

# 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? \_\_\_\_

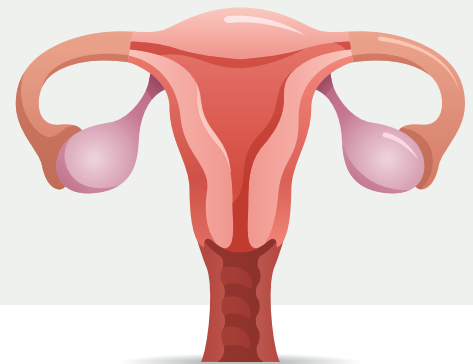
If peri or post menopause, how are your symptoms? \_\_\_\_

## 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 PV<sup>1</sup>

- + **FREE** Oil of the Month!
- + **FREE** Product Credits!
- + **FREE** Shipping!

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

<sup>1</sup> Point Value. For most products, \$1 = 1PV

## my wish list:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

