



Natural Pregnenolone & Menopausal Bleeding Protocol

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Overview

Pregnenolone is the “mother hormone,” produced naturally from cholesterol in the adrenal glands and gonads. It serves as a precursor to progesterone, estrogen, DHEA, cortisol, and testosterone. Supporting your body’s natural production is safer and more harmonious than synthetic supplementation, especially during perimenopause or menopause when uterine bleeding may occur.

Herbal Wisdom (TCM + Modern Herbalism)

Traditional Chinese Medicine (TCM) and indigenous frameworks emphasize tonifying Spleen Qi, containing Blood, nourishing Yin, and regulating the Chong and Ren channels to stop bleeding while addressing the root cause. Herbal and Wise Woman traditions align beautifully with these principles.

Key Herbs

1. **Yarrow (*Achillea millefolium*)** – Astringent and styptic; constricts blood vessels and reduces excessive flow.
2. **Shepherd’s Purse (*Capsella bursa-pastoris*)** – Regulates uterine bleeding; use tincture in small, frequent doses.
3. **Cinnamon (*Cinnamomum zeylanicum*)** – Astringent and anti-inflammatory; reduces uterine spasm and flow
4. **Vitex (*Agnus castus*)** – Pituitary regulator that balances estrogen and progesterone; long-term use (8–12 weeks).
5. **Red Raspberry Leaf** – Uterine tonic and iron source.
6. **Ginger (*Zingiber officinale*)** – Reduces prostaglandin-driven bleeding and inflammation.
7. **Shatavari (*Asparagus racemosus*)** – Nourishes Yin, restores estrogen-progesterone harmony
8. **Oat Tops (*Avena sativa*)** – Nervine and endocrine stabilizer; rebuilds the HPA axis.



Herbalist Perspectives

Susun Weed: Shepherd's Purse tincture to stop bleeding; nettle and oatstraw for rebuilding; caution with hot yarrow tea during flooding.

Rosemary Gladstar: Shepherd's Purse + Yarrow tincture, small frequent doses; tea with nettle for rebuilding.

Aviva Romm, MD: Ginger (500–1000 mg up to TID) and Vitex for cycle regulation; consider green tea extract (EGCG) if fibroids contribute to heavy flow.

Acupuncture Protocol

Treatment Principles

1. Stop bleeding and move stagnant blood.
2. Tonify Spleen Qi to contain Blood.
3. Nourish Yin and regulate Chong/Ren.
4. Support adrenal recovery.

Primary Points

SP1 (Yinbai): Empirical point to stop uterine bleeding. Apply moxa (3–5 cones or moxa stick 5–10 minutes per side).

SP6 (Sanyinjiao): Regulates Spleen, Liver, and Kidney; harmonizes Blood.

SP10 (Xuehai): "Sea of Blood"; clears stasis and stops bleeding.

ST36 (Zusanli): Tonifies Qi and Blood; restores vitality.

REN4 (Guanyuan): Tonifies Blood and Yin, regulates uterus.

LV3 (Taichong): Moves Liver Qi and reduces emotional tension.

DU20 (Baihui): Lifts Yang and contains Qi to stop bleeding.

Moxibustion

- SP1 moxa during active bleeding.
- REN4, ST36, SP6 after bleeding stops to tonify Qi and Blood.
- Abdominal moxa (CV4/CV6) for daily recovery.

Food-as-Medicine for Natural Pregnenolone Production

Pregnenolone is synthesized from cholesterol in the adrenal glands. Support its natural production by optimizing diet and adrenal recovery.



Nutritional Support

1. Healthy fats: avocados, olive oil, nuts/seeds, cold-water fish, pasture-raised eggs (moderate).
2. Vitamin C: citrus, kiwi, peppers, kale – supports adrenal function.
3. Vitamin B5: shiitake mushrooms, avocado, sunflower seeds, lentils – vital for coenzyme A formation
4. Zinc: pumpkin seeds, chickpeas, tahini, oysters, cocoa – supports enzyme function.
5. Anti-inflammatory foods: turmeric, ginger, greens, berries, omega-3 fish.
6. Iron support after bleeding: nettles, beets, molasses, leafy greens.

Lifestyle Support

- Sleep 7–9 hours nightly to prevent “pregnenolone steal.”
- Reduce chronic stress with breathwork, meditation, and restorative movement.
- Avoid low-fat or cholesterol-restricted diets that deplete hormone substrates.

Phased Protocol Summary

Phase 1 – Acute Bleeding (2–5 days)

- Yunnan Baiyao (short-term only)
- Shepherd's Purse + Yarrow tincture (small, frequent doses)
- Ginger capsules (500–1000 mg TID)
- SP1 moxa + SP10 + SP6
- Warm compress or castor oil pack after bleeding slows.

Phase 2 – Rebuild & Regulate (4–12 weeks)

- Shatavari + Oat Tops daily
- Red Raspberry + Nettle infusions
- Vitex (8–12 weeks)
- ST36, REN4, SP6 tonification
- Nourishing whole-food diet for steroidogenesis.

Safety & Red Flags

- Any bleeding 12 months post-last menses requires medical evaluation.
- Avoid Shepherd's Purse with anticoagulants or during pregnancy.
- Support iron and B-vitamin stores after heavy bleeding.
- If using pregnenolone supplementation, wait until bleeding fully resolves and start low (5–10 mg).

This protocol integrates TCM, Wise Woman herbalism, and modern functional endocrinology, emphasizing natural hormone balance and uterine restoration