

WellnessPlus

by DR. JESS
MD

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Root cause reasons

1. Estrogen dominance
2. Androgen dominance or high insulin as in PCOS
3. Parasites, candida (parasites often cause a dairy sensitivity)
4. Post birth control pill syndrome
5. High cortisol which can lead to an estrogen dominance
6. Stagnant liver, bowels, bile, or lymph can contribute

Solutions

1. Ditch the gluten and dairy; consider checking for food sensitivities
2. Learn healthier ways to perceive stress or try to change your life if it is impacting your health
3. Probiotics, zinc, omega 3 fatty acids, evening primrose, vitex
4. Parasite cleanse with Cellcore; open capsules if you react better to liquid supplements
5. Work on optimizing drainage pathways through phase one as well as sweating, BM, liver cleanses