



5 STEPS TO BALANCING MENSTRUAL CYCLE HORMONES NATURALLY

In 6 Months or Less with No Meds

WORKBOOK



Presented By: Dr. Kara Montz

What you'll learn by being here today :

- ★ _____ does NOT fix your hormones
- ★ A natural approach will give _____, yet _____ results so that you can reap the benefits for years to come
- ★ _____ will STOP painful periods so you can have predictable periods once and for all
- ★ If _____ is right for you, so you can make an informed decision about starting your own journey



This training is NOT for you if...

- ✦ You're someone that's looking for a _____ with no effort on their part
- ✦ You're looking for a bandaid approach that covers up symptoms instead of fixing the _____
- ✦ You don't have the _____ or _____ to go after what you want and stick to a plan
- ✦ You get upset or offended when someone gives +60 minutes of _____ and makes an _____ at the end



1st Step to Painless & PMS Free Periods

★ _____ Health

★ 4 Phases _____ , _____ ,
_____ & _____

★ _____ actually suppresses your hormones and also
depletes a number of _____ in your body.

★ _____ is one of the top tips I recommend for my
clients



2nd Step to Painless & PMS Free Periods

★ _____ Health

★ Cortisol is also known as your _____ hormone.

★ A main focus for my clients is working on
_____ .

★ A big way I do this is through _____ and
_____ changes.



3rd Step to Painless & PMS Free Periods

★ _____ Health

★ Part of a healthy gut means having _____ bowel movements per day.

★ If drinking coffee is the only reason you're having a bowel movement, you're considered _____.

★ 2 factors that decrease a healthy, diverse microbiome are _____ and _____.



4th Step to Painless & PMS Free Periods

- ★ _____ Regulation
- ★ A balanced meal includes _____ ,
_____ and _____ .
- ★ If you want a snack with higher carbs or sugar, have some
_____ before to offset that blood sugar spike.
- ★ I've seen great success with the supplement
_____ for decreasing blood sugar levels.



5th Step to Painless & PMS Free Periods

★ _____ Health

★ If you're someone that thinks they don't need the standard 7-9 hours, your body is _____ for it.

★ _____ is also important for keeping your circulation moving, your blood flowing, and this impacts your hormones.

★ Regularly exercising can decrease excess levels of _____ circulating in the body.



Painless, PMS Free Periods are *possible*

★ You can feel _____ and
_____ no matter what time of the month.

★ _____ skin- meaning no more cystic
acne breakouts.

★ Debilitating cramps?
A thing of the _____.

★ A _____ period.

