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EXCITING

ANNOUNCEMENT!

Hello lovelies!

I have some very exciting news that made me jump for joy when I heard it because I know this is a GAME CHANGER for many of you.

The current pandemic has brought lots of change – I’ve redesigned how I see patients by offering more virtual and zoom style appointments. We’ve been shipping out your protocols to you and offering curbside pick ups as well.

Last week I was invited by Standard Process to be one of their health care practitioners with a full integrated website!!!

I jumped with joy!!!

What this means for Lime and Lotus is that our office is now an approved and authorized distributor and seller of Standard Process and MediHerb products online!

What this means for you is that you can now order and buy Standard Process and MediHerb products online through this website. Products will be shipped from the company directly to you anywhere in the United States.

Check it out here.

Online orders through the site over $100 also receive FREE SHIPPING!

I am happy and excited to be able to bring you this additional resource. We will still continue to offer curb side pick up and products from the office but this will be one more option to make your life easier!

Let us know if you have any questions.

Yours in Health and Wellness,

Dr. Stephanie Zgraggen, DC, MS, ACN, CNS, CCN

** Order your Standard Process and MediHerb Products Here **
Balancing Female Hormones Naturally is Only a Test Away

As a doctor in clinical practice, I am frequently asked by my female patients, "Is it possible to manage my female hormone issues naturally, without the use of drugs, synthetic or bio-identical hormones?" The quick answer to that question is a resounding YES. The biggest challenge, however, is in knowing exactly where you stand with your current hormone status.

Your body has a number of hormones that need to be in balance with each other in order to achieve proper female health and function. The two that will be discussed in this article are estrogen and progesterone. If these are out of balance, women can experience a variety of symptoms and conditions such as weight gain, headaches, premenstrual syndrome, breast tenderness, fibroids, ovarian cysts, heavy bleeding or clotting, menstrual cramps, hot flashes, low libido, migraines and even osteoporosis! The interesting fact is that whether you have too much or too little of the hormone, the symptoms are usually the SAME, so testing for hormones becomes vitally important in determining a specific natural protocol for each woman.

Your hormones are made by glands in the body and deposited directly into your blood stream. They are very powerful, yet made in very small amounts. Your estrogen and progesterone are measured in nanograms (parts per billion), and picograms (parts per trillion). These are very small amounts; a nanogram is equivalent to a pinch of salt in 10 tons of popcorn, and a picogram is equivalent to one drop of water in a 6 mile long train.

I have had many patients who have been prescribed medications or creams from their physicians and when asked how the doctor decided on that treatment, the patient's answer was "he just wanted me to try this for a bit to see if it helped." Because these hormones are made in such small amounts, it can be easy to unbalance them if you consume herbs, creams, or hormone replacement therapy without knowing if it is truly necessary.

So how do you determine if you need some support for your hormonal health?

The easiest and most convenient way to test all of your hormones is via a saliva test. This is much different than the routine blood tests that are typically performed.

Routine blood tests will test for the protein bound form of each hormone. In this instance the hormone is bound to a protein and in its INACTIVE form. Approximately 99% of your hormones are in this form and considered the “hormone reserves." This is why many women can experience symptoms, go to the doctor for a blood test and that test comes back negative. A saliva test, however, will test for the unbound form of each hormone. In this instance the hormone is not bound to a protein and this is the ACTIVE form or functional form of the hormone. It is when we test these hormones that we truly see an accurate picture of a woman’s health.

So if you are experiencing symptoms, the first step is proper testing of your hormones to determine the most appropriate course of action!

Symptoms your hormones are out of balance:

- Do you wake up tired, but have trouble winding down to sleep at night?
- Do you struggle with sugar cravings or energy crashes through the day?
- Is your hair thinning/falling out?
Is your hair thinning/falling out?
Are you having trouble losing weight?
Are you experiencing hot flashes or night sweats?
Is your libido cooling off?
Are you struggling with brain fog, or mood swings?
Are your periods irregular, heavy, or painful?

Think you may want to get tested? Check out Dr Stephanie’s hormone testing options below. Each link lists out what hormones are tested with each panel.

- Cycling Female Hormone Panel
- Postmenopausal Female Hormone Panel
- Thyroid Panel
- Adrenal Panel

Want to learn more about YOUR hormones? Dr. Stephanie offers a phone consultation to chat about your hormones, your health goals to see if natural female hormone balancing would be a good fit for you. Check out more information here.

Author:

Dr. Stephanie Zgraggen, DC, MS, CNS, CCN is a licensed chiropractor, certified clinical nutritionist, and owner of Lime and Lotus, LLC in Charleston, South Carolina. She utilizes saliva testing, herbs, and whole food supplements to correct female hormones imbalances in her patients. Download her free guide: Dr. Stephanie's Naughty List – The Top Five Foods that Wreck Your Hormone Health here.
Let’s use this summer to learn more about our bodies, our health and easy ways to improve them both!

Welcome to the summer of education – So many of my patients and followers ask for resources and education to learn how to empower themselves and take charge of their own health. So I thought I’d take this summer to introduce you to some of my favorite reading and resources. I’ll even be starting a monthly book club where we can read a book as a group and start some lively discussions!

My first block of resources is focused on the Standard American Diet, how we botched it up, how to get back in check with what we’re eating/growing/producing and the drug companies that are making a fortune off of our misfortune.

Check out the list and see if any resonate with you to check out – If you’ve already read a few on the list let me know in the comments or comment on which one you’re going to read (you know for accountability 😊)

Cheers –

Dr. Stephanie

2019 Summer Reading List

Categories: Book Club, Healthy Food, Hormones, In The News, Summer, Women's Health
Tags: book, healthy, Hormones

Posted on May 16, 2019 by Dr Stephanie Zgraggen — Leave a comment

Why YOU Need a Detox this Spring
Toxins are everywhere

You are exposed to toxins Every. Single. Day. There are approximately 80,000 chemicals registered for use in the U.S., and 800,000,000+ pounds of herbicides are used yearly on our crops. The Centers for Disease Control and Prevention reports that hundreds of these chemicals are present in our bodies. Research shows that certain chemicals may affect our immune, endocrine, nervous, and reproductive systems.

In fact, your body produces its own toxins, or waste known as endogenous toxins, simply by functioning. Your body also encounters external (exogenous) toxins, or chemicals made outside of your body. They are in the air you breathe, the food you eat, the water you drink, and the products you touch.

External Toxins

- Air and Water Pollutants
- Cigarette Smoke
- Certain Personal Care Products
- Dyes and Paints
- Heavy Metals
- Household Cleaning Products
- Pesticides and Insecticides
- Preservatives and Additives
- Trans Fats

Internal Toxins

- Ammonia
- Carbon dioxide
- Free radicals

You become what you eat

The typical American diet favors processed foods that tend to be high in refined sugar, trans fats, and salt. Processed foods often contain pesticides, artificial ingredients, and genetically modified organisms that can contribute to toxin build up in the body. Exposure to these toxins can overburden your system’s natural ability to detoxify.

Reducing your toxic burden can reduce your odds of asthma, cancer, Alzheimer’s, infertility, hormonal and period problems and so much more. Reducing your toxic load can help you lose weight, restore your energy levels and balance your hormones. It can help you conceive a healthy baby and raise a healthy child.

When the body is overloaded with toxins, these toxins cannot be eliminated from the body and they slow down cellular function. This translates to decreasing your body’s function; the brain won’t fire as quickly so you become foggy and forgetful. This can mean you gain weight or feel tired and/or unmotivated. Many people experience symptoms of toxicity but don’t recognize what these signs really can mean. How many of the symptoms below do you have?

Symptoms of Toxin Exposure

- Fatigue or difficulty sleeping
- 1-3
- 4,5
- 6
Fatigue or difficulty sleeping
Indigestion and other gastrointestinal upset
Food cravings and weight gain
Reduced mental clarity (brain fog)
Low libido
Skin issues – eczema, acne, dark circles under the eyes
Joint or muscle pain
Headaches
Female hormone disturbances
Sinus issues
Water retention
Bad breath
Insomnia

Your Organs of Detoxification

My 28 day Reset Detox Programs are designed to stimulate specific detoxification organs in the body—the liver, kidneys, and intestines. With help from these organs, your toxic load can decrease, and your body can concentrate its energy on detoxifying and cleaning up. This can help you achieve optimal health by cleansing your body from the inside out. The goal is to learn how to enhance your body’s ability to detox and remove these toxins on a daily basis. No matter where you start, everyone can benefit from a detox program.

Liver
- Filters toxins
- Aids the body in metabolizing fat, protein, and carbohydrates
- Helps transform many toxins into harmless agents

Kidneys
- Filter waste and excess fluid from the blood
- Regulate and release the right balance of sodium, phosphorus, and potassium for the body to function properly

Small Intestine
- Digests food so that nutrients can be absorbed into the blood and transported to the liver
- Provides a barrier that blocks toxins from the rest of the body

Large Intestine
- Absorbs water and electrolytes, forming waste that is excreted from the body
- Produces antibodies for gastrointestinal health
- Contains bacteria that create fatty acids and some vitamins for extra nutritional support

Why you may not be losing weight

If your body can’t release toxins through your intestines (poop) or kidney (urine) then they can be deposited and stored in the body. Over months, years, or even decades these can build up in the body and create havoc.

One of the most common sites for us to deposit toxins is in our fat cells since many of the chemicals in today’s environment and food are lipotropic, meaning that they LOVE FAT. The challenge is that we have to release those stored toxins from the fat cells before the fat cells can shrink. This is one reason why you may have been eating better and working out more but still seeing NO weight loss results.
Where We Store Toxins

- Fat Cells
- Bone Marrow
- Joints
- Liver
- Blood
- Muscle
- Central Nervous System

What the heck is metabolic detoxification anyway?

Metabolic detoxification is your body's natural process of neutralizing and eliminating toxins from your body. This three-phase process unlocks fat-soluble toxins and converts them to a water-soluble state that is easier for your body to remove. Your body needs key nutrients and phytonutrients to support each of these phases.

Three phases of metabolic detoxification

- **Phase I: Unlock** – Stored fat-soluble toxins transform into an “unlocked” state that is more water-soluble, and in many cases, more toxic than its original form. The foods and supplements recommended in the 28 day Reset Detox programs deliver nutrients that activate enzymes required for Phase I reactions. It also supplies antioxidants that reduce stress on your body, such as tissue damage sometimes caused by these enzyme activities.

- **Phase II: Neutralize** – The highly toxic substances produced in Phase I convert to non-toxic molecules and become even more water-soluble. The foods and supplements recommended in the 28 day Reset Detox programs supply key nutrients and amino acids needed to support Phase II enzymes. These enzymes enhance the water solubility of toxins.

- **Phase III: Eliminate** – Water-soluble toxins leave your cells, and your body eliminates them. The foods and supplements recommended in the 28 Day Reset Detox programs provide your body with plant-based fiber and water, which aid in toxin elimination.

A Simple, Effective Answer is HERE!

You can create more efficiency around detoxification by modifying your daily food choices, and habits to support your body's natural ability to detoxify. If you are experiencing any of the symptoms listed above or feel like it's just time for a reset, I encourage you to check out my signature 28 Day Reset Programs. The **28 Day Hormone Reset Detox** is designed for balancing hormones and the **28 Day Autoimmune Reset Detox** is specially created for those with autoimmune issues.

My hope is to provide you with easy, effective tools to help you live YOUR. BEST. LIFE.

Cheers,

Dr. Stephanie

Author:

Dr. Stephanie Zgraggen, DC, MS, CNS, CCN is a licensed chiropractor, certified clinical nutritionist, and owner of Lime and Lotus, LLC in Charleston, South Carolina. She utilizes saliva testing, herbs, and whole food supplements to correct female hormones imbalances in her patients. Download her free guide: Dr. Stephanie's Naughty List – [The Top Five Foods that Wreck Your Hormone Health here](#).

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**28 DAY HORMONE DETOX RESET**
References:


Categories: Detox, Healthy Food, Hormones, Women’s Health

Posted on February 2, 2019 by Dr Stephanie Zgraggen — Leave a comment

Here’s to Your Health AND your Heart
What you do today, will affect your heart health tomorrow.

Cardiovascular disease is a growing problem and financial burden costing the United States approximately 214 billion dollars a year. Hypertension, or high blood pressure, is the most common form of cardiovascular disease. Uncontrolled high blood pressure can lead to other health problems such as congestive heart failure, stroke, heart attack, and death.

Alarming statistics show that over the past 50 years, cardiovascular disease has been the number one cause of mortality in the United States, but 100 years ago it was not even ranked in the top ten causes of death. In other countries that have diets lower in salt, cholesterol and fat people have a lower incidence of cardiovascular disease. Most high blood pressure has no identifiable or secondary cause and is considered essential hypertension.

Some causes of essential hypertension include obesity, congestion of the liver, kidneys, or gall bladder, stress, and adrenal fatigue, hypothyroidism, high alcohol consumption, food allergies, and unbalanced essential fatty acids. Only a qualified healthcare professional can test for the causes of high blood pressure and put you on a specific protocol that would best suit your needs, but the following are tests and recommendations to consider with your healthcare provider.

Tests to check for the causes of hypertension

- Lipid profile: Many people with high blood pressure and cholesterol have been linked with thyroid problems as well
- Complete thyroid profile
- Liver enzyme profile
- Fatty acid blood profile: breaks down the ratio of omega 3-6-9 and determines what specific nutrient(s) you are lacking

Steps that may help naturally control hypertension

- Aerobic exercise: at least 30-60 minutes 3-7 days per week
- Detox programs: These can help with clearing out the kidneys, liver, and gastro-intestinal system of any congestion and aid in weight loss (only do with the permission and guidance of a qualified healthcare professional)
- Replace regular table salt with a sea salt
- Increase intake of calcium, potassium, antioxidants, CoQ10, and essential fatty acids but make sure that you receive these nutrients in a food based formula, not from synthetic supplements.
- Learn relaxation and stress management techniques
- Herbs that are heart helpers include Hawthorne, Coleus, and Garlic.

Already taking a prescribed Statin drug? Recent research has shown that they upset the omega 3-6-9 ratios and they rob the body of CoQ10, which can then lead to fatigue and shortness of breath. These individuals need to make sure that they are replacing the CoQ10 with food based supplements and making sure that their omega 3-6-9 ratios are balanced. It is never too late to begin the journey of eating your way to a healthy heart.
Ring in the New Year with a Weight Loss and Detoxification Program

After the last few months of holiday festivities, overindulgence in the form of food, alcohol, and stress can be at the forefront of our minds. With the New Year upon us, many people vow to change their lives and lose weight, drink less, and meditate more. One avenue that most people do not consider after a period of overindulgence is detoxification to rid the body from the chemicals and impurities that accumulated over the holiday season.

Detoxification is defined as the metabolic process by which toxins are changed into less toxic or more readily excretable substances. It can be compared to the “junk drawer” that most people have in their home. Over time, more items collect in the junk drawer until it cannot even be opened anymore. Your body collects junk in the same way with the food you eat, the water you drink, and the air you breathe. This junk consists of pesticides, pollutants, preservatives, heavy metals, chemicals and caffeine.

The liver, kidneys, gastrointestinal system, and lymphatic system are all in charge of the handling and excreting of toxins from the body. If these organs are overburdened, they can become inefficient just like a clogged air filter might. Signs of toxicity include weight gain, fatigue, poor digestion, difficulty sleeping, food cravings, mental fog, dark circles under the eyes, moodiness, and low libido, just to name a few.

Many detoxification programs exist. Here are a few key steps to follow when choosing the right program for you:

- Always check with a licensed healthcare professional before you begin a detoxification program because people with certain diseases like diabetes, need to be monitored especially well while detoxifying.
- Make sure that the program is made from food and is free of preservatives, chemicals, and artificial sweeteners and ingredients.
- It is usually better to perform a detoxification program that is gentler on your body, so choose one that lasts for more than a day or two.
- Buddy up…When you complete a detoxification program with a friend or family member it helps to stay focused and the results are usually more significant.
After the completion of a detoxification program, most people experience increased energy, improved health, weight reduction, improved digestion, clearer thinking, and removal of food addictions. With all of these improvements the New Year can definitely begin the start of a New You!

Did you know that Dr Stephanie has created her own online detox program? Her comprehensive step by step system will walk you through a 28 Day Hormone Reset Detox – Want to find out if it's right for you? Check out the program link here.

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Categories: Detox, Healthy Food, Hormones, Women’s Health
Tags: detox, Hormones, Women’s Health

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