

WOMEN'S HEALTH & *Hormones*



1. ON A SCALE OF 1-10 (1 = no unwanted symptoms, 10 = out of control symptoms)

How is your monthly cycle? ____

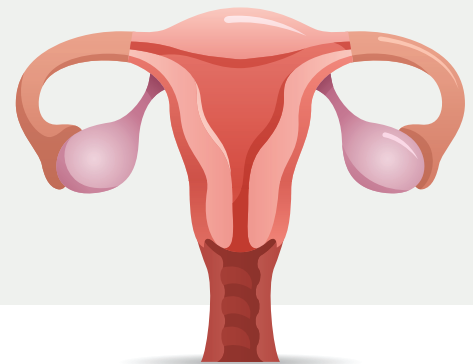
If peri or post menopause, how are your symptoms? ____

2. ARE THERE AREAS OF HORMONE BALANCE THAT ARE DIFFICULT FOR YOU?

- | | | |
|--|--|---------------------------------------|
| <input type="radio"/> Hyper/Hypothyroid | <input type="radio"/> Mood Swings | <input type="radio"/> Poor Memory |
| <input type="radio"/> Adrenal Fatigue | <input type="radio"/> Trouble Sleeping | <input type="radio"/> Type 2 Diabetes |
| <input type="radio"/> Difficulty Losing Weight | <input type="radio"/> infertility | <input type="radio"/> Other _____ |

THE FEMALE REPRODUCTIVE SYSTEM

- Includes the ovaries, fallopian tubes, uterus, cervix, external genitalia and breasts and works closely with other systems, especially the endocrine system
- Ovaries secrete estrogen & progesterone which are crucial for fertility but also play a key role in a woman's emotional and physical health
- Nutrition and hydration directly impact the production of these hormones



Recommended Products:



LIFELONG VITALITY

- Foundational nutrition for optimum hormone balance and energy levels
- Packed with nature's most powerful antioxidants, anti-inflammatories and energy cofactors



BONE NUTRIENT

- Bioavailable nutrition for men and women necessary for bone integrity, strength and overall health
- Important for those with weak or fragile bones, bone fractures and growing individuals



PHYTOESTROGEN COMPLEX

- A natural form of estrogen-like therapy (though not actually estrogen)
- Assists to balance not only a deficiency, but also any excess of harmful estrogen metabolites
- Minimizes unwanted symptoms associated with the menstrual cycle
- Contains Genistein, a fermented soy extract that promotes healthy breast tissue and brings balance to hormones in both men & women



ROSE (Queen of oils)

- | | |
|------------------------------------|------------------------------------|
| Apply over heart: | Apply to lower abdomen: |
| - Emotional balance | - Relief from menstrual discomfort |
| - Boosts libido | - Promote regular ovulation |
| - Promotes openness and confidence | |



CLARYCALM

- Apply daily to abdomen to aid with:
- | | |
|---------------------|---------------|
| - Hormone balancing | - Cramps |
| - Heavy periods | - Hot flashes |
| - PMS | - Mood swings |

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ENDOCRINE SYSTEM:

- Directly involved in growth and development, metabolism, nutrient regulation and overall homeostasis
- A system of glands that produce and send hormones to targeted organs & tissues via the circulatory system
- Essential oils can be very beneficial since they are circulated in the same way and profoundly benefit the cells they encounter in the process



CARE FOR YOUR LIVER:

- Healthy liver function is the underpinning of hormone balance
- Drink plenty of water with Lemon or Slim & Sassy essential oil
- Take 1 Zendocrine softgel daily

CARE FOR YOUR PANCREAS:

- Take 1-3 Slim & Sassy softgels daily to support metabolism, regulate blood sugar and release excess water

CARE FOR YOUR ADRENALS:

- Apply Magnolia to adrenals twice daily
- Take 2 capsules Mito 2 Max twice daily or as needed

CARE FOR YOUR THYROID:

- It's not a life sentence, habits are critically important. Check your nutrition, your stress level and your water supply!
- In a roller combine: 10 drops each of Clove, Myrrh, Frankincense and Lemongrass. Top with FCO and apply to thyroid area 3 times per day.

sample wellness box (LRP):



\$139.50

125 PV¹

+ FREE Oil
of the Month!

+ FREE Product
Credits!

○ Women's Health Kit \$69.50 / 60 PV ○ Rose Touch \$70.00 / 65 PV

¹ Point Value. For most products, \$1 = 1PV

my wish list:

- _____
- _____
- _____
- _____
- _____
- _____

