

checklist:

Coming off the Pill or other hormonal contraception

- You may be on hormonal contraception for contraceptive purposes, managing menstrual problems, a skin condition, or just for 'convenience'. Whatever your reason here are some suggestions if you'd like to come off it.
- Be informed. Gather information about alternatives for your situation. Alexandra's co-authored book *The Pill: are you sure it's for you?* is designed to help you think through your options.
- Don't be pressured by anyone. Take your time to find the answer you need from within about whether to come off or not. You'll absolutely know that moment when you are ready and, because of that, will feel empowered to take alternative steps.
- For contraception: learn about fertility awareness. There are numerous teachers of this today and it's even possible to get info through the NHS in UK. Our favourite organisation for the most complete information is [natural fertility management](#). You'll also find more in our Resources section.
- Have backup plans: get a diaphragm fitted and have condoms to hand.
- Always make a clear choice each time you menstruate to practice conscious contraception for that month.
- For menstrual problems: go through *all* our lessons on Hormone Harmony. Start the healing practices before you come off the drugs.
- For skin problems: check out all the health information in this course, restore gut health and try the Deer Exercise. It's a winner for improving skin condition.
- Once off the drugs it's crucial to eat a really nourishing diet.
- Consider also doing some kind of supervised detox process.

- And of course get stuck into menstrual cycle awareness right away!