

HIGH PROLACTIN

Causes:

1. Hypothyroid
2. Pituitary tumor
3. Liver / Kidney disease
4. Anorexia
5. Stress
6. Breastfeeding - Stimulation of nipples and mammary glands during nursing leads to prolactin release
7. Herpes zoster
8. Schizophrenia

Symptoms:

1. Irregular menstruation
2. Painful intercourse
3. Hirsutism (excessive body hair)
4. Acne
5. Headache
6. Blurry vision
7. Dysmenorrhea (painful periods, or menstrual cramps)
8. High risk of miscarriage
9. Weight gain
10. Low libido

Supplements:

1. Lugol's Solution (if hypothyroidism)
2. Vitamin A, B, C, E
3. HMC (contains Vit B & Zinc)
4. Selenium
5. Ashwagandha
6. Agnus Castus