



Beyond the Pill: A 30-Day Program to Balance Your Hormones, Reclaim Your Body, and Reverse the Dangerous Side Effects of the Birth Control Pill

Jolene Brighten

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Out of the 100 million women—almost 11 million in the United States alone—who are on the pill, roughly **60 percent** take it for non-contraceptive reasons like painful periods, endometriosis, PCOS, and acne. While the birth control pill is widely prescribed as a quick-fix solution to a variety of women's health conditions, taking it can also result in other more serious and dangerous health consequences. Did you know that women on the pill are more likely to be prescribed an antidepressant? That they are at significantly increased risk for autoimmune disease, heart attack, thyroid and adrenal disorders, and even breast and cervical cancer? That the pill can even cause vaginal dryness, unexplained hair loss, flagging libido, extreme fatigue, and chronic infection. As if women didn't have enough to worry about, that little pill we're taking to manage our symptoms is only making things worse.

Jolene Brighten, ND, author of the groundbreaking new book **DITCH THE PILL**, specializes in treating women's hormone imbalances caused by the pill and shares her proven 30-day program designed to reverse the myriad of symptoms women experience every day—whether you choose to stay on the pill or not. The first book of its kind to target the birth control pill and the scientifically-proven symptoms associated with taking it, **DITCH THE PILL** is an actionable plan for taking control, and will help readers:

- Locate the root cause of their hormonal issues, like estrogen dominance, low testosterone, and low progesterone
- Discover a pain-free, manageable period free of cramps, acne, stress, or PMS without the harmful side effects that come with the pill
- Detox the liver, support the adrenals and thyroid, heal the gut, reverse metabolic mayhem, boost fertility, and enhance mood
- Transition into a nutrition and supplement program, with more than 30 hormone-balancing recipes

Featuring simple diet and lifestyle interventions, **DITCH THE PILL** is the first step to reversing the risky side effects of the pill, finally finding hormonal health, and getting your badass self back.

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From Reader Review Beyond the Pill: A 30-Day Program to Balance Your Hormones, Reclaim Your Body, and Reverse the Dangerous Side Effects of the Birth Control Pill for online ebook

Leslie Rewis says

I'm happy to see a book out on quitting birth control and the possible side effects. However, it is frustrating that the author mentioned Daysy and Natural Cycles when they are overly expensive methods that do not actually empower women to learn about their own bodies. I guess that's capitalism for you. Promote the thermometer that costs over three hundred dollars (!) that openly admits to not being a contraceptive device to rely on.

Abby Heffron says

I came across Dr. Brighten on IG and it's like she came into my life at the perfect time. As a woman who has spent half her life on birth control, the topics she discussed in this book were of high interest to me - especially as I start to think about my own fertility and the role of the pill in the other health issues I've had over the years. Beyond The Pill makes the information accessible, easy to understand, and packaged into one book so you literally have a one stop shop resource for everything from healing gut, hormones, fertility, getting pregnant, and pregnancy prevention. She drops so much wisdom that I know I will be turning back to these dog eared pages time and time again. I can't say enough about how important this book is for women.. regardless of whether you are on or off the pill or what your goals are. This is information you HAVE to know about your body.

Christina says

A podcast Dr. Brighten was on peaked my interest because in the back of my mind I had symptoms that seemed out of the ordinary, but I wasn't sure was connected to hormones. Lot's of great information, suggested lab tests to work with your doctor or even better, naturopath. Some of it overwhelming, especially if you take her quizzes and find yourself in multiple categories. There is a 30-day plan to get you started. It's basically an elimination diet with supplementation.

Lily says

I learned SO much from this book. I got it because I just got rid of my IUD and wanted to balance my hormones naturally. I had so many uncomfortable, painful and downright dangerous side effects of birth control and I wanted to heal myself naturally. She gives you so much information my own doctor didn't go over with me, such as: what the pill does to your body, what your hormones do, how to tell which ones are out of whack, how your cycle works, and what to do to reverse the symptoms you're experiencing. She never shames anyone for having taken the pill, but she does encourage you to question whether or not it's right for you.

I can honestly say this book was informative and every woman should read it-whether they want to go off the

pill or stay on it. You can support your body and heal.

Erin says

Wow! I have some answers after struggling for 2 years (and counting) to achieve health. I recommend ALL women to read this book - young women contemplating starting hormonal birth control; moms of teenage girls who are struggling with painful periods and other nuisance period symptoms; women who want to come off the pill; women who are off the pill and not feeling well or struggling with infertility. Dr. Brighten has so much insight backed up by science, personal experience, and clinical experience. I wish I never made the choice to start hormonal birth control but I am feeling 100% better than I was 2 years ago and I have answers on how to continue to support my body in the healing process. Thank you to Dr. Loken for helping me start my healing journey and recommending this book to aid in continued healing. Thank you, Dr. Brighten, for sharing this with the world. I'm looking forward to my 30 day program.

Erica says

This book is so much more than about the pill. It's basically everything a woman should know about her body. It's an engaging read all the way through, empowering you to not settle for less, as a woman, in any arena of your health. Dr. Brighten takes the reader deeper into hormone talk, educating you to understand how the health of your gut, liver, thyroid, and adrenals are all interconnected. So, whether you have chronically suffered with an autoimmune disease, any hormone imbalance, infertility (or want to know how to prepare your body for a healthy pregnancy), or any devastating symptoms/conditions, this book lays the foundation for you to be your own best doctor and begin making the steps towards your healing. She even provides extensive lists of the type of labs and test you should ask for specific symptoms and conditions. That's something a lot of health books leave out and why am am grateful she gives you all the information you need right from the start. I am looking forward to incorporating some of her incredible advice, recipes, and tips to improve my life.

Elizabeth says

Phenomenal resource for any stage of life. Whether you are on BC, are coming off BC, have never been on it or are just exploring options this book was SO informative. I highly recomend for all women.

Brittany says

I really wanted to like this book so much, I even pre-ordered it. I found the flow of the book to be all over the place and hard to read. Full of fear mongering messaging and quizzes that are so general they are dangerous. There was definitely some useful information in this book but if you want to read an amazing book on this topic I highly recommend skipping straight to Period Repair Manual by Lara Briden.

Kat Champigny says

This book is full of important knowledge about how hormonal birth control, especially the pill, deeply affects your overall health. Great strategies and tips for being as healthy as possible, whether you want to stay on the pill or are ready to go off. Informed consent is **CRITICAL** to making any long-term medical decision and doctors should be having more serious conversations with patients about the effects of birth control on the body.

Four stars only because Dr. Brighten's informal writing style is grating to me (personal preference, it's completely authentic to her own voice). Dr. Brighten has a very respected brand of supplements that frame her 30-day program, so it feels like this book pushes a particular product more heavily than most informational books. That said, there are a few other brands highlighted and you can use the information she shares to find brands that work for you. We need more books like this!!!

Jen says

Every woman needs to read this book, regardless if they've been on hormonal birth control or not. I've never been on birth control, but I've been following Dr. Brighten on Instagram for a while now, so I knew this book would cover a wide range of topics! If you're on hormonal birth control or **EVER** have been, you should read this book. If you're considering going on hormonal birth control you should read this book. And if you're a mom to girls who may one day be faced with the decision to take birth control, read this book!

I personally found the information in this book extremely helpful! She talks about autoimmune disease, thyroid disease, gut health, hormonal imbalances, menstrual cycles, libido, etc, and she gives lots of tools to support the areas you may need help with in the form of exercise, diet, and supplements to name a few. Lots of great resources in this book and can greatly benefit all women!

Chontelle Vargas says

Beyond the Pill is such a fantastic resource for all women to understand their hormones. It doesn't matter what your relationship is with the pill, you can benefit reading this book. It explains the science behind how to regulate hormones without using the pill while still being completely approachable to the everyday reader. The book is organized in a way that keeps the science from going over your head with key takeaways after every chapter, lots of charts, and helpful quizzes. Dr. Brighten provides you with exactly what you need to do to fix your hormone issues with supplement recommendations and food guides. So valuable! My **ONLY** complaint is that she claims that fertility awareness methods are not good for those with irregular cycles - not true! But overall, this book is fantastic, and I would highly recommend to anyone wanting to understand their hormones better.

Brandy says

This book is so much more than just about birth control. It gives you protocols for staying healthy while you are on the pill. Or if like me you're at the age you need to come off the pill how to best support your hormone balance. There is info on thyroid issues, gut health, acne, the lowdown on hormones and so much

more. It gives you the tools to take back control of your health. I'm buying copies for friends and my own doctor. It's that good. Get yours today. Dr Brighten is amazing!!

Lindy Callahan says

Whether you want to get pregnant or want to avoid it, this book is a very helpful resource. It is informative and provides information that I never got from my gynecologist about the risks and ramifications of taking the birth control pill. It also provides simple steps that you can take to either get off of the pill completely, or to support your body while you are on the pill. I checked in with my naturopath before taking any supplements or making any changes, and she agreed with all of Dr. Brighten's protocols. Overall, as a woman wanting to make informed decisions about my body, it was an essential book to read.

Emily Brad says

Amazing book! I ordered and listened to the entire book on audible in less than 24hrs. It is so great for women on the pill, getting off the pill or even if you've never been on the pill. This book provides some much information in an easy to understand way. You won't believe the things you were never told by doctors.

Renee says

Beyond the Pill is a quick and equally essential and yet flawed read for all women, particularly those of my generation.

The good: The science in this book is legit. Dr. Brighten sources her materials from actual academic studies and papers. In my experience, if you sneeze wrong in adolescence, you're put on birth control. Information is power, and most doctors prescribe you a medication based on lab values and move on with their day. Dr. Jolene Brighten focuses on women's issues, the pill, and all those pesky hormones, which if they're out of whack can have deleterious effects on how you feel and your overall health. I would have killed for this information when I was in middle school. Who knows how better my health would be if we had questioned the drugs we put in our bodies? Currently, as the mother of a young girl, I can at least educate myself for her sake.

The bad: there is a great deal of pushing for Brighten's brand of supplements and her 30 day meal plan (which is unnecessary -- you could accomplish the whole things with one of those BRATS/elimination diets). Also, when I look at the recommended amount of supplements in these autoimmune "healing" books, I'm overwhelmed. I am not going to pump that many vitamins in a day or spend that much of my money on expensive supplements; all the more power to those of you who might.
