

Ann Louise Gittleman's Peri Zappers
Before the Change
by Ann Louise Gittleman

1. **Flaxseed Oil:** High in lignans, and good for skin conditions, depression and fatigue. Recommended: Tb/day
2. **Evening Primrose Oil:** improves breast tenderness and seems to help mood changes, anxiety, irritability, headaches and water retention.
Recommended: two capsules (500mg) /day twice daily after food.
3. **Multivitamins and Magnesium:** Recommended: Start with
Vitamin B complex (including 50-100mg Vitamin B6)
Vitamin C, 1000mg 3x/day
Vitamin E, 400-1200 iu
Magnesium, 500-1000 mg before bedtime.
Once hormones feel in balance, try cutting back to 1000mg/day of Vitamin C, and 400iu of Vitamin E
4. **Zinc:** can help to lower estrogen and increase progesterone levels, build strong bones and improve your immune system. Recommended: 15-50 mg/day.
5. **Natural Progesterone Cream** helps to balance estrogen dominance symptoms (decreased libido, fuzzy thinking, irritability). Massage a high quality progesterone cream into your face, upper body and arms. Rotate skin areas. Use a total of 1/8 to 1/2 tsp daily to start, one to two x/day.
6. **Exercise:** 30 minutes 5 days a week, minimum...
7. **Destressing Stress:** Interrupt the Stress Cycle:
stressor → distress → consequences.
8. **Adrenal Refresher:** Replacing lost minerals and vitamins will help the adrenal glands secrete helpful stress hormones:
B complex vitamins
Vitamin C, 500mg every 3 hours
Adrenal Gland Extract
Green and yellow vegetables
Sea vegetables
9. **Soy Phytoestrogens :** Soy isoflavone supplementation helps
10. **Natural Estrogen Replacement:** 2-4 mg estriol quells menopause symptoms.
Tri-estrogen (2.5-5 mg oral dose) can help protect you from osteoporosis.

For more detailed guidelines, refer to **Before the Change**. pp 219-223.