

Medical Disclaimer

© BIRTH CONTROL CLIENT EDUCATION

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Welcome!

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Welcome to Jessica Elizabeth Skincare. I am Jessica Falcone, founder and aesthetician. Im so excited to get you started on your own skincare journey and supply you with the best care and advice!

It's my passion to teach and inspire others to look and feel their best through the health of their skin!

Ready to dive in? I definitely am!

Jessica Falcone, Founder





ACNE SAFE BIRTH CONTROL

This handout is a labor of love, written to empower women to make educated decisions about their reproductive health.

Birth control pills, IUDs, implants, and shots are widely used today and prescribed often as a means to control acne. Most forms of birth control can have the potential to cause acne and weight gain in those susceptible. Typically birth control is divided up as estrogen or progestin dominant and has varying degrees of androgenic (testosterone-like) effects. As a general rule of thumb, those with the potential for higher androgenic symptoms should be avoided for people prone to acne because they promote breakouts. As an acne sufferer, it is important to **speak with your doctor about selecting a form of birth control that is higher in estrogen and lower in androgen potency.**

The most commonly prescribed in this category are:

As a general rule of thumb, women who are acne-prone should avoid any birth control that contains a type of progesterone with moderate-to-high androgenic activity and/or contains less than 0.035 mg of estrogen.

Brevicon

Demulan

Femcon

Kelnor

Modicon

MonoNessa

Necon

Ortho-Tricyclen

Ortho-Novum

Ovcon

Previferm

Sprintec

Tri-Nessa

Tri-Previferm

Tri-Sprintec

Zovia



NON - ACNE SAFE BIRTH CONTROL

It is best to avoid the following that are high in androgen activity and low in estrogen:

Alesse	Larin 24 FE	Norlyda "Mini Pill"
Amethyst	Lessina	Norplant
Apri	Levora/Levonest	NuvaRing
Azurette	Linessa	Ogestrel
Caziant	Loestrin	Ortho-Tricyclen Lo
Cryselle	Lo-Feminol	Ovral
Cyclessa	Lo-Ogestrel	Paragard/Copper IUD*
Depo-Provera	Lo-Ovral	Portia
Desogen	Lutera	Reclipsen
Emoquette	Marvelon	Seasonale/Seasonique
Estrostep Fe	Microgestin/Junel/Blisovi/Larin	Sronyx
Implanon	Mircette	Triphasil/Trivora
Jolessa	Mirena or Skylar IUD	
Junel Fe 1/20 (Blisovi Fe 1/20)	Nexplanon	
Kariva	Nordette	

Only you and your doctor can determine what form of birth control is right for you. The above is just a basic guideline that should be used to initiate a conversation between you and your physician. If you are considering using birth control, it is important to know that it can be associated with a **high risk of blood clots, weight gain, nausea, mood changes, depression, and breast tenderness. Serious side effects include strokes, digestive issues and embolism.**



COPPER TOXICITY

Finally, it is entirely possible to treat acne without using birth control. If you have no underlying health issues that require you to be on birth control and are considering using birth control only to control your acne, please feel free to talk with one of the estheticians to get some additional perspective on how we can help you with the use of topical products and treatments.

*Although the Paragard/Copper IUD does not contain any hormones, we have observed that it has aggravated acne with our clients.

The notion that that copper IUD is related to acne is widely dismissed by the medical profession, but when consulting with a few naturopaths specializing in the skin - Copper toxicity can occur from copper water pipes, pesticides, oestrogen based contraception, IUD's and nutritional deficiencies (mainly zinc)!

Excess copper in your body builds up in the liver and disrupts the liver's ability to detoxify excess oestrogen (which causes acne). In addition, excess copper prevents your body from absorbing zinc - which is an essential mineral for our skin; it plays a role in the function of sebum (oil) secretion in skin cells, as well as being essential for healthy skin repair and healing.

According to a few studies, there was an asymptomatic prevalence of bacterial vaginosis in women with the copper IUD. One study looked at the time in which women began using this form of contraception, and bacterial vaginosis prevalence continued to increase 6 months after the IUD was inserted. Moreover, another study showed that in women with the copper IUD, there was a trend towards bacterial vaginosis, abnormal flora, increased pH (remember vaginal pH is about 3.8-4.5), and candida infections.



NUTRITIONAL DEFICIENCIES WHILE TAKING HORMONAL BIRTH CONTROL?

Oral contraceptives are widely used among many women of reproductive age and are one of the most commonly prescribed drugs in developed countries.

What nutrients are depleted by the pill?

Folic Acid

This is the synthetic form of folate, which is a B vitamin that is required for DNA synthesis and cell division. It is extremely important in pregnancy for neural tube development, which gives rise to the brain and spinal cord. After stopping OCP it takes around 3 months for folate levels to return to normal. Therefore, it is important for women to supplement with a high-quality prenatal vitamin containing folate if there are plans to conceive within 3 months after stopping the birth control pill.

Vitamin C

Important for the synthesis of collagen and carnitine, and acts as an antioxidant against free radicals in the body. Estrogen in the birth control pill has been shown to increase the rate of metabolism of vitamin C, therefore leading to increased loss through the urine.

Vitamin E

An antioxidant protects cell membranes. Upregulates prostacyclin, which acts as a vasodilator and inhibits platelet aggregation. Therefore, with a deficiency in vitamin E platelets can aggregate together more easily, leading to a higher risk of blood clots.



NUTRITIONAL DEFICIENCIES WHILE TAKING HORMONAL BIRTH CONTROL?

B Vitamins

- **Vitamin B2 (Riboflavin)** – This B vitamin is very involved in cellular metabolism, energy production, and growth. It is important for carbohydrate, fat, and protein metabolism. Additionally, vitamin B2 deficiency has been associated with headaches and migraines which are common symptoms of the birth control pill.
- **Vitamin B6 (Pyridoxine)** – Involved in over 100 enzymatic reactions in the body, mainly in protein metabolism. It is also necessary for the conversion of tryptophan to serotonin, which is a neurotransmitter that is important in regulating mood. The deficiency of vitamin B6 has been associated with blood clotting.
- **Vitamin B12 (Cobalamin)** – Involved in cellular metabolism, energy production, and DNA synthesis. Humans rely on dietary intake of vitamin B12, which is only present in sufficient amounts from animal sources or supplementation. Individuals who do not consume animal protein (ex: those following a vegetarian or vegan diet) are often deficient in vitamin B12 and may experience symptoms such as low energy or fatigue as a result. A deficiency in either folate or vitamin B12 can lead to a condition known as megaloblastic anemia, in which the body produces immature, large red blood cells.

What minerals are depleted by the pill?

Zinc

Important for a healthy immune system, metabolism of genetic material, signal transduction, wound healing, and reproductive function. OCP's decrease zinc's absorption or increase its excretion, leading to a deficiency.



NUTRITIONAL DEFICIENCIES WHILE TAKING HORMONAL BIRTH CONTROL?

Selenium

This mineral is very important for the functioning of the thyroid gland. It is a cofactor that helps convert the inactive form of thyroid hormone (T4) to active T3, and therefore a deficiency can lead to symptoms of hypothyroidism. Selenium is also beneficial in autoimmune thyroid disease, such as Hashimoto's thyroiditis as it decreases thyroid antibodies. Selenium plays a role in preventing cancer and cardiovascular disease.

Magnesium

This crucial mineral is important for energy production as ATP (the main source of cellular energy) must be bound to a magnesium molecule in order to be active. Additionally, a magnesium deficiency can lead to symptoms such as muscle cramping, anxiety, migraines, and hypertension, and may also be associated with blood clotting. Many individuals are deficient in magnesium and can benefit from supplementation.

Probiotics

Birth control affects your good gut bacteria. It can lead to estrogen dominance, which in turn triggers a Candida overgrowth. I recommend eating fermented foods daily and taking a high-quality probiotic.



DOES BIRTH CONTROL BALANCE YOUR HORMONES?

NO!

The main mechanism of birth control is to suppress a woman's natural production and regulation of estrogen and progesterone. With that in mind, how could the pill fix a hormone imbalance when it is preventing you from making hormones in the first place?

The truth is, Birth Control will not fix your hormone imbalance, your periods, your acne, your PCOS...it will NOT fix your hormones.

Every day in my practice I hear from women who have been told that taking hormonal birth control is not only THE solution to her hormonal problems, but it's the ONLY solution if she wants to "fix" her hormones. That's B.S.

Here's the deal, that pill, patch, IUD (fill in the blank) suppresses your hormones. It tells your brain to stop talking to your ovaries and that your ovaries have been replaced. And while it can strong-arm your body into submission and make those symptoms be gone, it is a short-term (and short-sighted) solution to your hormone struggles.

Those symptoms that you hate? That we all hate. Yeah, well they are your body giving you some serious data that can help you fix your own period and make your menstrual cycle work for you.

If you're looking for a root cause approach to your health and breaking free from hormonal birth control, talk to me about my Seed Cycling ebook to help you balance your hormones.



Thank You...

If you have any questions about the Birth Control Client Education Ebook, please reach out!

Looking forward to getting clear and healthy together!

Jessica Falcone



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