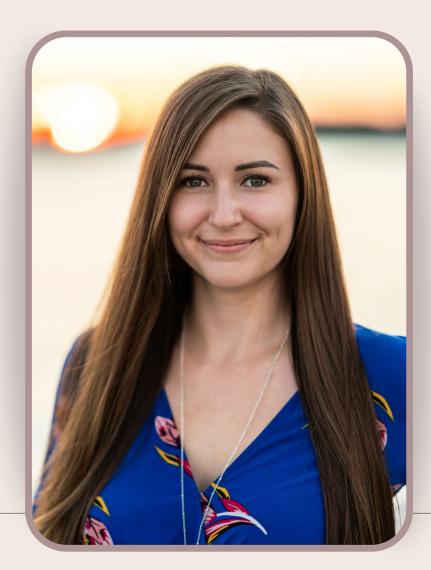
5 STEPS TO BALANCING MENSTRUAL CYCLE HORMONES NATURALLY

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 MOT 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 _____ 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 wo	rking on	
+	A big way I do t	his is through _ changes.		and

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
*	f you want a snack with higher carbs or sugar, have some before to offset that blood sugar spike.
+	e've seen great success with the supplement for decreasing blood sugar levels.

Sth 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	
*	Α	period.