

**ANTECEDENTS**

- check immune and auto-immune history before putting anyone on OBCP

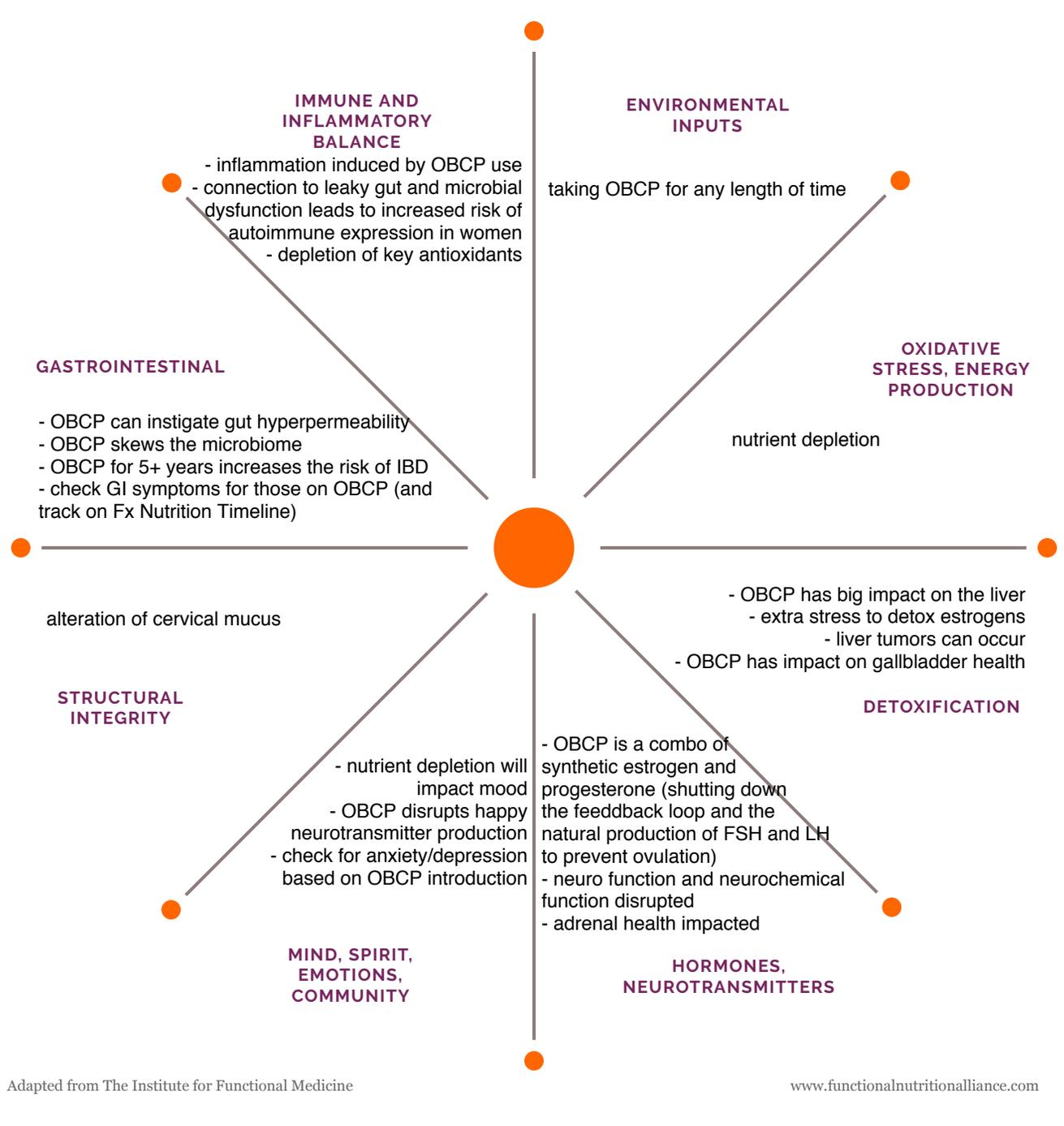
OBCP = Oral Birth Control Pill

**TRIGGERING EVENTS**

- taking OBCP for any length of time is (in itself) a TRIGGER
- be sure to track (Timeline) start of pill and introduction of symptoms
- longterm use will require more time to get the feedback loop back into gear

**MEDIATORS**

- OBCP should NOT be used to suppress symptoms (it masks symptoms, and does not address the root causes);
- clinicians should use the period as a vital sign in assessing a woman's health
- when considering fertility, remove OBCP and rebuild nutrients and nurture feedback loop



**SLEEP/RELAXATION**

**EXERCISE/MOVEMENT**

**NUTRITION/HYDRATION**

Note: nutrients will be DEPLETED by OBCP use (digestive enzymes, B vitamins, Mg, Zn, Se, vitamin C, vitamin E) -- Must be addressed

**STRESS/RESILIENCE**

**RELATIONSHIPS/NETWORKS**