

VOLUME 01

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WOMEN'S REPRODUCTIVE  
HEALTH

LIFE STYLE

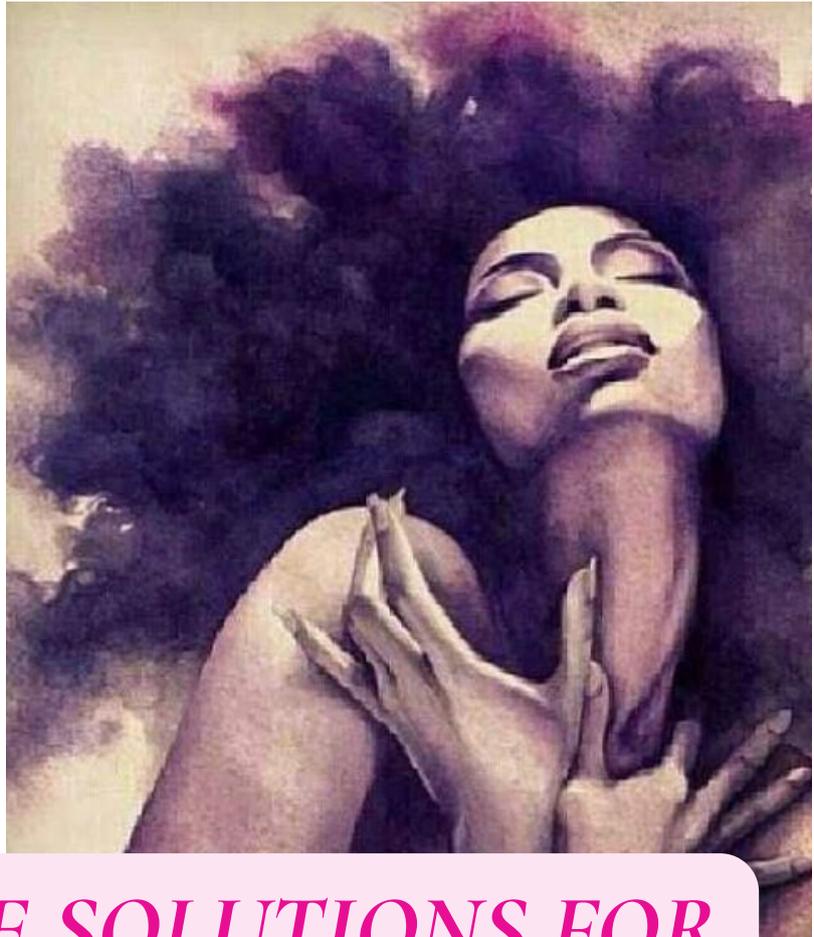
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WOMAN



Herbalist

Vo Simone



## HORMONE SOLUTIONS FOR WOMEN'S REPRODUCTIVE HEALTH

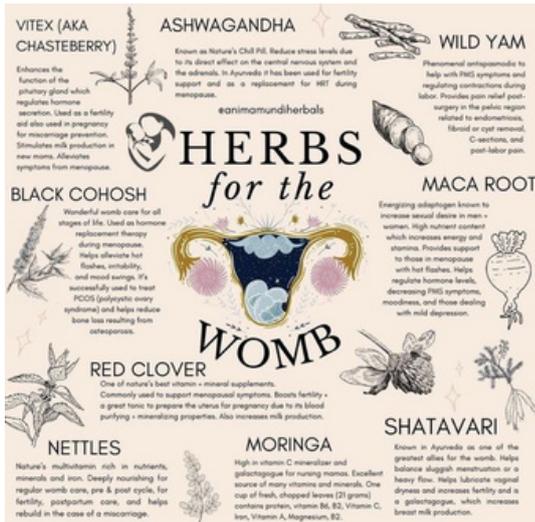
Even women in their 20s and 30s may require hormone replacement therapy for many different reasons. Being a woman is so extra!

Oftentimes, you may notice your mood changing before you have any physical symptoms. A few things to watch out for are unexplained irritability, depression, and mood swings. You might find that you just can't seem to get out of bed, or even the smallest things get to you more easily than they used to. Feeling constantly tired and not being able to sleep are also clues that something isn't quite right.

A lot of women that I work and consult with about their body seem to always have the same revolving symptoms! Polycystic Ovary Syndrome (PCOS), Perimenopause, Menopause, Interstitial Cystitis, Uterine Fibroids, Endometriosis, or just odd hormonal imbalances that make you feel like you're losing your mind!

But check it out, I did some digging...

You see, we weren't taught in school nor were we able to depend on our parents to know what our body needs because the science and studies pertaining to our bodies have been controlled by men WAY too long.



## So what are you saying to us Lo?

What I'm saying is that, I know we are uncertain of what's going on when we're experiencing that imbalance. But as you keep reading I want you to notice how everything we deal with keeps coming from the same thing...HORMONES!!

## Fun Fact:

**Did you know that raw vegan diets stop you from having a period completely? If there is nothing to clean, there's no reason to menstruate.**

## Let's Talk Menopause

What the hell is it?

The end of a woman's menstrual periods is known as menopause.

Any of the changes you go through just before or after your period stops, signaling the end of your reproductive years.

This usually begins after the age of 40.

It is a normal part of aging but some can go through it early i.e. what we discussed earlier about PMS.

## So what's happening to our bodies when we're experiencing this Lo?

Well, we're back to my favorite word. "hormones". They begin to go all out of wack and some wake up thinking that they're finally turning into their fathers when they sense a hair grown on their chin.

*Relax...breathe....woosahh....*

What's happening is your ovaries have decided to relax on ovulating and creating our essential hormones that make us "women", **estrogen and progesterone**. As you may already know, these hormones controls our period, which begins to finally slow up during your transition from late adulthood to your golden years.

*So, once again we are constantly dealing with hormonal transitions and imbalances our entire lives. How annoying is that?*

## Let's talk about the signs

*Hot flashes are abrupt feelings of warmth that spread over the upper body, sometimes accompanied by blushing and perspiration in most women approaching menopause. Most women get moderate flashes, while others experience severe flashes.*

## You may also notice:

- Uneven or missed periods
- Vaginal dryness
- Sore breasts
- Needing to pee more often
- Trouble sleeping
- Emotional changes
- Dry skin, eyes, or mouth



**HOW TO BALANCE IT:**

**birth control**  
HIGH SUGAR/FLOUR FOODS  
**BINGE DRINKING**  
dairy  
**teflon pans**  
cleaning & laundry products

**CAUSES:**

**EFFECTS:**

ACNE  
sore breasts  
BLOOD CLOTS  
WEIGHT GAIN  
PMS/cramps

**anxiety**  
PANIC ATTACKS  
ANGER/IRRITABILITY  
asthma/allergies

**HIGH ESTROGEN**

**LOW ESTROGEN**

**CAUSES:**

POOR CONCENTRATION  
**low self-esteem**  
headaches/migraines

Fatigue  
OSTEOPOROSIS  
depression  
HOT FLASHES  
infertility  
UTI's  
low libido

**low-fat diets**  
vegetable oils  
**MENOPAUSE**  
caffeine intake  
(in Caucasian women)  
ANOREXIA

**EFFECTS:**

**HOW TO BALANCE IT:**

Not to mention, women of color are often overlooked when we express our issues with our body.

It's not fair how far behind we are in obtaining new information for us. Hell, we're still learning how to properly take care of our hygiene for our sensitive parts.

Our western influences have truly allowed way too much confusion for us women of color. We settle for whatever we see on the shelves in stores, but is that really for us? Unlikely, but that's besides the point. So, queens please allow me to educate you on some things pertaining to our bodies

**Premenstrual syndrome (PMS)**

**Premenstrual syndrome (PMS) is experienced by approximately 80% of people with periods, and about 50% of them seek medical attention. Bloating is one of those symptoms, which is not always caused by fluid retention, but could result from inflammation as well.**

During your period, you may experience bleeding due to changes in the levels of the sex hormones progesterone and estrogen. The uterus sheds its lining about a week before your period starts when your progesterone levels drop. This is what causes menstrual bleeding.

The fact that you are experiencing these things doesn't mean it's definite. I know that we don't all like to take painkillers, but what are you doing to make your flow easier on yourself? **Semaine Health**

## So what are you saying to us Lo?

What I'm saying is that, I know we are uncertain of what's going on when we're experiencing that imbalance. But as you keep reading I want you to notice how everything we deal with keeps coming from the same things over and over again!

*Alright sistas, let's talk about the one thing we deal with the longest. We all know it by several names/sayings: Aunt Flo, "Mother nature is calling", On the Rag, Time of month/TOM, Shark week, Code red, etc... At this point, we already know what it is we just want to know how to control the symptoms, am I right? Well, keep reading queens. We're almost done ;)*

## The importance of diet during her cycle

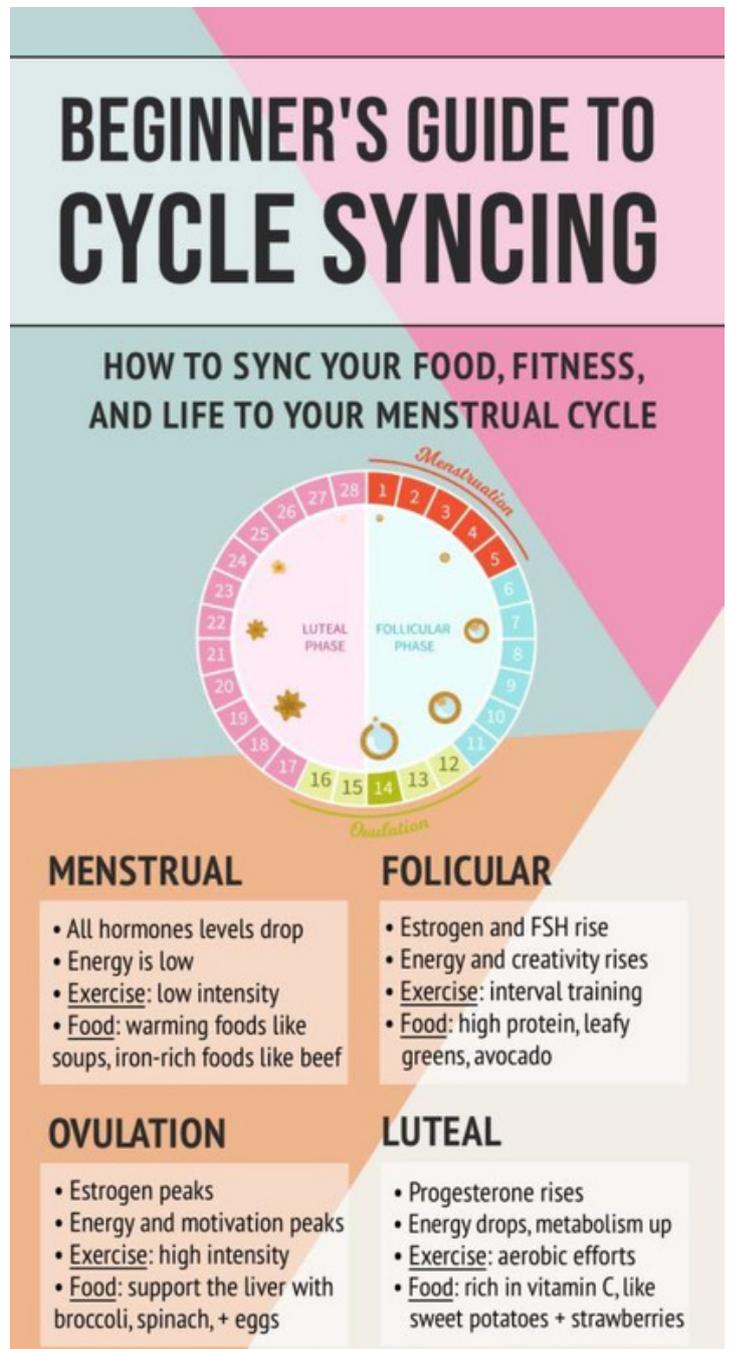
It is imperative for women of all ages to be aware of the ways that nutrition and food choices can support our hormones.

Menstrual cycles are an indicator of our overall health. Regularity and ease of your menstrual cycle provide you with insight into your overall health. Some health professionals consider it the 5th vital sign.

A woman's menstrual cycle is so significant because it indicates whether or not she is healthy and capable of reproducing. In times of illness or stress, reproduction is often the first system to shut down.

## Four phases of our cycle

Menstruation is often thought of as the main event of a cycle, but there are actually four phases. Keeping a journal of your mood and food cravings each day will help you monitor your change from phase to phase.



## Four phase cycle

Designed by: Coconuts and Kettle Bells

**Menstrual Phase (Days 1-5)**

The first day of bleeding marks the beginning of your cycle. Menstruation usually occurs between days 1-5, though your specific period length may differ. Normal bleeding can last anywhere from 2-7 days, though most women bleed for 3-5 days.

**Follicular Phase (Days 7-16)**

When you stop bleeding, you enter the follicular phase, which lasts from days 5-14 (or from the last day of bleeding to ovulation). In preparation for ovulation, your body chooses one dominant follicle to nurture and grow.

**Luteal Phase (Days 16-21)**

Your body remains hopeful that a fertilized egg will implant itself in your uterus after ovulation. During the luteal phase, roughly days 16-21 after ovulation, women are getting ready for menstruation.

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In this luteal phase, progesterone levels rise, causing a nutrient-dense uterine lining to develop. When the egg is fertilized, the dominant follicle, also called the corpus luteum, is mainly responsible for secreting progesterone, which ensures a successful pregnancy.

**Premenstrual Phase (Days 21-28)**

If the egg is not fertilized, your body has gotten the message that you are not pregnant (for days 21-28). Thus, it prepares to shed the uterine lining again and repeat the cycle. As the corpus luteum begins dying, it takes progesterone with it. Estrogen remains lower as well.

This phase is when many women experience premenstrual syndrome, or PMS. PMS often occurs due to low progesterone levels, usually a result of poor follicle creation and/or unsuccessful ovulation (meaning the egg was not healthy enough or you did not ovulate at all.)

Your premenstrual phase ends with the first day of real bleeding, marking the first day of your next cycle.

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**FAQs*****Can seed cycling help support hormone balance?***

*Seed cycling is one of the easiest ways you can support your hormones in a gentle, yet effective way. This simple practice helps support balanced hormone levels, reduces PMS symptoms, boosts fertility and can help stimulate menstruation if it's absent (amenorrhea).*

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## Do all women need to take iron?

Not all women need to take iron during their menstrual cycle. Test your ferritin levels before going on Iron.

### What is a good ferritin level? Why is ferritin important?

Ferritin is different than iron; it is a protein that controls the capacity of your body to store and release iron as needed. Iron is required for adequate T3 and T4 production and utilization. If the body senses low iron storage from low ferritin levels, it won't produce adequate thyroid hormones

## How to Eat for Each Phase

**How to Eat FOR YOUR Menstrual Cycle**

Your diet is a great way to optimize each phase of your cycle. Not only do you get to target potential symptoms with key nutrients, but your cycle is a built-in way to rotate your foods and ensure variety in your diet.

Menstrual Phase DAYS 1-5	Follicular Phase DAYS 5-15
nutrient-dense, anti-inflammatory foods iron-containing foods	normal balanced diet nourishing foods
Luteal Phase DAYS 16-21	Premenstrual Phase DAYS 21-28
cruciferous vegetables, antioxidant-rich berries, protein, fiber	magnesium-rich foods

Eating for your cycle can be a fun and nourishing way to support your hormonal health at every phase of your menstrual cycle.

## Supplements

Not to worry, your Urban Hippie is here to inform my queens of some great alternative/preventative solutions to take care of our reproductive health.

Below are some supplements that I have also tried on myself or recommended to others and they had positive feedback!

[Estrogen Balance - Hormone Balance for Women with DIM- Menopause Relief, Estrogen Blocker and Hormonal Acne Treatment - Plus BioPerine - 60 Capsule](#)

### Primary Ingredients:

- BioPerine: BioPerine, is a patented extract of piperine that is easy for your body to absorb and found in many supplements. Studies show that piperine might help enhance nutrient absorption, stabilize blood sugar levels, combat cancer cell growth, decrease inflammation, and boost brain function.

- Diindolylmethane: Diindolylmethane (DIM) is a metabolite of Indole-3-carbinol (I3C), a compound found in cruciferous vegetables including broccoli, cabbage, and cauliflower. It is the most studied of all I3C metabolites and is thought to be superior to I3C as a chemoprotective compound for breast cancer and prostate cancer (3)

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**Go with The Flow Hormone Balance for Women - Supports All Hormonal Stages | PMS Relief | Hot Flashes Menopause Relief | 100% Plant Based | 60 Vegan Non-GMO Capsules**

**Primary Ingredients:**

- 100% Plant-Based - Consists of 4 powerful herbs: Chasteberry, Gelatinized Maca Root, Black Cohosh Root, & Dong Quai. Each herb included has been widely studied and is well known for their to ability to provide effective menopause and PMS support.

**Other Supplements**

Happy Healthy Hippie Positively Pregnant - Fertility Supplement - Women's Plant Based Hormone Balancing Conception Support Fertility Supplements - Red Clover, Chasteberry, Shatavari Extract - 60ct

Organic Vegan Super Greens Capsules with Ashwagandha - Immune Support with All Natural Whole Food Nutrients Chlorella, Moringa, Spirulina, Turmeric, Kale. Improve Digestion, Boost Energy - Detox Pills

**Herbs & Benefits**

- Shatavari Root**  
Enhances fertility by nourishing and maintaining the womb.
- Red Clover Flower**  
Helps to thicken the uterine lining, which leads to better implantation.
- Chastetree Fruit**  
Balances out hormones and regulates cycle.
- Tribulus Fruit**  
Normalizes the cycle and creates predictable ovulation.
- Raspberry Leaf**  
Contains fragine, an alkaloid that helps to strengthen the uterine wall.
- Black Pepper**  
Enhances absorption of beneficial nutrients.

100% NATURAL | LAB TESTED | NON GMO | VEGAN PRODUCT



**Herbs to consider for your reproductive health:**

- Shatavri
- Ashwaghandha
- Chlorella
- Spirulina
- Vitamin D3 5,000IU
- Maca
- Vitex
- Primrose Oil
- Black Cohosh
- Chamomille
- St. John's Wort
- Red Clover

**Black Owned Stores:**

- Alkaline Healing Herbs
- Soulful Vibes
- Chakra Zulu
- Plantmade Protein
- GOLDE turmeric Wellness Blend
- Shedavi
- Pretty Healthy
- ProBLK
- Motiva
- Anser
- Peak + Valley

*In any case, I hope this was a nice starter for getting some of the women out there to consider their options and invest in some different supplements that can help us. I will update you over time on all the awful things we need to remove from our cabinets and bathroom. My goal is for YOU to lead a healthy, prosperous life. I realize we are behind in educating people about the importance of reproductive health, but I believe that if I keep sprinkling a little bit of information at a time, that it will assist you with your decision making the next time you walk into a store and want something that will benefit you and your body.*

*Lo Simone | The Urban Hippie*



RESOURCES:

- LOW ESTROGEN CAN AFFECT YOU AT ANY AGE
- LOW ESTROGEN SYMPTOMS/CAUSES

HOW TO EAT FOR YOUR CYCLE: FOUR PHASES

		FOLONA	OTHERS
Functional Ingredients	Ashwagandha	✓	⊗
	Moringa	✓	Rarely
	Barley Grass Juice vs. Powder	21:1 Juice Extract Cold Pressed	Weaker Ground up Grass Powder
Health Claims	100% Organic	✓	Sometimes
	100% VEGAN	✓	Sometimes
	NON GMO	✓	Sometimes
	GLUTEN FREE	✓	Sometimes
No Additives	No Maltodextrin	✓	Sometimes
	No Magnesium Stearate	✓	Sometimes
	No Gums	✓	Sometimes

# THANKS FOR READING!

Ah!!!

How exciting is this?! I am constantly bringing more of my talent for the public eye to see! I haven't shown you all that I can do, yet. But I can create brochures, build sites, create magazines and so much more. For now I am still in the developmental stages as I bringing my services to you and figuring it out as I go.

But just give me time to keep figuring out how I plan to spoil my good people with all that I can do, in world of marketing and creating.

I've been aspiring to create magazine blogs for a little while now; since I 2019 when I first started making them for fun. But I come to realize that "Wow! I really can do all things..."

So with that said, I hope that you all will continue to support me by following my blogs, pass my name around to to others, try out some of my services and just keep an eye out for more that I can do.

Lo Symone | The Urban Hippie





Sign up to emails of my monthly newsletters and random updates on my website.

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THANKS FOR  
READING!