivity and reduced androgens.

Step 4

Lifestyle & environmental factors

Dependent on your lifestyle and current environment, the following factors have the ability to negatively impact your hormones. When you are on the pill the synthetic hormones take over and your natural producing hormones go to sleep. To support the body as best as you can post-pill, addressing lifestyle and environmental factors can help you in promoting healthy cycles and ovulation.



Stress Levels

Stress levels can vary daily dependent on home life and occupation. Making a conscious effort to activate the parasympathetic nervous system, through activities like hiking, journalling, mediation, massage, herbal tea, epsom salt baths, and breathing exercises can help to lower stress levels.

Movement

Movement assists in the production of the feel good neurotransmitters - e.g. endorphins which help to lower stress and increase relaxation and happiness. Movement can support healthy blood sugar regulation and improve insulin sensitivity to promote a balanced production of female hormones.

Sleep Hygiene

We are all guilty of it, watching TV all night & scrolling on our phones, but turning off all technology 30 to 60 minutes before bed to limit your exposure to blue light which is important. Try winding down by reading a book or doing a guided meditation with dimmed red light to signal your bodies circadian rhythm that it's time to rest.

Step 5

Speak to a practitioner

It may be worth speaking with a practitioner to get your hormones tested if you have been on the pill for a number of years and want to know how your body is currently functioning. Aim to have the following hormones tested - progesterone, estrogen, testosterone, cortisol, DHEAs, FSH, LH, prolactin, and SHBG. You can [book your free consultation](#) with me today to find out more!



Testimonials

Paige

Madison has helped me to improve my relationship with food and I now have a better understanding on how to nourish my body through the power of nutrition and what supplements to take for my health and well-being.

Emily

Thankyou so much madison for helping me find my root cause to irregular periods! After constantly going back and forth to my GP with no answers, I'm so glad I worked with you instead! You made me feel so comfortable and I'm so grateful for all your help and support.

Laura

Madison made me realise how important mind body connection is and even the lifestyle plan has such good effects and made me realise simple changes make all the difference.

Get in Touch!

Lets Connect!



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