

## *I just want my life back!*

By Jenny Birdsey

This statement echoes in my mind constantly. How often I hear this from so many women on the end of my phone, on the verge of tears or already sobbing, relieved to hear a voice. In their exacerbation, and to summarise the overwhelming totality of where they find themselves at that given moment, they just say aloud, from the depths of despair, “I just want my life back!” It does not need quantifying. I know exactly what it means and have a fair idea what they have been through.

The chances are, for them, right now life is the pits, full of self doubt, low self esteem, little or no confidence, plagued with an array of symptoms and emotions of which they can no longer make any sense of, let alone label. To top it off, the brain is foggy and thinking fragmented. They feel so bemused as how they arrived at this abysmal place and desperate to get out of this ever deepening downward spiral and back to the comfort of safe grounds of their old familiar self and life once more. So often the comment passed “I don’t know who I am anymore and or “I don’t like who I have become. They just yearn for their essence again.

These women, of all ages, usually have a myriad of problems, emotions and have been on a long exhaustive journey in a search for answers in a quest for health. Far too often I hear “I have no where else to turn” or “You’re my last resort and no one cares or is really listening to me anymore”. In a nutshell, the conclusion of these open ended statements that so many women can relate to, is, that they are at the end of their tether having arrived at, in a long desperate search for sanity and health and many doses of disappointment along the way, their last plea for help to connect to a life line of hope that may assist in restoring them back to normality again. They seek to find their essence and live again, not just exist. “I just want my life back, whatever that means now”, often comparing themselves to the way they use to be.

Does this resonate with you as you read this? Are you starting to feel validated that you are not as alone as you thought and that you are still important. Your cries for reassurance and help have not fallen once again on deaf ears! Thousands of women have stood in your shoes, including myself. I can remember thinking that there was no light at the end of the tunnel, only an oncoming train to wipe me off. Driving off a bridge looked appealing except for the fear that I would wake up in hospital, having failed a permanent solution, only to face dreadful rehabilitation. Those were gloomy pessimistic days when I could never imagine having a normal life again let alone return to the zest and exuberance for living. Yes I confess I wanted my life back desperately and pined for the loss of me.

All I can say to you right now is you are not alone and while you continue to pursue answers to your health, making sense of it all, you are fully human and fully alive. You will conquer, what you intuitively already know; hormonal disarray. AND YES you are on the right track because you are here along with thousands of other so called hypochondriac women! Congratulate yourself and thank your inner guide, God or inquisitive diligent nature for arriving here. You are magnificent and strangely as it may seem, very sane. Just because you’re mental faculties are not up to speed, it does not

© Jenny Birdsey March 2005 [www.jennybirdsey.com](http://www.jennybirdsey.com) or [www.npan.com.au](http://www.npan.com.au)



matter, and believe it or not that is the least of your problems. We have all had the attacks of memory loss, foggy thinking, lack of concentration and sheer panic attacks or social phobia. Many of us have even forgotten our kids names, confused the dog with a child's name, forgotten to collect them from school, lost our car ,reporting it as stolen, fled from the supermarket, leaving the groceries so carefully selected behind. Our stories which at the time, very traumatic, are endless .Thankfully most of us can look back now and laugh. Many of us can hardly believe we were that bad, memories so faint as if another lifetime.

Endocrine disruption is real. Your experiences of many symptoms that can drive you to the edge of your existence and brink of your insanity have root in many factors. It is not as simple as we are made to believe. These hormonal imbalances are affecting thousands of women of all ages in this millennium. Contrary to the mind sets of many doctors and even our forbearers, we are amidst a hormonal warfare.

Have you ever wondered why you feel so isolated, frustrated, and angered when you hear such infuriating comments passed by your mother or grandmother stating lines such as; “I never had any real issues with my menstruation, fertility or menopause”. “It is a natural, physiological process”. “Your generation is too soft”; “I don’t know what you are going on with and all this fuss. I had 5 kids to raise”. “We didn’t have time for self indulgence”. “You have all these mod cons and still can’t cope with your housework etc”. “You don’t have any reason why you’re not coping”. “What is wrong with you?” “Just learn to live with your lot and get over it”. “We had no choices!”

With such non empathetic attitudes surrounding us and so many available analgesics to treat period pains, monthly migraines and even antidepressants to control the looming depressions, not to mention the Oral Contraceptive Pill or HRT to address bleeding problems, ranging from debilitating flooding with clots to irregularities or painful menstruations, still we don’t really feel 100% and certainly not coping as we think and told we should be. Something still feels dreadfully wrong and often you can feel worse with many of the accompanying nasty side effects of the prescribed medications you are taking just to cope and get through another day, another month. In a nutshell life! With all these modern medicines and assistances to cope and function, you still don’t feel right in yourself let alone normal. You start to ponder and wonder what is normal or is this your life sentence for being a woman and is this as good as it gets. Your alarm bells are telling you there is something radically wrong which you sense or feel in the pits of your gut. You question this bandaid approach to solving your problems and the long term consequences. You question where are YOU in all this?

How you long and yearn to be home to yourself, rather than medically doped up or just mechanically walking (dragging) yourself around feeling like an empty shell. A body with little essence left, just going through the motions. Like a spectator, on the sideline, you feel detached and maybe alone and withdrawn in a private world plagued with fear, doubt, disassociation, depression and fatigue. You have no doubt, almost surrendered to your situation of despair giving up hope of ever reaching normality again let alone some form of equilibrium. Your sufferance of unexplained problems, which now have compounded into one big rumbling volcano ready to explode have no logical answers.

© Jenny Birdsey March 2005 [www.jennybirdsey.com](http://www.jennybirdsey.com) or [www.npan.com.au](http://www.npan.com.au)



You have been a medical mystery, often over many years, which treating Physicians have not been able to correctly diagnose or treat as these atypical hormonally related symptoms have been inappropriate in their eyes. How often have you been told, “It is all in your head”? “It is not possibly hormonally related”. “You are too young for menopause” etc .You have not fitted the mould so to speak. You have presented inconsistent, randomised symptoms, with no avail which now forces you into private feelings and seclusion. They are no longer outwardly expressed. What is the point! You’ve been to every health therapist under the sun, had every test imaginable and it all comes up clear. You are too young for menopause etc etc. You are told frequently that nothing is wrong even though you have an inkling that it is hormonally related due to specific patterns you have observed. You are not taken seriously and frankly many people are over your problems since you do not have a diagnosis or a disease. They are tired of hearing about all your woes and complaints or your inability to function for no apparent reason. You yourself begin to feel like a hypochondriac starting to doubt yourself now and unwilling to disclose in fear of further ridicule, rejection or medical humiliation. All the treatments of the past have been short lived. You feel there is no point pursuing any more avenues as you’ve exhausted them all with no reward. Yet your soul cries out to you yet again and again, “What about me in here I am dying of neglect here”, “I just want my life back”. This pleading trembling inner voice that now lacks confidence tells you to keep searching and not to give up, for somewhere your essence can be found again and restored. It reminds you of the person you really are and the person you know you are entitled to be. You know you have the right to be fully alive, vital and restored, physically emotionally and spiritually. But how?

You are tired and despondent, even exhausted. You probably can’t remember the last time you had a decent uninterrupted restorative sleep. These days you are waking up during the long, long night at regular intervals,( 2am never fails!) staring at the ceiling , worrying compulsively over silly things, or being forced to get up and empty ‘that’ annoying bladder often. There is no escape, night after night from all these sleep robbers. You may also have to contend with feeling hot and bothered or changing drenched linen and night attire because of those debilitating night sweats. Even your partner annoys you for just being there! His rumbling snoring, ability to switch off and sleep, radiating even more heat just seems to add to your list of grievances, misery and distress. Morning finally arrives and he wonders why you are in such a foul mood and can’t feel enthused or energised about the new day .Little wonder you have difficulty concentrating and focusing, let alone embracing life.

To add to your Tsunami world of resultant hormonal fluctuations and imbalance, you are undoubtedly disinterested in your sexual partner, perhaps also suffering stress incontinence, thrush, bladder infections and or vaginal dryness and painful intercourse. Your libido has ‘got up and left’, un -announced for reasons you cannot understand, as you love and care for your partner. It is difficult to find your sexual desires or where to begin to look let alone send the search party out. It’s a mystery and has you baffled. One thing sure, you know it isn’t around and you may even be suffering the guilt’s for feeling non sexual anymore, even repulsed. (You dare not tell anyone either). You ask yourself what is wrong with yourself as you are meant to be in your sexual prime.

© Jenny Birdsey March 2005 [www.jennybirdsey.com](http://www.jennybirdsey.com) or [www.npan.com.au](http://www.npan.com.au)



Perhaps also you experience PMS, and or debilitating migraines that wipe you out, in that dreaded mid part of your cycle where it takes demonic control of your life and all those in your pathway. You witness the wastefulness, destruction and devastation but you can't stop your self and possibly now the PMS/migraines are extending. You wonder how your partner survives these impacts (as you barely do) and why he/she doesn't leave. Inwardly you add this to you growing list of worries, guilt's and obsessional often irrational insecurities, fearful that another more attractive person will come along and replace you or you kids will permanently hate you. You already feel fragmented, vulnerable, and insecure and have lost your former confidence and ability to connect as you use to with those you love. Your inner world is now out of control, perhaps reinforcing your unusual depressed feelings, alienation and aloneness. This is also starting to manifest in your outer world.

You spend most of your energy just pretending to be happy, capable confident and socially interactive, particularly at work You pretend you are coping, masquerading those annoying uncontrollable distracting hot flushes or covering up your menstrual problems and foggy thinking as you can not afford to have your disguise of inadequacy blown ,so you sit numbed at the computer or at a task pretending ,praying you don't make errors or make a gibbering fool of yourself with an uncontrollable outburst of tears. Up until now people have seen you as a competent, capable and "put together" type of person. Little do they really know you are falling apart at the seams inside and all you probably really want to do is flee ,removing yourself from people, interaction and or social events The often unannounced panic attacks may now becoming overwhelming and hard to control. What better place than to lock yourself up in the seclusion of your own private safe sanctuary. Weekends arrive with relief when you can go into retreat, shut the world out and restore yourself, spiritually, emotionally and physically, revitalising your depleted self and eroded energies ,ready to re-emerge Monday to repeat the exercise all over again. You know you just exist, hanging onto a thread, victim to life's circumstances that you feel are sweeping you away, witnessing the helplessness and futility of it all. It is not hard to see why you are stressed to the max and your adrenals are exhausted as you have been running on an empty cylinder for far too long!

So when women say to me "I just want my life back", they are begging for control and empowerment once more. They want to be at the helm of their ship, to travel happily with purpose, excitement, a zest for living with the capacity to be healthy, confident, capable and creative once more. To be connected to themselves and be in synchronisation with the world and those in it.

Women like yourself had stood in your shoes, more than you realise .Hormonal disruption and its ramifications is not openly discussed and accepted as for instance, is puberty which is a celebration of a phase into womanhood, in society's eyes.

You know your body and emotions are roller coasting, with little education or explanations available to you as to how and why you have arrived at this dreadful predicament uniformed , ill equipped ,feeling entrapped and powerless with not too many more options to explore. How often women feel they are to blame believing they should have control over their hormones and the physiological functions they play in their body. You did not have control over puberty! Yet women feel uncomfortable, often



shamed and embarrassed for such processes such as hot flushes (a typical example). They fear retribution, humiliation, ostracising and embarrassment especially amongst their work colleagues partners and girlfriends, as if a hallmark to separation of acceptance and belonging anymore. Such emotions amidst our society's attitude have forced women in a state of denial, trivialisation (often reinforced by Drs attitudes "get over it" "learn to live with it" or just take HRT and antidepressants) all of which reinforce separation and isolation. To hide your true self and the process of life is sadly an attitude commonly seen in this twenty first century where there is an epidemic of hormonal disruption afflicting thousands of women of all ages and races whom are naively suffering in silence.

You need not be alone. Time to claim your self back, by reacquainting yourself to your essence hormone, progesterone. Invest in yourself, you are worth it! Learn and discover, through my two books, ways to help and guide you back "home", with the usage and understanding of natural progesterone. Don't be a victim anymore and be left in limbo. Come along with us on a new discovery just as thousands of other women have, women who have embraced this journey and GOT THEIR LIVES BACK!

My blessings to all of you  
Love Jenny.

Jenny Birdsey

Director and registered owner of the Natural Progesterone Advisory Network (NPAN)

Author of the books

"Natural Progesterone the world's best kept secret"

"Natural Progesterone mores secrets revealed"

