

Beauty of *Hormones*

A FREE CLASS ABOUT THE
MOST UNKNOWN ASPECT OF
OPTIMIZING YOUR ESTROGEN



MY STORY

EARLY HISTORY

No period

18 years old: acne > birth control

Cysts: "PCOS"

DOCTOR'S PRESCRIPTION:

"Take birth control all the time, and take more medicine when you want to get pregnant later in life."

Photo: 26 years old, on birth control



MY STORY

30-38 YEARS OLD

Went off birth control at 30 years old

Frist period 1 year post-birth control (20 days long)

Severe cystic acne for 5 years

Hormonal 'balance' (9 periods a year) 36-38 years old

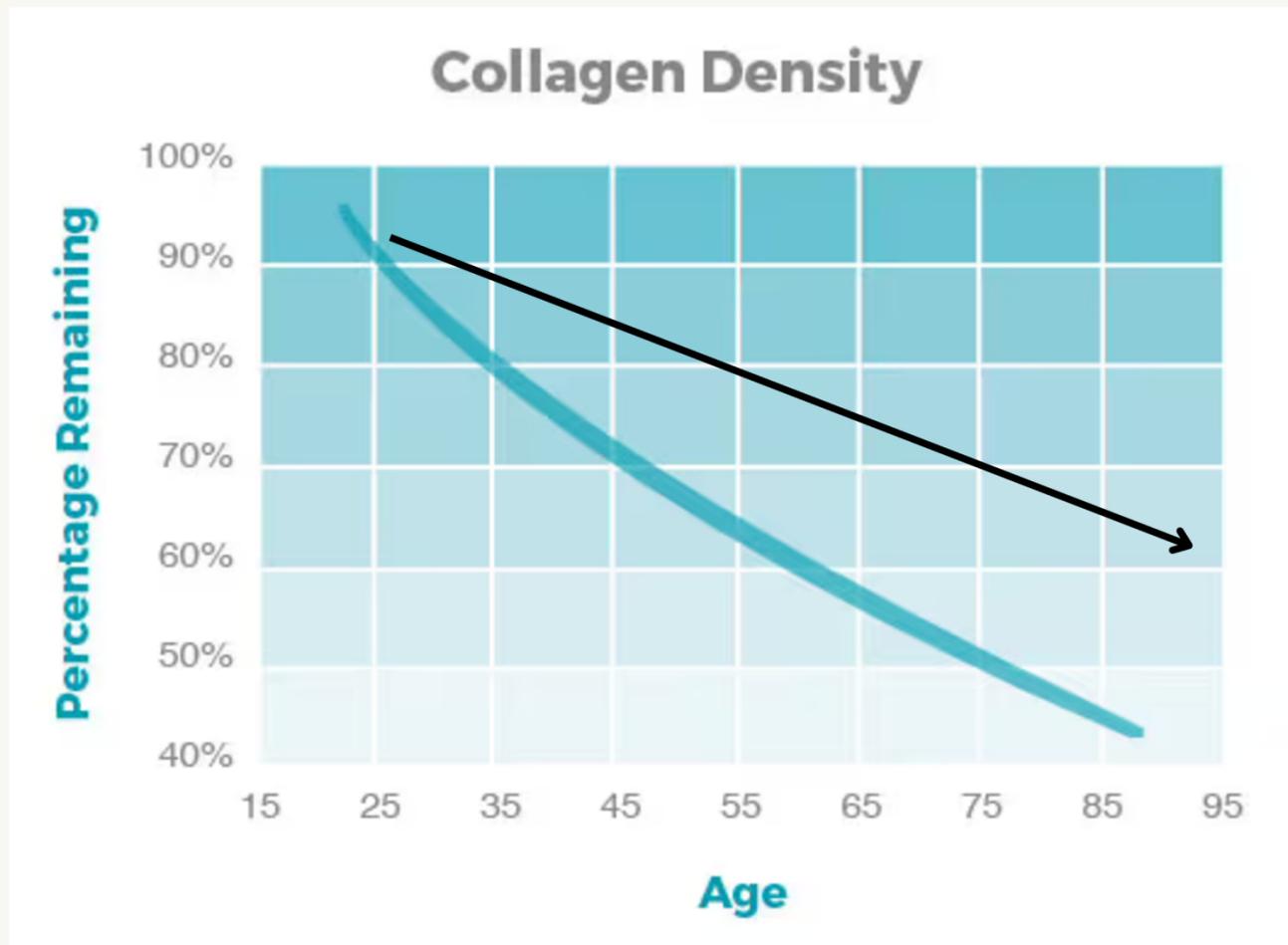
7 peri-menopause symptoms at 38 years old

Photo: 37 years old, off birth control

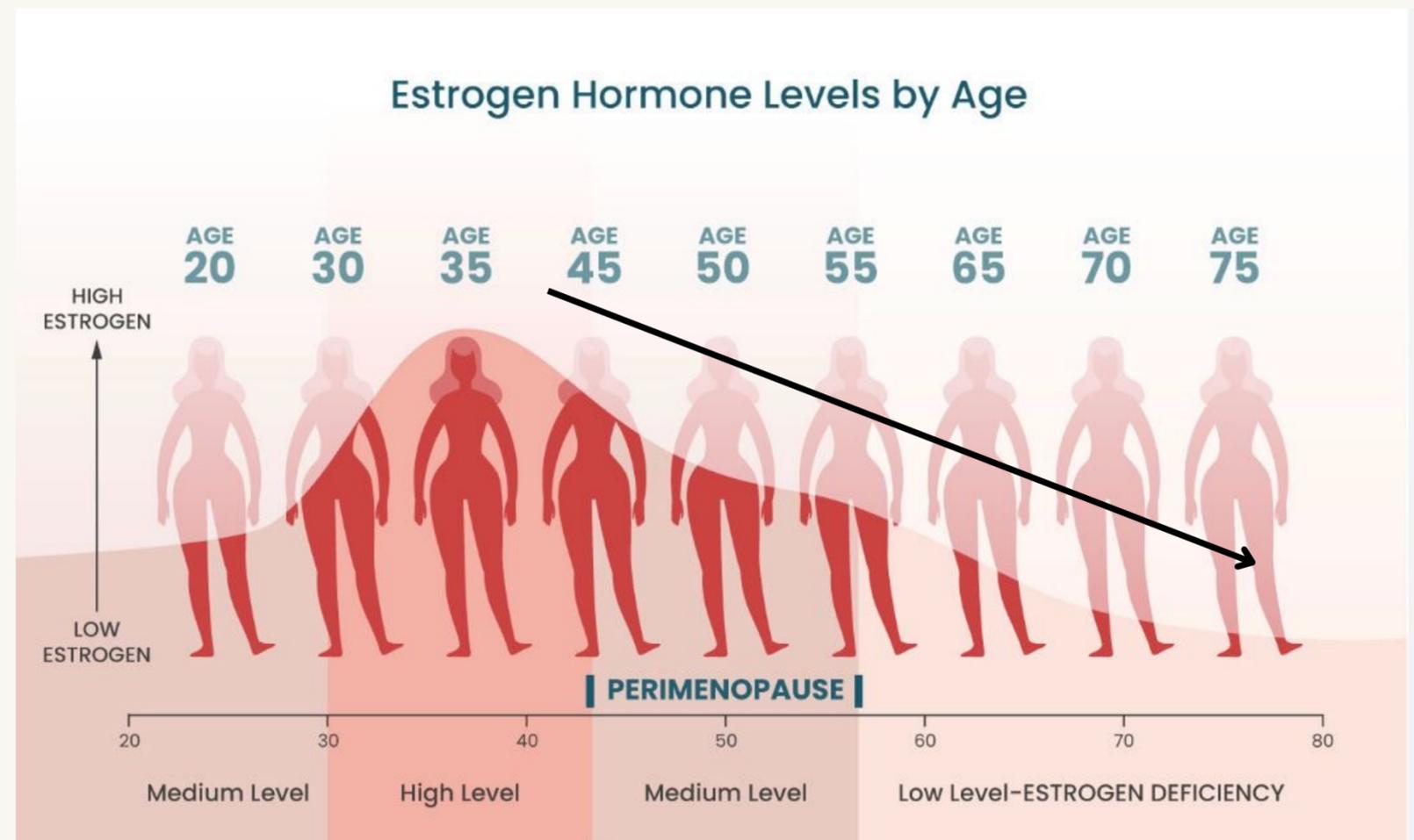


THE ESTROGEN CLIFF

I HAD A DREAM... TO FLY OFF THE CLIFF



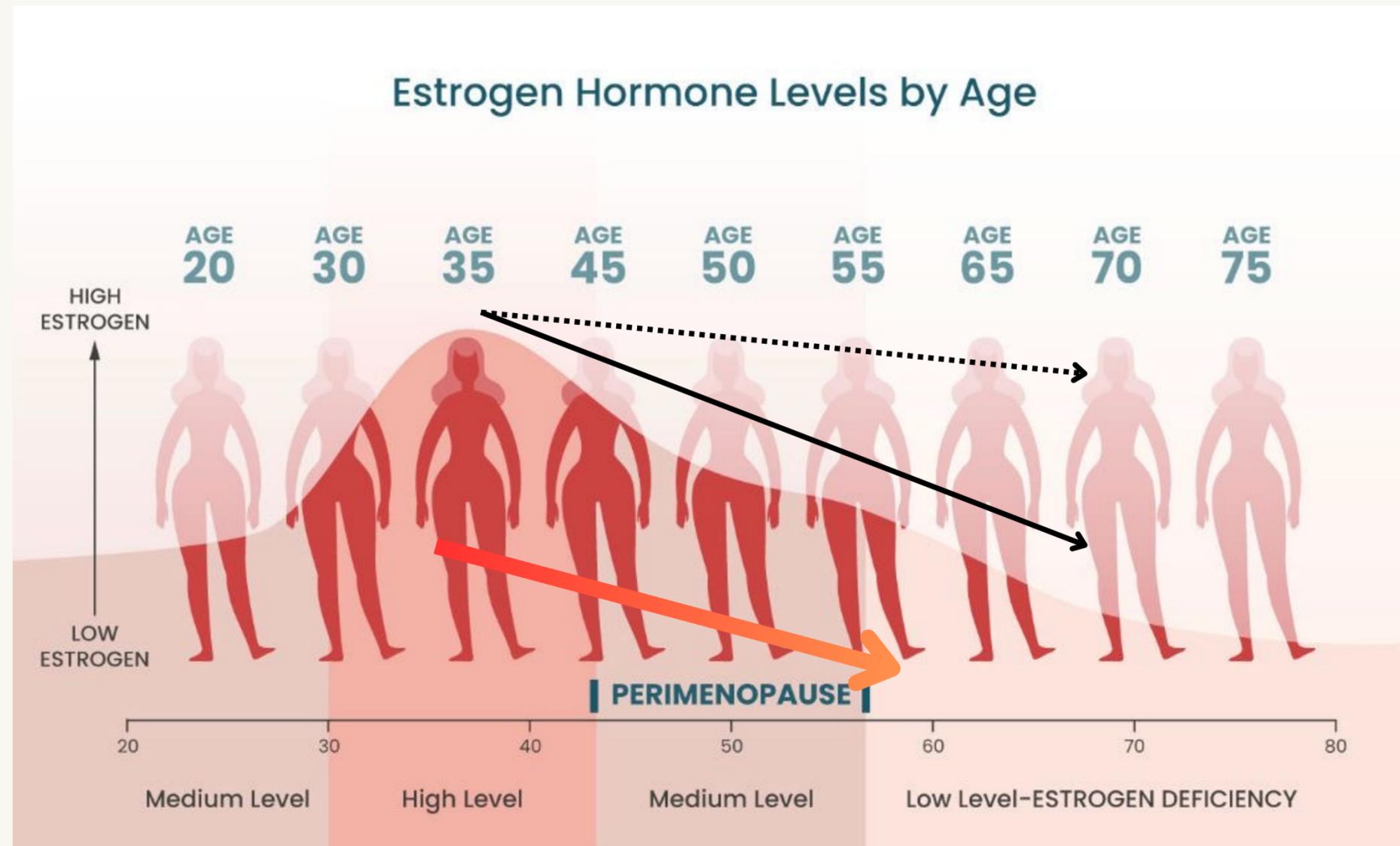
www.vitabiotics.com



www.herstasis.com

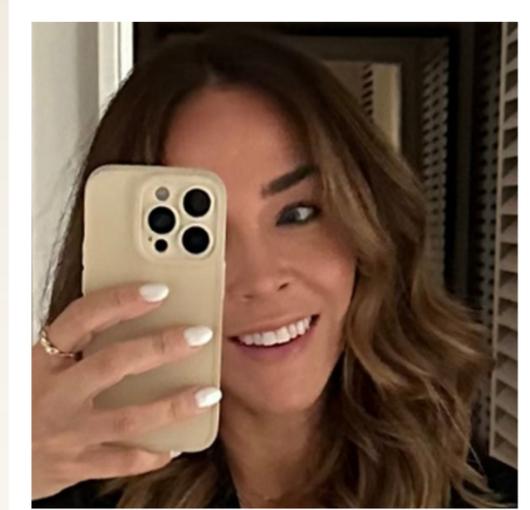
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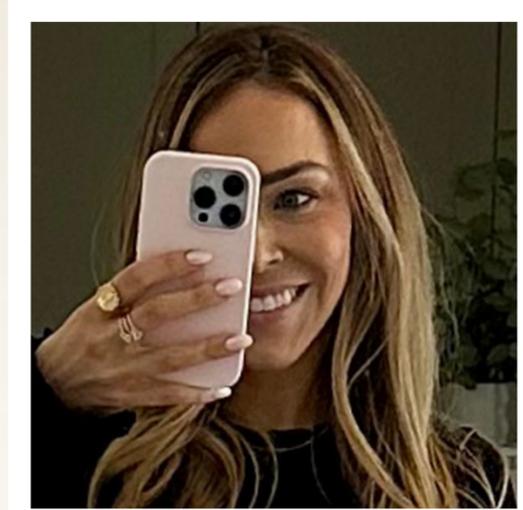


www.herstasis.com

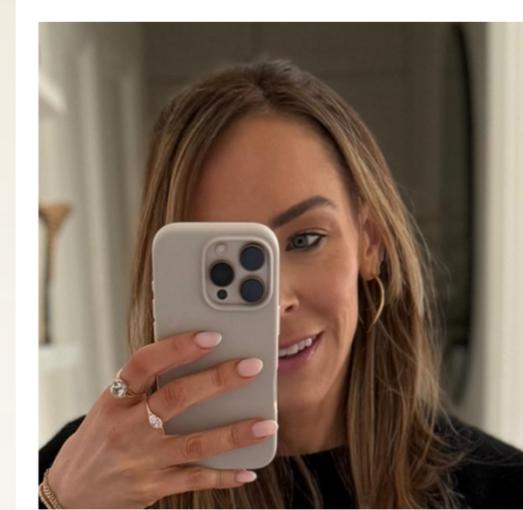
JULY 2023
PRE-BIRTH CONTROL



JUNE 2024
NEUVA RING



MAY 2025
ZOELY



BIRTH CONTROL “HRT”

NEUVA RING: Bloating, inflammation, histamine issues year round, bladder issues, high cortisol, weight gain, destabilised insulin, synthetic estrone backloged, wine cravings

ZOELY: Histamines mildly improved, fascia dry, night sweats worsened, bladder worsened, libido/sensation gone, labia major decline, hair loss, collagen declined, eyesight worsened, waist and breasts decreased

INNER VOICE GUIDANCE

“Find new solutions...”

IT WASN'T 'PCOS' IT WAS...

ESTROGEN

| GENE | RSID | GENOTYPE |
|--------|-----------|----------|
| CYP1B1 | rs1056836 | CG |

PAGE 60

BELLA LIVELY

THE *designer* GENES CO.

| | | |
|-------------|-----------|----|
| GSTP1 | rs1695 | AG |
| ESR1 | rs2234693 | TT |
| CYP1A1 | rs2606345 | AC |
| CYP3A4 | rs2740574 | TT |
| COMT | rs4680 | AG |
| CYP19A1 | rs7176005 | CC |
| CYP19A1 | rs749292 | GG |
| ESR1 | rs9340799 | AA |

THYROID

| GENE | RSID | GENOTYPE |
|---------|------------|----------|
| DIO1 | rs11206244 | CC |
| PDE8B | rs12515498 | TT |
| DIO2 | rs12885300 | TT |
| PDE8B | rs1382879 | TT |
| DIO1 | rs2235544 | AC |
| DIO2 | rs225014 | TT |
| SLCO1B1 | rs4149056 | TC |
| PDE8B | rs4704397 | GG |
| PDE8B | rs6885099 | AA |
| THRA | rs939348 | CC |

19,683 Unique Genotype Profiles

ESTROGEN

| GENE | RSID | GENOTYPE |
|--------|-----------|-------------------------------|
| CYP1B1 | rs1056836 | PHASE 1 (4-OH) CG DNA* |

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BELLA LIVELY

THE *designer* GENES CO.

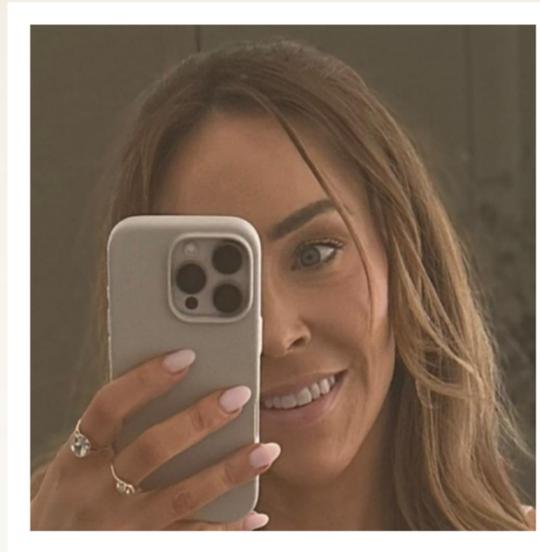
| | | |
|---|-----------|------------------------------------|
| GSTP1 | rs1695 | PHASE 2 (G) AG |
|  ESR1 | rs2234693 | RECEPTORS TT |
| CYP1A1 | rs2606345 | PHASE 1 (2-OH) AC |
|  CYP3A4 | rs2740574 | PHASE 1 (16A-OH) TT SWAMPY* |
| COMT | rs4680 | PHASE 2 (METHALATION) AG |
| CYP19A1 | rs7176005 | T INTO E CC |
| CYP19A1 | rs749292 | E PRODUCTION GG |
|  ESR1 | rs9340799 | RECEPTORS AA |

BHRT TRANSFORMATION

PRE-BHRT



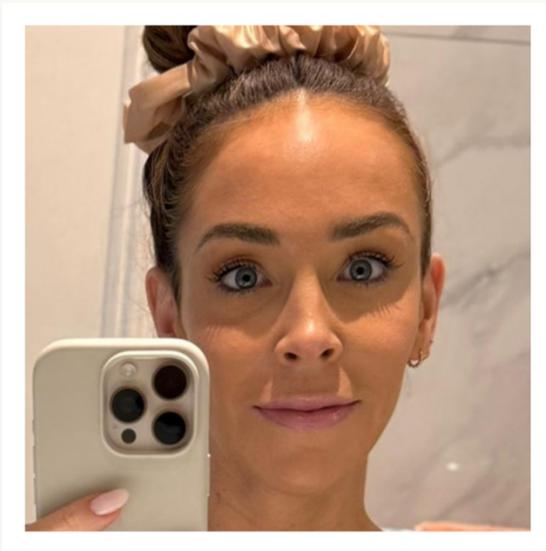
DAY 5



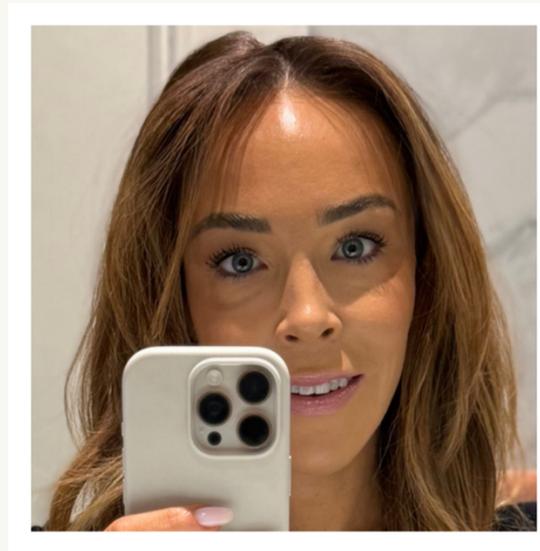
DAY 10



DAY 16



DAY 47



DAY 60



Symptoms

BHRT

- Night sweats gone
- Histamine flares gone
- **DEXA SCAN:** *better than 85% of 25 year olds!*
- Sleep deeply & fully through the night
- Eyes brighter + white
- See small items clearer
- Cortisol dropped
- Subcutaneous fat pads refilled
- Hair growing intensely
- Wine cravings gone
- Libido back, labia refilling
- Breasts regrew, better lift (braless!)
- Bladder 70% better at 2 months

OCTOBER, 17
41 YEARS OLD





THE FLOW OF *Estrogen*

THREE TYPES, TWO METAPHORS

Three types of Estrogen

1. ESTRADIOL (E₂)

- Main player in reproductive years.
- **Keeps skin plump, mood bright, and metabolism steady.**
- Converts into the other two estrogens as needed.
- *The youthful radiance hormone.*

2. ESTRONE (E₁)

- Becomes dominant *after* menopause.
- Made mostly from fat tissue via aromatase.
- **Can be potent or sluggish depending on detox pathways (clearance).**

3. ESTRIOL (E₃)

- Weakest but most soothing form.
- Supports vaginal tissue, bladder tone, and skin hydration.
- **Often used in topical BHRT (skin) for comfort and collagen.**
- *The calming, nurturing estrogen.*

On the fear of estrogen...

WOMEN'S HEALTH INITIATIVE (WHI) 1993-2005 STUDY



PRE

PREGNANT

MAR

MARE
(FEMALE HORSE)

IN

URINE



what estrogen was used in the WHI study

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AI Overview

The primary estrogen used in the Women's Health Initiative (WHI) study was **conjugated equine estrogen (CEE)**, derived from the urine of pregnant mares. This was used in two main study groups: one with CEE combined with medroxyprogesterone acetate (MPA) for women with a uterus, and another with CEE-alone for women without a uterus.

- **CEE-only group:** Women who had a hysterectomy were given CEE or a placebo.
- **CEE + MPA group:** Women with an intact uterus were given a combination of CEE and medroxyprogesterone acetate (MPA) or a placebo.
- **Study design:** The study used only one oral dose and formulation of these



what is premarin made from

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AI Overview

Premarin is made from **the urine of pregnant mares, which contains a mixture of conjugated estrogens**. The name "Premarin" itself comes from "pregnant mare urine". The active ingredients are a complex mixture of naturally occurring estrogens, with the main ones being sodium estrone sulfate and sodium equilin sulfate.

- **Source material:** Premarin is derived from the urine of pregnant horses, hence the name.
- **Active ingredients:** The active ingredients are a mix of conjugated estrogens, primarily sodium estrone sulfate and sodium equilin sulfate.
- **Other components:** The mixture also contains other estrogen sulfate conjugates, such as 17 α -estradiol, 17 β -estradiol, 17 α -dihydroequilin, and 17 β -

On the fear of estrogen...

WOMEN'S HEALTH INITIATIVE (WHI), 1993-2005 STUDY



is there any bioidentical estradiol in premarin?

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◆ AI Overview

No, Premarin does not contain bioidentical estradiol. Premarin is composed of conjugated equine estrogens (CEE) derived from pregnant horses, and these hormones are not chemically identical to the estradiol produced by the human body. Bioidentical estradiol, which is the same molecule as human estrogen, can be either synthetic or derived from plant sources like soy or wild yam and is chemically identical to the estrogen the body produces. [🔗](#)

| Feature | Premarin | Bioidentical Estradiol |
|---------|----------------------|--|
| Source | Pregnant horse urine | Lab-synthesized from plant sources (e.g., soy, wild yam) |

On the fear of estrogen...

WOMEN'S HEALTH INITIATIVE (WHI), 1993-2005 STUDY



did the women in the hysterectomy group in the WHI study have a higher risk for breast car

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◆ AI Overview

No, women in the hysterectomy group in the WHI study did not have a higher risk for breast cancer; in fact, they had a reduced risk when taking estrogen-alone therapy. The higher breast cancer risk was found in women with an intact uterus who took combined estrogen plus progestin. [🔗](#)

- **Hysterectomy group:** Women who had a hysterectomy were assigned to receive estrogen-alone therapy or a placebo. This group experienced a statistically significant decrease in the incidence of breast cancer compared to the placebo group.
- **Intact uterus group:** Women with an intact uterus were assigned to combined estrogen plus progestin therapy. This group experienced a statistically significant

Estrogen as “Blueberries”



E₂ ESTRADIOL

- Fresh, nutrient-rich blueberries, full of vitality and life... just like E₂.
- Primarily made in the ovaries and fuels skin, mood, and metabolism.
- Naturally decreases during perimenopause and menopause without supplementation.



E₁ ESTRONE +

- Once your body's done using E₂, those same berries start to age.
- If they sit around too long (unexcreted), they become “moldy blueberries” estrone (E₁) and its phase-1 metabolites (16 α -OH, 4-OH).
- When clearance and bile flow slow down, these “mouldy” forms can linger in the system, contributing to puffiness, mood swings, heavier cycles, water retention, and cellular irritation.

E1 & METABOLITES

THE ELEMENTS THAT ARE IMPORTANT
& MORE NUANCED

- E1 itself likes to store in fat tissue: especially around the belly, hips, and thighs. It's *chemical fat*, not calorie fat.
- The more fat tissue there is, the more E1 gets made: creating a self-feeding loop that *keeps estrogen recirculating*.
- **16 α -OH acts like sticky syrup**, clinging to receptors and adding puffiness and fluid retention.
- **4-OH can irritate cells if not methylated and cleared**, think of it as the toxic mold within the batch.



E1 & METABOLITES

THE ELEMENTS THAT ARE IMPORTANT
& MORE NUANCED

FRESH E2
IN MORNING



E1 BACKLOG
BY NIGHT



The Estrogen “Sink”

FAUCET OF
FRESH WATER:
ESTRADIOL (E₂)

SLUGGISH DRAIN:
POOLING ESTRONE (E₁)
+ METABOLITES

Inhale

WAYS YOUR BODY GETS FRESH ESTRADIOL

BODY CREATES IT

- Ovaries are the primary producer of E2 in the body naturally.
- Even after that ovarian silence, adipose, adrenals, and brain still convert small amounts of androgens into E1 and E2. But these are micro doses.

BHRT

- **Gel** / creams
- Sprays
- Pills (liver)
- **Patches**
- Pellets
- Injectibles

Exhale

CLEARING USED E1 + METABOLITES

BODY'S NATURAL CLEARANCE SYSTEMS

- **Phase 1:** Liver Processing
- **Phase 2:** Methylation & Neutralising
- **Phase 3:** Excretion & Release

CLEARANCE SUPPLEMENTS + SUPPORTS

- Supplements
- Peptides
- Foods: broccoli sprouts
- Sauna(!)
- IV's (glutathione)

Phase 01

SORTING AND TAGGING: ESTRADIOL (E₂) GETS BROKEN DOWN

- 2-OH (clean, light)
- 4-OH (irritating)
- 16 α -OH (clingy)
- If this phase is too fast or imbalanced, you end up with too many half-processed estrogens floating around.
- *Phase 1 decides what kind of estrogen metabolite you make.*

SUPPLEMENTS

- **DIM:** supports 2-OH pathway
 - Start low on DIM (25–50mg) and go slow; can over-clear if very low
- **Broccoli Sprouts** (Sulforaphane): daily handful for epigenetic Phase 1 support

Phase 02

NEUTRALISING & SEALING: WRAPPING THEM SAFELY SO THEY CAN'T CAUSE TROUBLE

- Phase 2 decides whether it's safe to travel through the body.
- If methylation is sluggish (slow COMT gene, low nutrients), those reactive metabolites (especially 4-OH) can irritate cells instead of leaving peacefully.

SUPPLEMENTS

- **NAC (N-acetylcysteine):** precursor to glutathione
- **Glutathione:** injectable or liposomal, supports ALL phases (*LOVE!*)
- **Methylated B vitamins:** esp. B2, B6, B12, folate (not folic acid)
- **Magnesium glycinate:** cofactor support



Phase 03

ELIMINATION: THE NOW-NEUTRAL ESTROGENS MUST EXIT THROUGH BILE, STOOL & URINE

- Constipation, poor bile flow, or slow lymph = clogged drain.
- This is where recirculation happens — the “mouldy blueberries” loop back in.
- Phase 3 decides whether the used estrogens actually leave the body... or sneak back into circulation.

SUPPLEMENTS

- **Psyllium husk:** clears bile & estrogen from gut wall
- **Sunflower lecithin w/ almond butter:** improves bile flow, supports fat digestion
- **LMNT/electrolytes:** hydration
- **Magnesium citrate:** bowel movement resuce
- **Sauna:** skin-based excretion

Lessons I've learned...

BODY NEEDS CHANGE AS FREQUENCY CHANGES

What was a saviour during one week or phase was a backlog for the next phase.

Notice how your body reacts and adjust accordingly.

(Also: you need to find your body's speed. Mine was *fast*; your's could be slow. Honor whichever it is, and don't live it based on other's pace.)

MEDICAL COLLABORATION, NOT CO-DEPENDENCY

Don't settle for simply "do what the doctor tells you." Find the doctor that listens to you, *your* goals, and *your* symptoms.

Like religious leaders, life coaches, therapists, garbage collectors, podcasters, etc... not all doctors are the same, nor come with the same level of awareness, approach, or expertise.

Choose the one that aligns for you.

GENES + SYMPTOMS OVER LABS

Genes + symptoms often tell a better story than "labs" alone (ESR1 gene)...

For people with genes like mine, labs weren't a complete answer. And blood levels shift hourly, weekly, monthly, and beyond.

Lessons I've learned...

THE BODY DOESN'T HAVE OPINIONS ABOUT SOURCES

Neither 'all natural,'
pharmaceutical, supplements, or
peptides are the ONLY answer.

The body responds to what helps
support its signals and needs in
the given moment, it doesn't care
where it comes from being "right"
or "good" to the mind.

FOCUS ON WHAT WORKS FOR YOU

What works for someone else
might be opposite for you,
depending on your gene
expression. (Lindsey vs. me.)

KEEP LEARNING AND GROWING

I know more than I knew before;
and I'll know more in a month
than I know right now.

Thank you
for joining

