

Doctors & Insurance

Week 1 Webinar:

Example of a Hormonal Diary



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13 March 2013 CD22 – feeling great, sleeping great, following program as designed. Recovered from Migraine on Monday. Allergies are beginning to bother me – mostly sinus and reactive asthma from pollen.

14 March 2013 CD23 – Labwork taken, full set of labs. Allergies pretty intense – allergy drugs don't work. Discovering singular tablet doesn't work either for allergies or reactive asthma. Allergy symptoms get better when I have my allergy shot. Sleeping great, no waking at night. No acne

15 March 2013 CD24 – slept great the night before. Waking without my alarm, feeling energized! Allergies/asthma still a problem. Great mental energy not feeling sluggish generally feeling good.

16 March 2013 CD25 – slept great again the night before – allergies/asthma still a problem – symptoms got better after allergy shot. Great mental energy, not sluggish in the am, mid afternoon around 4pm felt anxious, had rapid heartbeat. Realized I had forgotten my afternoon dose of thyroid medication. Within 30 mins of taking thyroid medication the anxiety and rapid heartbeat went away

17 March 2013 CD26 – didn't sleep well this evening – woke up around 1am and felt like I was going to get a migraine. Applied 1ml of the 20%Pg gel, took 800mg of CoQ10 and 4000mg of Mag Threonate and went back to sleep – woke up regular time 6am without a migraine! Felt a bit off – like Pg is falling – which shouldn't be a surprise – expecting cycle to start tomorrow. Allergies/asthma still bothering me, going to see if abuterol and asmanax will help control the constricted airways – I really hate taking this stuff b/c it make me feel all shakey for about 1hr after taking the medications – they don't really relieve the constricted airways either, just make it a little bit easier to breath. Felt like I needed some DIM so I added it to supplements. No acne problems

18 March 2013 CD27 – slept ok, woke up about 130am, and it took about 1hr to fall back asleep. Menses didn't start! I might actually see a 28 day cycle, which would be a first! Allergies still a problem. I felt agitated the whole day, cranky in general – took some DIM, and it seemed to take the edge off the agitation. Added an extra 25mg of DHEA at night prior to bed. No acne problems

19 March 2013 CD28 – still no menses yet! 28 day Cycle yeah!. Slept great when adding the extra 25mg DHEA just before bed time – can we consider adding more DHEA during the last 5 days of my cycle and possible the first 5 days of menses? Still having agitated. Co-workers commented that I wasn't my normal self – more argumentative/high strung regarding work issues. PMS? Feeling a bit foggy in the morning as well, though still waking up before alarm. Took DIM w/supplements as well. No acne problems



20 March 2013 CD29/CD1? – blah. That pretty much sums up how I feel right now. Bloating, crampy, brain fog. Slept ok – one of the kids got up last night – and wanted mommy - I went in and laid down with them until they fell asleep, then got back up and went back to my bed, fell back to sleep relatively easily – but I was up for about 1 hr. woke up before alarm clock again, I took extra 25mg of DHEA before bed. Early AM stress b/c the dog got out and we spent an hour searching for him and we eventually found him. Working on the computer in excel spreadsheets most of the day – about noon, started feeling like I might be getting a migraine. Taking 4000mg of Mag Threonate, and 400mg of CoQ10, drinking lots of water, had coffee and now tea – no real movement on it going away, it's just lurking waiting to pounce. I expect that sometime today menses will start. Going to have oysters and a salad for lunch and go eat it outside in about 30mins as I'm working to finish a few things before I take lunch. I did not take DIM today figuring that it wouldn't mesh well with menses. This morning I did have some normal acne – but not cystic acne – that usually occurs prior to menses starting. Took 1ml dose of 20% Pg this morning, and plan on taking another 1ml dose of 20% Pg this evening.

Can we consider adding 25mg of additional DHEA for the last 5 days of cycle, and first 5 days of cycle to assist with sleep? Additionally can we also consider adding DIM as well?

21 Mar 2013 Cd2 – Blah – don't feel all that great, bloated w/loose stools. Slept ok. Allergies have become unbearable. Sinuses and ears are plugged, eyes are continuously weeping. Increasing DHEA to 100mg across the day to see if that helps, as inhalers aren't helping at all. Neither are the allergy shots I'm taking – the doctor I'm seeing is having me restart the dosing program again. Took 1ml dose of 20% Pg this morning, and plan on taking another 1ml dose of 20% Pg this evening, along with oral Pg doses. other than Pg and DHEA 100% compliance on program.

22 Mar 2013 cd 3 Slept better with the increase of DHEA, even though I'm at the beginning of my cycle and usually sleep is crap. Allergies still a problem – Constant stuffy head, runny nose, itchy eyes. I feel like I'm slogging through a thick fog, takes me about ½ the day to wake up and feel responsive to both thyroid and Pg. mid day – feel like my heart is racing a bit, realized I forgot my to take my thyroid medicine right after lunch – took it closer to 4pm – felt tons better about 30mins after taking thyroid meds, and afternoon supplements. Stools were loose through out the day. Took 1ml dose of 20% Pg this morning, and plan on taking another 1ml dose of 20% Pg this evening, along with oral Pg doses. Took 100mg of DHEA across the day (50mg am, 25mg mid day, and 25mg before bed) other than Pg and DHEA 100% compliance on program. Wasn't feeling all that well by the end of the day – felt like I was coming down with the flu.

23 Mar 2013 cd 4 Didn't sleep as well as previous night – feel asleep at 730pm, woke up around 11pm – took evening supplements, took a couple of hours to fall back asleep. Menses is light – not heavy, but it doesn't look like its going to stop by day 4, like usual. Allergies are still a problem – inhalers not working



– feeling really run down. Mornings I'm a bit groggy, feels like I'm walking through jello! Cleaning out my closets, I discovered that I've either lost weight or had body composition changes – I'm easily fitting into all my pre-pregnancy clothes! Which means I'm probably weighing btwn 160- 165lbs (I'm 5'3") I haven't been working out. Just getting great sleep during the midpoint of my cycle. I have been feeling very cold – for the past 2 days – can't seem to warm up. Body temp is running in the high 95's and low 96s' Took 100mg of DHEA across the day (50mg am, 25mg mid day, and 25mg before bed) other than Pg and DHEA 100% compliance on program. Still wasn't feeling all that well. Loose stools – is this flu? Or something else?

24 Mar 2013 Cd 5 slept much better the previous night – to my night supplements after dinner at 7pm was asleep by 8:30, woke up at 11pm, went back to sleep and slept until 8am. Feeling better than the day before but not great. Menses still on-going but think it may stop today or tomorrow, Took 100mg of DHEA across the day (50mg am, 25mg mid day, and 25mg before bed) other than Pg and DHEA 100% compliance on program. Still Wasn't feeling all that well by the end of the day. Stools still loose in the morning and in the afternoon

25 Mar 2013 cd6 – Slept good the night before, didn't wake up at all. I was in bed by 9:30pm slept like a dream. Still didn't feel all that good – stayed home from work with a sick child. Took a midday nap with son – slept from 10am – 1pm. Felt much better – but not 100%. Not sure if this is the flu or allergies turning into a sinus infection. Hormones feel ok – can't decide if they're good – or part of the reason why I feel fluish. Menses stopped, with the exception of slight spotting. Took 100mg of DHEA across the day (50mg am, 25mg mid day, and 25mg before bed) Began tri-est dosing this day. other than Pg and DHEA 100% compliance on program. No cystic acne

26 Mar 2013 cd 7 Slept great! Allergies/Sinuses are killing me – in general I just feel sick. Hormones wise – I feel pretty good. No acne at all this cycle so far! WHOOT, even with the xtra DHEA! Took 100mg of DHEA across the day (50mg am, 25mg mid day, and 25mg before bed) day 2 tri-est dosing this day. other than Pg and DHEA 100% compliance on program. Increased Vitamin C 4000mg every 4hrs to help with Sinuses

27 Mar 2013 cd 8 another great sleep! Allergies/Sinuses are killing me again seems to be getting worse, increase Vitamin C 4000mg every 2hrs – sinus pressure started to get better – hopped into the Cold water Tank after work – seemed to help expedite my sinuses feeling better. Hormone wise I'm feeling great – still no acne this cycle. Forgot to take my afternoon thyroid dose – work was so busy I didn't have time to eat lunch – 3day day this has happened, felt jittery and on edge. Felt 100% better 30mins after taking thyroid meds around 3:30. Took 100mg of DHEA across the day (50mg am, 25mg mid day, and 25mg before bed) day 3 tri-est dosing this day. other than Pg and DHEA 100% compliance on program.



28 Mar 2013 cd9 – slept great the night before –sinuses are worse but allergies are better – breathing is easy (could that be the increase in the DHEA?) – somehow managed to get to work today, hormones are feeling good. Still popping Vitamin C 4000mg every 2hrs! took my thyroid dose on time today – no jitters or being on edge! Very stable feeling... Hormones are going great. No mood swings, other than feeling sick - brain fog is minimal. Took 100mg of DHEA across the day (50mg am, 25mg mid day, and 25mg before bed) day 4 tri-est dosing this day. other than Pg and DHEA 100% compliance on program.

29 Mar 2013 cd10 – slept great the night before, felt better than yesterday – but decided to take a sick day just recover. Sinuses 100% clear, allergies not bothering me. Hormones doing good. Forgot to take my thyroid at mid day again only to have the jitters, edgyness going on. Noticed that when I don't get my thyroid dose at the right time – allergy symptoms seem to get worse... feels hard to breath – and abuterol inhaler doesn't "open" the airways. Loose stools again for this day.

30 Mar 2013 cd 11 Slept great the night before, felt 100% better – stools moving back toward a Bristol 4. Allergies – are better again today – no issues with breathing. Took morning and afternoon thyroid meds at correct time! Hormones still doing great – still no acne this cycle! WHOOT!) still taking 100mg of DHEA across the day (50mg am, 25mg mid day, and 25mg before bed) day 6 tri-est dosing this day. other than Pg and DHEA 100% compliance on program, Sex drive is on the upswing! YEAH

31 Mar 2013 cd 12 slept OK the night before – very fitful – felt like I didn't get into a deep sleep. Hormones feeling good – still no acne. loose stool again in the morning – no issues the remainder of the day. Having a bit of anxiety – contemplating job change. Still taking 100mg of DHEA across the day (50mg am, 25mg mid day, and 25mg before bed) day 7 tri-est dosing this day. other than Pg and DHEA 100% compliance on program Sex Drive is on the upswing...

1 Apr 2013 cd 13 slept OK the night before – very fitful – felt like I didn't get into a good sleep – sleep was very similar to how I sleep at the beginning of the cycle when Pg is low. Feel agitated today and on edge – realized at 3pm I'd forgotten to take my thyroid medication - took it and started feeling better about 30mins... still having anxiety b/c of contemplating job change (potentially a good thing if everything falls into place) Still taking 100mg of DHEA across the day (50mg am, 25mg mid day, and 25mg before bed) day 8 tri-est dosing this day. other than Pg and DHEA 100% compliance on program Sex Drive is still present.

General observations – I wonder if I'm having circadian cycling problems – I know my last ASI was a bit out of alignment. I'm feeling great on my current dose of thyroid medication, not to mention that I've lost some weight, and had body comp changes – I'm fitting in to size 10's and they're now starting to get loose. Most of the time my mental clarity is pretty good on the 20% Pg gel taking 1ml in the am and 1ml in the pm, along with the 5% Pg sublingual. Hormonally I'm feeling more stable on this dose. I'm also feeling better asthma/allergy wise on the higher dose DHEA . Is there anything else that could be



impacting why my allergies aren't responding to immunotherapy (allergy shots?) trying to figure this out – before I have to go back in to see my allergist...

2 April 2013 cd 14 slept better this evening. Feel like I'm leveling off. Last day of Tri-est! been consistent with taking thyroid meds around 1-2pm daily, definitely feel better when I do this. Still taking 100mg DHEA across the day (50mg am, 25mg mid day, and 25mg before bed) - mental clarity is pretty good on the 20% Pg gel taking 1ml in the am and 1ml in the pm, along with the 5% Pg sublingual. Hormonally I'm feeling more stable on this dose. I'm also feeling better asthma/allergy wise on the higher dose DHEA . still fighting allergies

3 April 2013 cd 15 – great night sleep again – great mental clarity, leveling off hormonally due to consistency with taking thyroid meds. Still taking Pg 1ml in the am and 1ml in the pm, along with the 5% Pg sublingual. Allergies still stuck, also taking 100mg DHEA across the day (50mg am, 25mg mid day, and 25mg before bed) sex drive is increasing. Still no acne this cycle

4 April 2013 cd 16 – another great night sleep! Whoot! Love it! Feeling really good hormone wise, sex drive increasing, no acne, no major mood swings. Still taking Pg 1ml in the am and 1ml in the pm, along with the 5% Pg sublingual. Allergies still stuck, also taking 100mg DHEA across the day (50mg am, 25mg mid day, and 25mg before bed)

5 April 2013 cd 17 - Slept great the night before – woke up rested. But allergies took a serious hold. Sinus congestion, that drained to my chest – difficulty breathing. Went home early from work due to sick kid. Hormones are feeling great, no agitation when I take my thyroid on time. Still taking Pg 1ml in the am and 1ml in the pm, along with the 5% Pg sublingual & 100mg of DHEA

6 April 2013 cd18 – slept ok the night before –sinus congestion and drainage into my chest – made sleeping difficult and I kept coughing, and waking myself up. Severe reactive asthma to the allergies – albuterol & asmanax and singular are not working. Shallow breathing, can't catch my breath. Took cold bath followed by hot shower – both of which provided some relief. Hormones seem to be doing well. taking Pg 1ml in the am and 1ml in the pm, along with the 5% Pg sublingual & 100mg of DHEA

7 April 2013 cd19 – didn't sleep well at all – due to the sinus congestion, and coughing. I felt very sick – almost feverish –but no fever when I woke up. Hormones seem to be hanging in there. Sinus headache – blech. Drinking lots of water, popping vitamin C 4000mg ever 3hrs, extra vitamin D3 too. taking Pg 1ml in the am and 1ml in the pm, along with the 5% Pg sublingual & 100mg of DHEA

8 April 2013 cd 20 didn't sleep well again – due to sinus congestion and coughing – I don't feel sick, just tired today. Hormones seem to be hanging in there. I've noticed of recent I'm not all that hungry for breakfast in the mornings. Some days I only feel like eating two meals. Hormones seem to be hanging



in there still taking Pg 1ml in the am and 1ml in the pm, along with the 5% Pg sublingual. Backed off DHEA to see if it was impacting sleep. I have two coldsores on my nose from constant blowing of my noes! ☹

9 April 2013 cd 1 – Surprise Surprise! Menses started today. Initially thought it was just mid-cycle breakthrough bleeding but nope! Didn't sleep well last night either. Wondering if the bad sleep the past couple of nights was the combination of both the sinus congestion, coughing and drop in Pg? so far only symptom of menses is slight cramping – no crankiness, I do have to say I don't particularly like a 20 day cycle. But no migraine for this cycle! I'll take that any day over a longer cycle w/migraines.! still taking Pg 1ml in the am and 1ml in the pm, along with the 5% Pg sublingual

