



SAUVAGE WELLNESS PRESENTS

Transitioning off of Hormonal Birth Control

A step-by-step guide to ditch hormonal
birth control with ease & confidence



Hello!

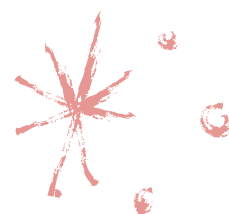
Welcome to the Transitioning Off of Hormonal Birth Control masterclass!

If you're thinking about ditching hormonal birth control for a more natural option but feeling nervous about how to go about it, what to expect, and how to make the shift with fewer symptoms, side effects, and pregnancy fears... then this training is for you!

This masterclass will give you a step-by-step look at how to transition off of hormonal birth control with ease and confidence while supporting your body's natural rhythms.

Thank you for inviting me along to support you!
Let's dive in...

xoxo, Brandy



Here's what we'll cover...

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Our modern medical world spends a lot of time, energy, and resources on making sure we have access to hormonal birth control and that starting on it is as easily as possible.

Unfortunately, the same cannot be said for going OFF of hormonal birth control.

Quite often the hormonal birth control exit looks a lot like this...

>> Women go to their doctors and share that they'd like to go off of hormonal birth control and are often told that they are being **irresponsible** and are **pressured** into trying other hormonal methods.

>> When women ask for help with transitioning off of hormonal birth control they are given very little support beyond scheduling an IUD or implant removal and advice to "simply finish up your current pill pack."

**At the
doctor's
office, we're
given a hard
stop. That's it.**



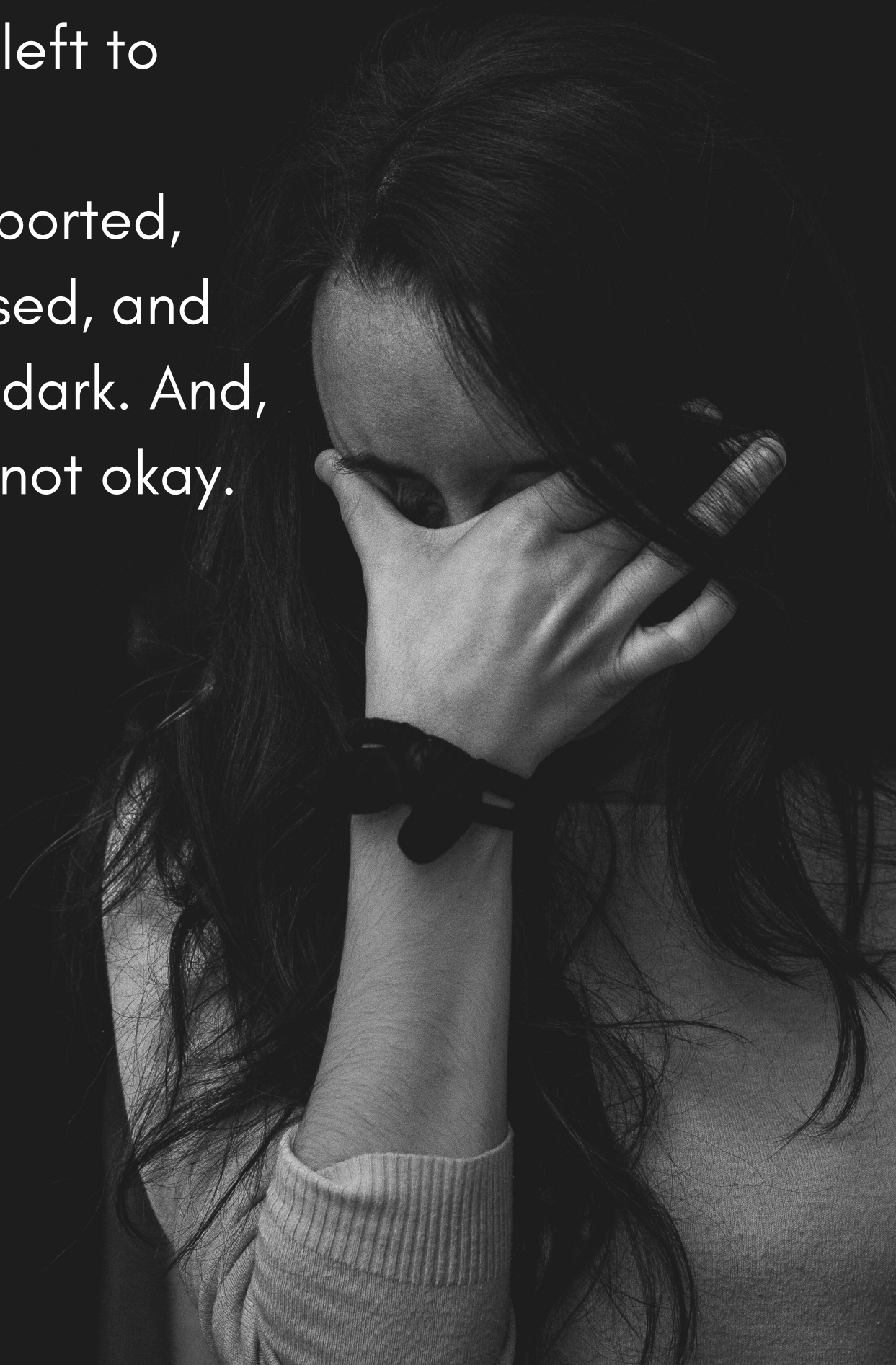
No diet or nutrient support.

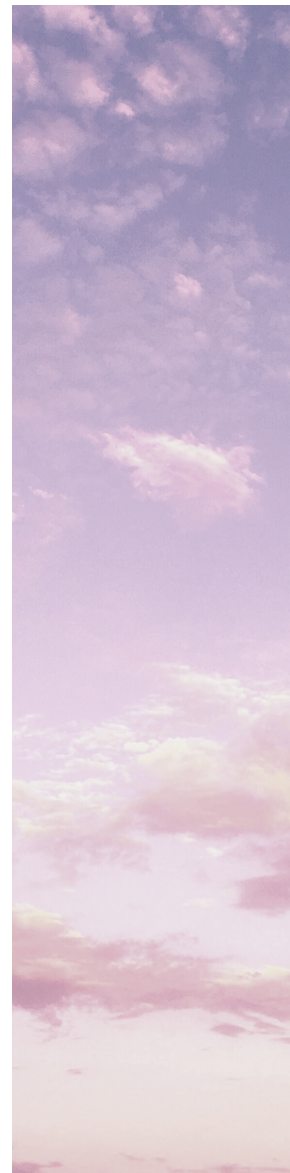
No cycle tracking education.

No support with restarting our natural cycles or regulating what will likely be an irregular cycle when it does finally return.

“

We're left to
feel
unsupported,
confused, and
in the dark. And,
that's not okay.





The process should be as supportive and straightforward as it was for you to go on hormonal birth control.

You should be able to feel as **empowered**, & **confident** going off of hormonal birth control as you did going on it.

That's what this training is here to do for you!



Post-Hormonal Birth Control Syndrome

What is post-hormonal birth control syndrome?



Before we dive into the step-by-step plan to transition off of hormonal birth control, we have to first talk about something very few people know about and that's Post Birth Control Syndrome.

That's right, there's an entire medical condition that can be triggered by going off of hormonal birth control.

Post birth control syndrome is a series of symptoms that are commonly seen in people who have newly transitioned off of hormonal birth control.

What is post-hormonal birth control syndrome?

Symptoms of post birth control syndrome include...

- >> Amenorrhea (loss of periods)
- >> Heavy, painful periods
- >> Thyroid issues
- >> Hair loss
- >> Acne
- >> Migraines and headaches
- >> Depression
- >> Blood sugar issues
- >> Anxiety
- >> Gut health issues
- >> Chronic inflammation

([source](#))



What is post-hormonal birth control syndrome?



The symptoms of post birth control syndrome are likely a result of the hormonal suppression, nutrient deficiencies, and inflammation that hormonal birth control causes for many users.

A great resource on post birth control syndrome is the book *Beyond The Pill* by Jolene Brighten.

(It will make you curse the day you were ever put on hormonal birth control. You've been warned.)

([source](#))



3 Crucial Areas of Support When Ditching Hormonal Birth Control

#1. Replenish vital nutrients depleted by the pill (jury is still out on other forms of contraceptives)

#2. Decrease inflammation triggered by hormonal contraceptives

#3. Jump start natural hormone production to create a regular, healthy menstrual cycle.

How To Support Your Body as You Transition Off of Hormonal Birth Control





Step 1. Replenish Vital Nutrients

Step 1. Replenish Vital Nutrients



The birth control pill is known to deplete many nutrients that are vital to our health and well-being, especially when it comes to a healthy menstrual cycle that doesn't suck.

A few important nutrients that tend to be depleted include... ([source](#))

>> Magnesium

>> Zinc

>> B-Vitamins

Let's take a look at why these specific nutrients are important to not only your overall health, but to the health of your menstrual cycle as well.

Step 1. Replenish Vital Nutrients

MAGNESIUM

Magnesium regulates the HPA axis (hypothalamus-pituitary-adrenal glands) which regulates how your body and brain respond to stress.

The pituitary gland is also responsible for the production of vital ovulatory hormones like follicle stimulating hormones and luteinizing hormone.

If your brain is under heightened stress, it can impeded and prevent health ovulation.



Step 1. Replenish Vital Nutrients

MAGNESIUM



Then there's your adrenal glands, which are responsible for the production of several different important hormones including cortisol and the adrenal androgen DHEA.

Elevated DHEA can have similar effects to elevated testosterone and cause acne, hair thinning, hair falling out, and coarse dark hair growth on face, breasts, and back.

Elevated cortisol can lead to anxiety and panic attacks.

Step 1. Replenish Vital Nutrients

MAGNESIUM

Magnesium also helps to balance insulin and blood sugar levels. Blood sugar dysregulation and insulin resistance are common culprits of menstrual health issues like PCOS. Healthy blood sugar = healthy menstrual cycle.

Magnesium also helps to ease menstrual cramps just as it helps to relieve muscle cramping elsewhere in the body as well. In fact, it is commonly used for restless leg syndrome.

And lastly, magnesium supports progesterone production which helps counteract heavy periods, pms, long periods, fertility struggles, and more!



Step 1. Replenish Vital Nutrients

MAGNESIUM



Foods that are high in magnesium include - dark chocolate, pepitas, spinach, almonds

Though it is commonly thought that most modern foods are robbed of their magnesium-rich content due to poor soil practices that lead to nutrient depletion.

That's why many naturopathic physicians recommend supplementing with the highly absorbable magnesium glycinate.

You can learn more about replenishing magnesium from Dr. Lara Briden [here](#).

Step 1. Replenish Vital Nutrients

ZINC

Zinc nourishes the ovarian follicles (aka eggs) and therefore supports healthy ovulation.

By supporting healthy ovulation, zinc also supports healthier progesterone production because natural progesterone production is triggered by the act of ovulation.

That's right, we only make progesterone AFTER we ovulate. That's why many women with irregular periods (which means irregular ovulation) struggle with elevated estrogen and low progesterone



Step 1. Replenish Vital Nutrients

ZINC



Healthy ovulation is needed for healthy periods, as well as for healthy fertility and pregnancy achievement.

Zinc also helps lower androgens like testosterone, DHT, and DHEA which tend to be elevated during and newly after hormonal birth control use.

Elevated androgens are often the cause of those pesky symptoms like acne, hair thinning, hair loss, and coarse dark hair growth on face, breasts, back, and abdomen.

Step 1. Replenish Vital Nutrients

ZINC

And, in a wonderful turn of events, zinc also prevents period pain due to its anti-inflammatory properties.

Basically, if you're going off of hormonal birth control, you're going to want healthy zinc levels!

Foods that are rich in zinc...
Eggs, Chickpeas, Meat,
Pepitas, Sesame seeds, Hemp
seed, Beans & legumes, Nuts

([source](#))

Many women ditching hormonal birth control supplement with zinc, as well. You can learn about replenishing zinc [here](#).



Step 1. Replenish Vital Nutrients

B-VITAMINS



B-vitamins serve many important functions. B5 is very soothing and has a calming effect on the body, which is very important given the role that anxiety can play post hormonal birth control.

B6 is known to help lower histamine and therefore estrogen levels because elevated histamine fuels elevated estrogen.

B6 + magnesium combined is a TOP natural protocol for relieving pms symptoms. B-vitamins in general nourish the adrenal glands and ease our stress response system.

Step 1. Replenish Vital Nutrients

B-VITAMINS

Foods that are high in B-vitamins include meat, chickpeas, leafy greens, eggs, legumes, chicken & turkey

([source](#))

Most people transitioning off of hormonal birth control find it helpful to take a high-quality vitamin-B complex supplement, as well.





Step 2. Decrease Inflammation

Step 2. Decrease Inflammation



Inflammation can hinder the ability to have a healthy, comfortable menstrual cycle and can impede ovulation, cause period cramps, create a long heavy flow, increase pms, cause acne breakouts, gut health issues, and more.

Inflammation is also a major player in many feminine health conditions like endometriosis.

Step 2. Decrease Inflammation

Inflammation can be triggered by many everyday things like...

>> Inflammatory foods including sugary foods, processed foods (like packaged cookies, chips, and snacks)

>> Alcohol

>> Caffeine

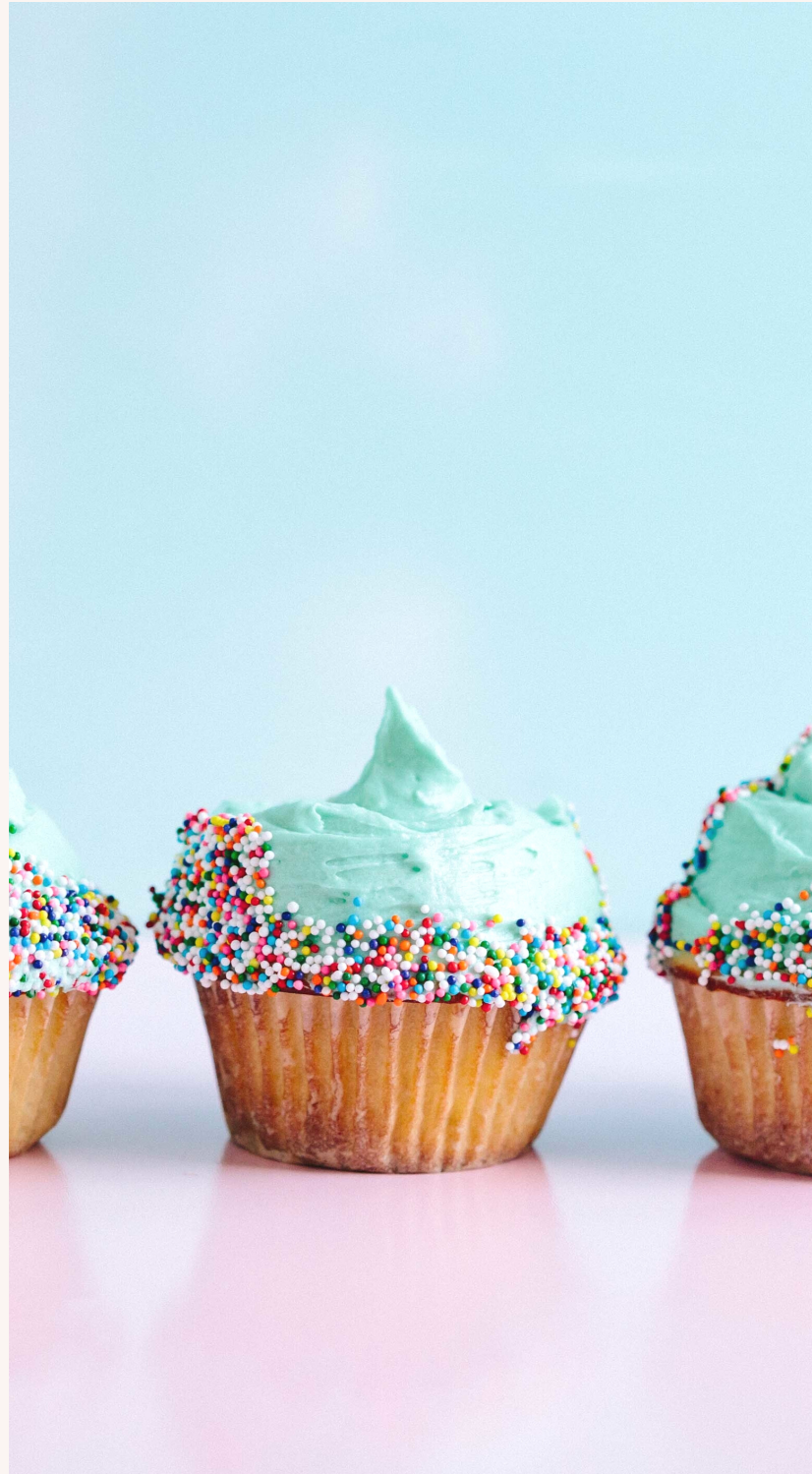
>> Stress

>> Illness

>> Skipping meals

>> Overexercising

>> And more



Step 2. Decrease Inflammation



Often our bodies are in a state of heightened inflammation when on hormonal birth control as a result of the birth control hormones, especially synthetic progestins.

After transitioning off of hormonal birth control the body often experiences increased inflammation as the effects of post birth control syndrome set in such as elevated androgens like testosterone, poor progesterone production, delayed ovulation, and more.

([source](#))

Step 2. Decrease Inflammation

Simple ways to support lowering inflammation include...

>> Eat whole, nutrient-dense foods

- Whole fruit instead of fruit juice
- Fresh veggies instead of packaged veggie chips or processed snacks
- Whole grains like brown rice & quinoa instead of white bread & white rice
- Fresh, organic protein like meat or beans instead of processed vegetarian substitutes and fast-food burgers & chicken



Step 2. Decrease Inflammation



>> Limit or avoid dairy

Most dairy in the US contains A1 casein which is inflammatory for many humans. ([source](#))

Dairy is also histamine stimulating. It can increase the amount of histamine in our bodies.

Histamine & estrogen are linked so that elevated histamine can lead to elevated estrogen. Elevated estrogen in comparison to progesterone in the post-ovulatory phase of the cycle often leads to increased pms, heavy periods, and uncomfortable period symptoms.

Step 2. Decrease Inflammation

>> **Balance Blood Sugar**

Blood sugar dysregulation is a leading cause of hormonal imbalance and menstrual cycle conditions. In fact, it's a leading cause and contributing factor to PCOS.

Balanced blood sugar levels supports balanced hormones.

When blood sugar spikes and dips it places the body in a state of stress that often leads to inflammation, especially when blood sugar spikes and dips happen frequently.



Step 2. Decrease Inflammation



You might be surprised to learn that when we talk about blood sugar spikes and dips, we're really talking about things as simple as not skipping meals, eating a regular intervals, not over or undereating, and eating balanced meals that don't deliver a shot of sugar and empty carbs to our system.

Basically, you've got to eat regularly, you've got to eat enough, and you've got to eat the right nourishing foods.

Step 2. Decrease Inflammation

Many of us are familiar with the fact that sugar is a known culprit for causing blood sugar issues BUT it's not just sugar.

Simple carbs like white rice, white bread, and processed foods and snacks are known to cause blood sugar dysregulation as well.

To balance blood sugar we've got to limit sugar, limit simple carbs, and limit processed foods as well.





Step 3. Support Elimination
(aka Go poop every day!)

Step 3. Support Elimination



Pooping is how your body flushes out excess hormones that it doesn't need.

Your digestive system and liver break down excess estrogen and they flush it out of your body by pooping.

That means, if you're not pooping every day then those excess hormones are staying in your body and mucking things up rather than getting the hell out like they should.

Step 3. Support Elimination

**You know the old saying,
"Girls don't poop."?**

Well a more accurate saying is, "A girl who doesn't poop is going to have some awful periods and seriously jacked up hormones."

Interestingly enough, many people on hormonal birth control experience gut health issues that lead to constipation which means they're not pooping out those excess hormones.

Think about it - when you take the birth control pill you're literally digesting estrogen and progestins!



Step 3. Support Elimination



As we transition off of hormonal birth control we've got to be pooping daily to flush those pill hormones out!

My favorite analogy to use here is that if for some reason our dogs stopped pooping every day, we'd get worried and bring them to the vet. Heck my dog poops twice a day.

But, when it comes to our own human bodies we suddenly forget about the important role pooping plays in our health and happiness.

Step 3. Support Elimination

So what can you do to support elimination...

>> Poop every day (duh!)

>> Eat whole, nutrient-dense foods full of fiber to support digestion and pooping (remember this one from earlier?)

>> Lower inflammation (this one again too!)

- Inflammation can impede healthy digestion, the liver's ability to break things down, and pooping

- Constipation & diarrhea lead to inflammation & inflammation can lead to constipation & diarrhea (vicious cycle!)





Step 4. Lower Stress

Step 4. Lower Stress



Stress also depletes crucial nutrients including the ever important magnesium that we talked about earlier.

Stress increases inflammation and wreaks havoc on the menstrual cycle.

Essentially - Stress leads to inflammation, inflammation can impede elimination, and stress, inflammation, and poor elimination can all lead to hormonal imbalance, menstrual cycle struggles, and period problems.

Step 4. Lower Stress

My favorite practice to decrease and better manage stress is...

Brain Retraining

Brain retraining practices are mindfulness and neuroplasticity tools that are tailored to rewire the brain's response to stress.

Brain retraining requires that we press pause in moments of stress and actively choose a more positive way of feeling and moving forward.



Step 4. Lower Stress



We draw upon past positive moments & future positive moments to rewire **a more positive pathway** for our brain's to take during times of stress.

Brain retraining is simple, yet powerful.

In fact, I once worked with a client who struggled so badly with cramps & endometriosis pain that she spent most of her time in bed with heating pads, and after just 5 weeks of brain retraining work she was nearly painfree!

You can join me for a Guided Brain Retraining Meditation [here!](#)



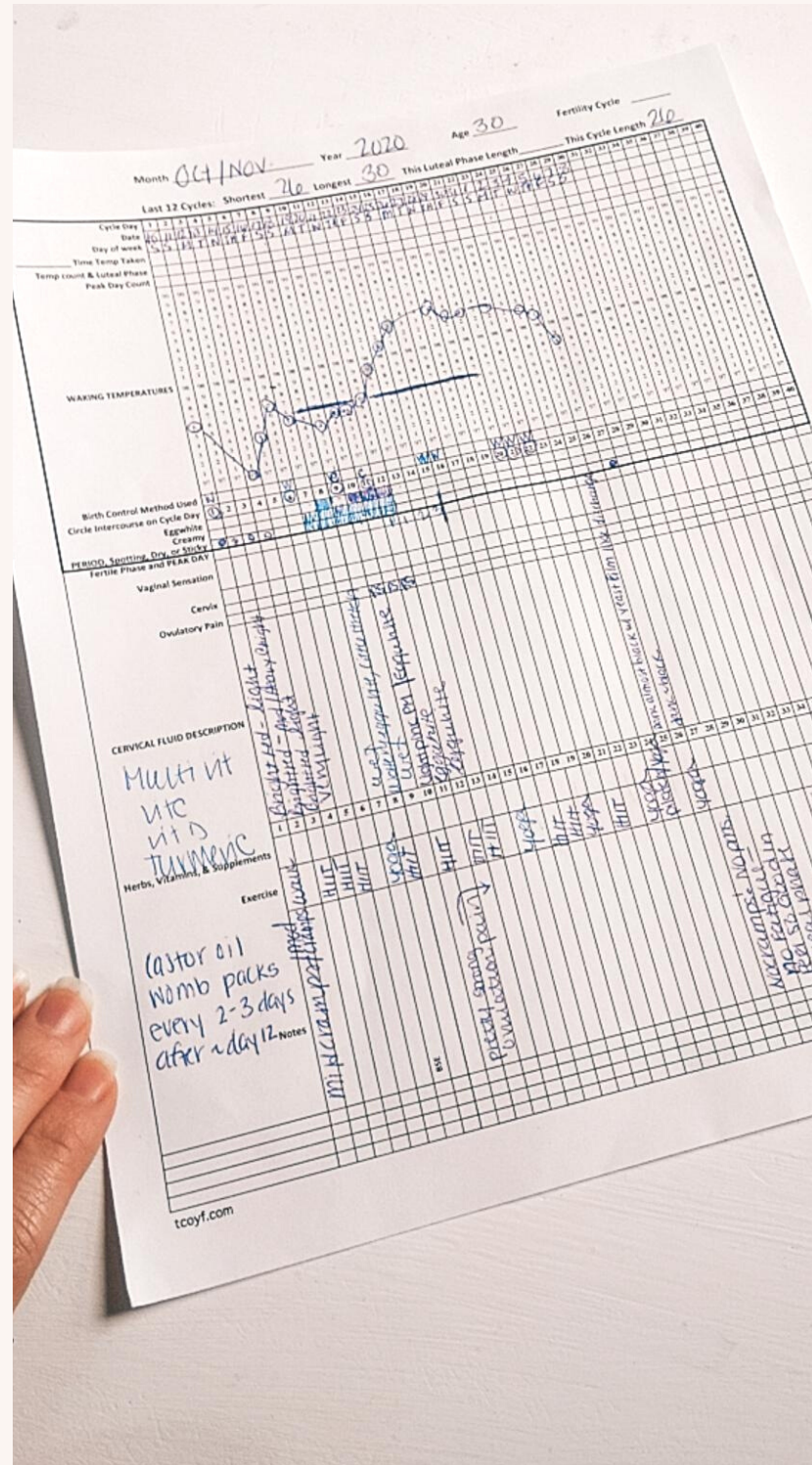
Step 5. Choose a Non-Hormonal
Birth Control Method

Step 5. Choose a Non-Hormonal Birth Control Method

When you transition off of one method of birth control it's important to replace it with a new method of birth control.

Even if you plan to use the sympto-thermal double check method of natural birth control that I teach here at Sauvage Wellness, you'll need to choose a non-hormonal barrier method of birth control to use while you're learning the method.

And even those of us who have been using the method for years, still need a non-hormonal method to use during our fertile windows.



Step 5. Choose a Non-Hormonal Birth Control Method



In my [Natural Birth Control Academy](#), I have clients commit to using a non-hormonal barrier method for 3 to 6 months after ditching hormonal birth control while they are learning the natural birth control method in order to give their natural cycles time to regulate AND to build their confidence in the natural birth control method before relying on it entirely.



Step 5. Choose a Non-Hormonal Birth Control Method

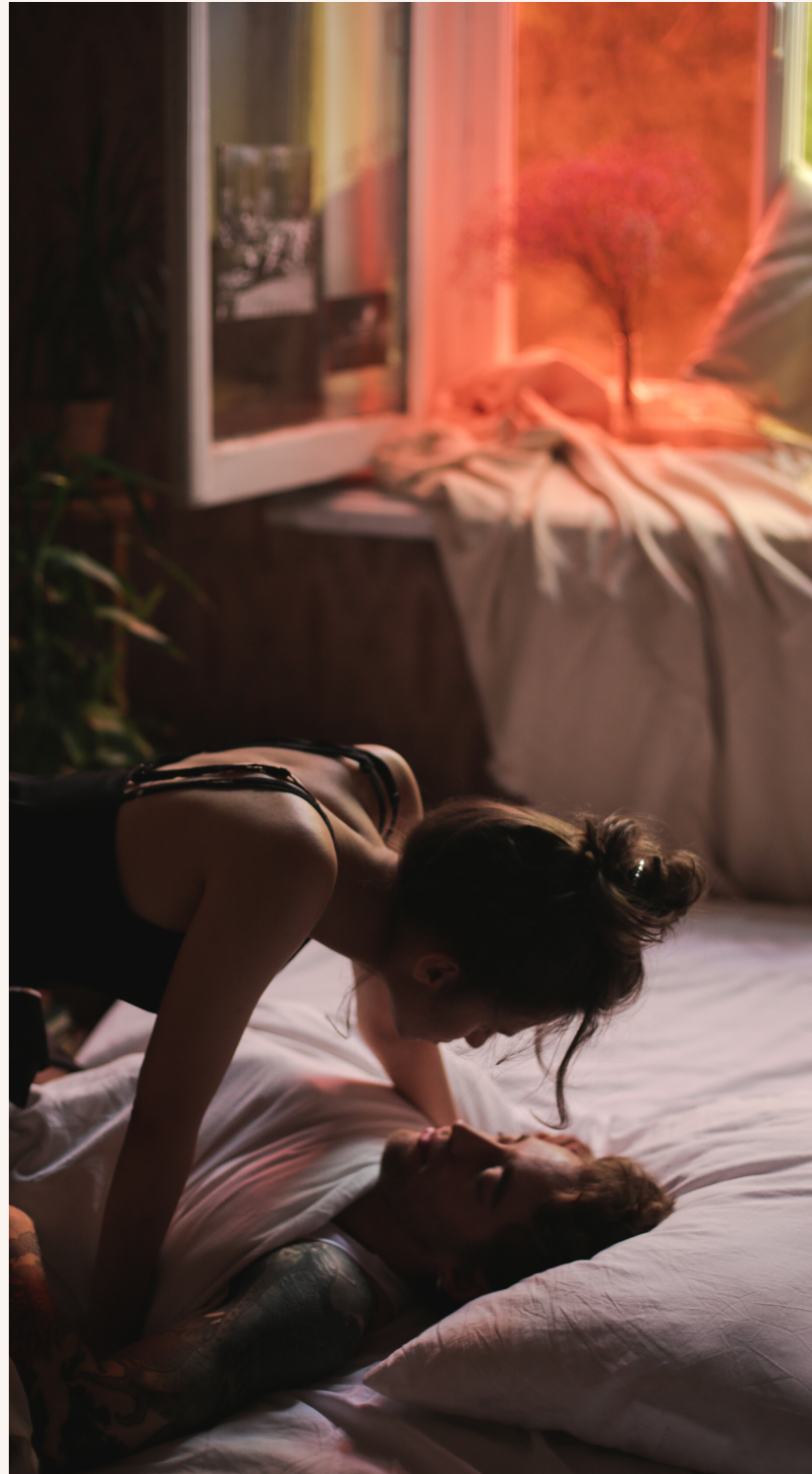
What are your non-hormonal birth control options while learning how to use the sympto-thermal double check method?

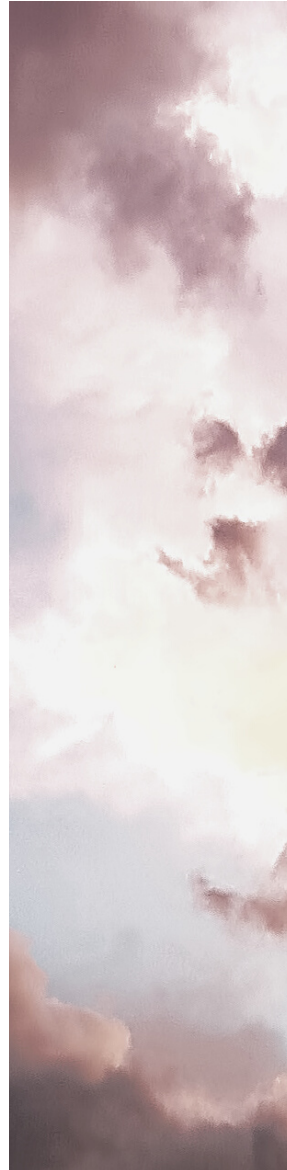
>> Condoms

>> Diaphragms

>> Pulling Out

I recommend using two of these methods at the same time --- condoms + pulling out, condoms + diaphragm, Diaphragm + pulling out.





Step 6. Empower Yourself to
Stand Up Against Resistance

Step 6. Empower Yourself to Stand Up Against Resistance



When choosing to use the sympto-thermal double check method you're not just getting an empowering natural birth control method, you're also getting a ton of resistance from other people.

Because **we are not trusted with this information** about our bodies and because this natural birth control is not widely taught, it is met with resistance from doctors, nurses, and family and friends.

By choosing to use the sympto-thermal method, **you are choosing to go against the traditionally accepted norm that hormonal birth control is the only safe way to prevent pregnancy.**

Step 6. Empower Yourself to Stand Up Against Resistance

Doctors are not taught much, if anything, about this natural method of birth control in medical school. And, they certainly are not taught how to teach it to you.

Nurses are also not taught much, if anything, about it in nursing school.

Your health class teacher who fumbled their way through teaching sex ed probably doesn't even know this method exists.



Step 6. Empower Yourself to Stand Up Against Resistance



For this reason, and many others, there will be people, including doctors, who will tell you that you are being risky.

That you are wrong.

That you shouldn't be doing this.

And, you will need to be ready to **meet their resistance with confidence and stay true to what is best for you.**

Step 6. Empower Yourself to Stand Up Against Resistance

My favorite ways to empower yourself to stand up against resistance include...

>> Empower yourself with knowledge

- Know the [efficacy rates](#), know [the science and biology behind the method](#), read the books, know the key resources, and be able to send people to resources that back up your choice and allow them to see for themselves



Step 6. Empower Yourself to Stand Up Against Resistance



>> Get clear on your “why”

- Get clear on why using this method of natural birth control is so important for you, on why it is the best choice for your body , on how it will change your life, and get clear on why hormonal birth control is not the right choice for you so that you can stay aligned with what's true for you and not feel bullied by anyone who hasn't taken the time you have to research and learn this method

Step 6. Empower Yourself to Stand Up Against Resistance

>> **Set boundaries with phrases like...**

"I understand that you have a different view on this topic than I do, but **I am choosing to do what's best for me.**"

"I respect that you are a doctor, but I do not want hormonal birth control. I have found a method that works great for me. **I am not looking for birth control suggestions.**"

"I appreciate your interest in this topic, however **it is not something I am interested in discussing with you further.** Thank you for understanding."



Step 6. Empower Yourself to Stand Up Against Resistance



>> Learn from a trained instructor to make sure you're using the method as safely as possible and are able to gather the crucial educational resources and scientific information on the method for both yourself and the haters!



Step 7. Set The Date

Step 7. Set The Date

This seems like an easy one, but it's so much easier to **actually** make the leap to transition off of hormonal birth control when you set the date.

Make that appointment to get the IUD removed. Circle it on your calendar. Plan a self-care day that day.

Count down the days to finishing your last pill pack. Circle that day on your calendar. Throw yourself a little self-love party. Make it a celebration and something you're excited to look forward to!

Disclaimer - Always consult your doctor prior to changing your birth control routine, prescription drugs/devices, or diet. (The legal folks make me say that, obvs!)



A vertical abstract artwork featuring a textured, layered composition in shades of pink, red, and orange, resembling a watercolor or ink wash painting. The colors blend and overlap, creating a sense of depth and movement. The texture appears soft and organic, with some areas showing more defined edges than others. The overall effect is a harmonious and visually rich composition.

Step 8. Start Cycle Tracking

Step 8. Start Cycle Tracking ASAP



I get this question all the time -
“Brandy, how soon after I go off of hormonal birth control should I start cycle tracking?”

And, my answer is always the same, “As soon as possible.”

That’s because the sooner you start understanding your natural cycle, the better.


It will help you understand where your cycle needs support as your body learns to cycle naturally again, not to mention you’ll be getting real-time practice with applying the rules of the sympto-thermal double check method for birth control if you choose to use that method.

Step 8. Start Cycle Tracking ASAP

I mean, no one's ever been like, "Damn, I really wish I waited longer to better understand my body and learn more about how it works and where it's out of balance."

The sooner we start cycle tracking, the better our understanding of our bodies will be. For natural birth control. For better periods. For healthy fertility. For hormonal health.



A person is standing on a beach, seen from behind, with their arms raised in a gesture of freedom or triumph. They are wearing a light-colored tank top and dark jeans. The background shows the ocean waves and a cloudy sky. A large, semi-transparent red rectangle is overlaid on the image, containing white text.

Are you ready to
create your
personalized
protocol to transition
off of hormonal birth
control?

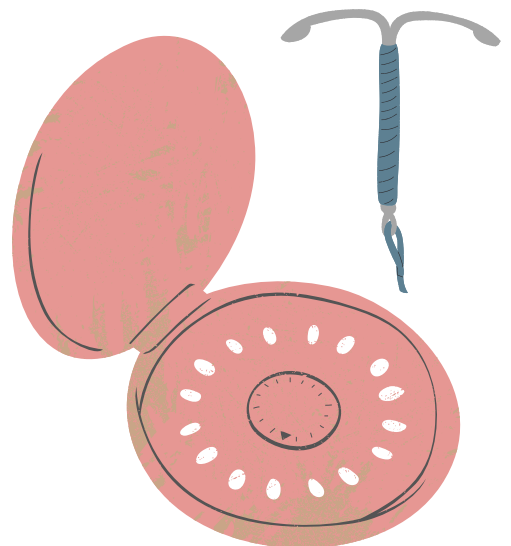
Let's Chat!

We'll work 1x1 to help you apply each of these steps directly to your unique cycle and lifestyle needs so that you can create a custom, step-by-step protocol to help you transition off of hormonal birth control with greater ease.

I'll teach you how to make the switch safely and confidently from hormonal birth control to the sympto-thermal double check method of natural birth control - [a method that is up to 99.5% effective](#) (that's the same as the birth control pill!).

If you're ready to put this masterclass into action and get results so that you can **finally break free from hormonal birth control** and begin preventing pregnancy naturally, then girl, I want to help!

Click here to schedule your free info session!



DISCLAIMER: . All information in this guide is presented as an educational resource and is NOT medical advice. By participating in this training you also recognize that neither Brandy Oswald, Sauvage Wellness, or any of our employees are doctors, nurses, physicians, psychotherapists, or in anyway licensed medical practitioners and neither Sauvage Wellness nor Brandy Oswald has promised, or will: (1) provide medical advice; (2) provide 100% effective birth control options; (3) provide 100% effective pregnancy achievement options; or (4) heal any or all hormonal health symptoms. This guide is a specialized form of education and is not the same as professional or licensed medical advice and intervention; and you recognize that it is your responsibility to seek such services from a licensed professional. Even as a trained fertility awareness instructor and coach, I am not a medical provider and do not give medical advice. All information provided in this guide is of a general nature and is intended only for educational purposes to help with your personal health improvement goals and should not be relied on as medical advice. Always consult a physician with any health concerns and prior to changing your lifestyle, birth control, or prescription medicine routine.