

28-DAY HORMONE BALANCE RESET GUIDE

by Laura Martin

NOURISHING RECIPES, INSIGHTS ON TOXINS, HORMONAL
HARMONY, AND A JOURNEY TO VIBRANT HEALTH



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WELCOME



Welcome to the 28-Day Hormone Balance Reset Guide, your roadmap to achieving hormonal harmony and reclaiming vitality. As a seasoned nutritionist deeply invested in holistic well-being, I've curated this comprehensive guide to address different hormone imbalances through a combination of specialized meal plans, tantalizing recipes, and essential tips for achieving lasting balance.

In the next 28 days, you'll not only gain insights into the intricacies of hormonal health but also discover practical strategies to align your lifestyle with your body's natural rhythm. Get ready to embark on this transformative journey, where the fusion of nutrition, wellness, and practical tips empowers you to reset and rejuvenate your hormonal well-being. Let's embrace the next 28 days as a commitment to your health and vitality!



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Laura Martin

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HORMONE IMBALANCES

SIGNS, SYMPTOMS AND REMEDIES

First and foremost, it's essential to acknowledge that unless you've undergone diagnostic testing, there's a good chance you might be uncertain about the specific nature and extent of your hormone imbalances.

What you likely do know is that something has shifted or doesn't quite feel right within your body, and you're here seeking solutions to alleviate those symptoms that are preventing you from feeling and looking your best.

HIGH CORTISOL

Triggers/Causes:

- Chronic mental, emotional, or physical stress
- Over-exercising, extreme dieting, and eating disorders
- Food allergies or sensitivities such as wheat and other gluten-containing products, dairy, corn, soy, and sugar

Common Symptoms/Conditions Include:

- Feeling tired yet wired
- Difficulty falling or staying asleep
- Oligomenorrhea (infrequent periods)
- Amenorrhea (the absence of menstruation)
- Decreased fertility
- Inability to concentrate, or constantly feeling distracted
- Anxiety or nervousness
- High blood pressure
- High blood sugar

Tailoring The Hormone Balance Reset Plan To Fit Your Needs:

- Lower sugar intake (which triggers cortisol release) by swapping refined flours and packaged baked goods for refined-sugar-free options
- Eat more dark chocolate (70% cacao or higher) to help satisfy your sugar cravings while reducing your cortisol levels.
- Work to support fatigued adrenals by developing a nightly sleep routine and consider supplements like 5-HTP or a B-Complex Formula
- Swap intense forms of exercise like cardio or HIIT for more low-impact, relaxing options like yoga or reformer pilates

LOW CORTISOL

Triggers/Causes:

- Long periods of high cortisol output
- Experience of significant trauma
- Congenital Adrenal Hyperplasia (a collection of genetic disorders that can affect the adrenal glands)

Common Symptoms/Conditions Include:

- Difficulty staying asleep
- Decreased tolerance for stress
- Feeling depressed or unable to cope
- Low blood pressure
- Difficulty waking in the morning, and/or feeling unrested after getting adequate sleep
- Fatigue, ranging from low-level, but chronic, to crippling fatigue
- Dizziness, especially upon standing up



Tailoring The Hormone Balance Reset Plan To Fit Your Needs:

- Try swapping alcohol or caffeine (which interfere with your sleep cycle) with herbal tea like peppermint or ginger
- Add in more healing, nutrient-rich foods like bone broth, wild-caught fish abundant in omega-3, or probiotic-rich foods like coconut yogurt.
- Work to support fatigued adrenals by developing a nightly sleep routine, and consider supplements like 5-HTP or a B-Complex Formula
- Sneak in relaxing forms of self-care daily: yoga, meditation practice or walking in nature

LOW PROGESTERONE

Triggers/Causes:

- Long-term stress or high cortisol (see above)
- Exposure to synthetic estrogens or xenoestrogens
- Hormonal birth control, most notably the birth control pill
- Lack of ovulation

Common Symptoms/Conditions Include:

- PMS or PMDD
- Menstrual migraines
- A heavier flow during menstruation
- Irregular cycles
- Bloating in the abdomen
- Swollen and/or painful breasts
- Difficulty getting or staying pregnant (infertility)
- Breakthrough bleeding during the second half of the menstrual cycle

Tailoring The Hormone Balance Reset Plan To Fit Your Needs:

- Incorporate more stress management into your daily routine (yoga, breathing, meditation, baths, walks, nature, etc.)
- Eat more foods that support progesterone production, which would be all of the recipes in week #3, the Luteal Phase
- Try taking a magnesium supplement
- Start swapping endocrine-disrupting beauty products for cleaner options

EXCESS PROGESTERONE

Triggers/Causes:

- High cortisol (see above) which lowers progesterone output and blocks progesterone receptors
- Excessive consumption of alcoholic beverages
- Xenoestrogens, like BPA and phthalates, which mimic estrogen in the body
- Being overweight or obese

Common Symptoms/Conditions Include:

- Heavy bleeding
- Breast tenderness or cysts
- PMS or PMDD
- Fibroids
- Endometriosis
- Menstrual migraines
- Moodiness and frequent meltdowns
- Depression or weepiness
- Mid-cycle pain
- Brain fog

Tailoring The Hormone Balance Reset Plan To Fit Your Needs:

- Focus on detoxifying recipes that support your body in eliminating excess estrogen
- Try replacing any endocrine-disrupting plastic containers with glass & and toxic beauty products with cleaner options

LOW ESTROGEN

Triggers/Causes:

- High stress, resulting in high cortisol levels
- Disordered eating
- Nutrient deficiencies due to poor dietary practices or poor absorption
- Over-exercising, especially in conjunction with calorie restriction
- Hormonal birth control, most notably the birth control pill

Common Symptoms/Conditions Include:

- Oligomenorrhea
- Amenorrhea
- Low sex drive
- Hot flashes or night sweats
- Joint pain
- Dry skin and eyes
- Depression
- Poor cognitive function, especially memory
- Menopause/perimenopause

Tailoring The Hormone Balance Reset Plan To Fit Your Needs:

- Consider switching to a non-hormonal form of birth control (if currently on one)
- Eat more nutrient-rich foods that support estrogen production

LOW THYROID

Triggers/Causes:

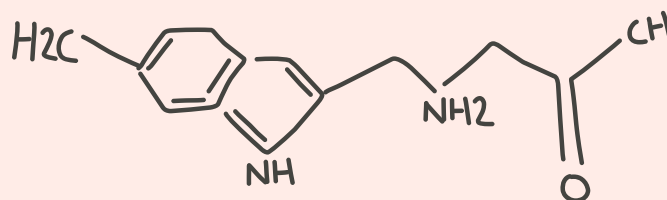
- Inadequate production of thyroid hormone due to excess or insufficient cortisol production
- Endocrine-disrupting chemicals known as xenoestrogens
- Nutrient deficiencies like selenium, iodine, vitamin D, and certain amino acids
- Gut conditions that affect the body's ability to absorb nutrients
- Poor conversion of T4 to the active T3 hormone
- Hashimoto's thyroiditis - an autoimmune condition in which the body attacks the thyroid

Common Symptoms/Conditions Include:

- Dry skin and hair
- Hair loss
- Brittle nails
- Cold hands and feet
- Sensitivity to cold
- Fatigue
- Depression
- Unexplained, rapid weight gain or stubborn fat that is hard to lose
- Heavy periods
- Low sex drive

Tailoring The Hormone Balance Reset Plan To Fit Your Needs:

- Consume foods rich in minerals your thyroid needs to thrive.
- Steer clear of gluten, grains, and legumes and minimize sugar, which can trigger a thyroid autoimmune condition such as Hashimoto's.
- Consider switching to a non-hormonal form of birth control (if on one), as birth control pills deplete the body of crucial nutrients required for the thyroid to work properly
- Try taking a supplement rich in trace minerals that your thyroid depends on to function optimally
- Start swapping endocrine + thyroid disrupting beauty products for cleaner options





TESTING METHODS

FOR A ROOT CAUSE APPROACH

Facing the reality, navigating testing options, and interpreting results can be perplexing. However, it stands as a crucial component in the journey to balance your hormones. This process not only aids in addressing underlying issues but also sheds light on what is essential for your healing and flourishing.

For those grappling with symptoms of hormone imbalance (as outlined in the section above), you can consider the following comprehensive testing options for a more thorough understanding of your hormonal landscape.

DUTCH Urine Test — This cost-effective examination evaluates various metabolites using a single urine sample. It covers a spectrum, including sex and adrenal hormones, estrogen and testosterone metabolites, free cortisol patterns, and more. Moreover, it provides insights into your circadian rhythm, PCOS, and other aspects.

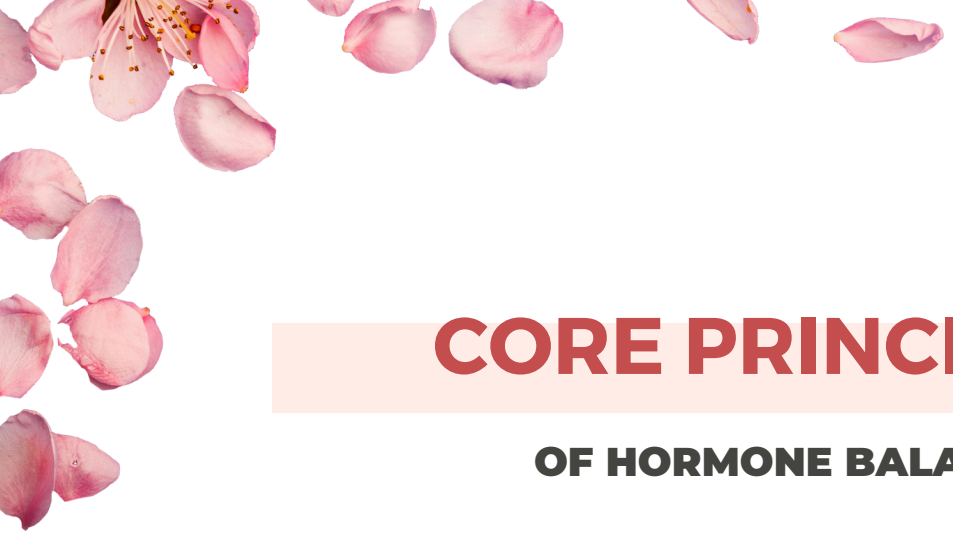
Stress + Sex Hormone Test — A four-point saliva panel examining both sex and stress hormones is crucial for understanding adrenal function. The adrenals, akin to the human body's gas tank, often experience fatigue in our overstimulated world, leading to various hormone imbalances. This test assesses precursor hormones, cortisol, DHEA, and pregnenolone to gauge how your body is producing and managing stress hormones.

Thyroid, Temperature + Pulse Test — A disrupted thyroid function can lead to a cascade of hormone imbalances, hindering ovulation and potentially resulting in infertility or miscarriage. To assess your thyroid, measure your temperature upon waking in the morning, before bedtime, and 20 minutes after each meal. The normal range is approximately 98.6°F or 37°C. For a comprehensive evaluation, undergo a blood test covering TSH, T3, reverse T3, T4, and TPO antibodies.

MTHFR Genetic Mutation Test — Embedded within our bodies is the MTHFR gene, responsible for instructing the production of an enzyme crucial for converting vitamin B9 (folic acid) into a usable form for the brain and nervous system, known as folate. This enzyme plays a pivotal role in a baby's neural tube's growth, metabolism, and formation. Nearly 50% of the population possesses a genetic mutation that hinders the effective conversion of B vitamins, particularly folic acid and vitamin B12. Identifying this mutation is essential, as the inability to convert these vitamins can lead to deficiencies, resulting in depression, detoxification challenges, hormonal imbalances, and multiple miscarriages.

Leaky Gut Test — Unaddressed leaky gut often progresses to autoimmune diseases, significantly impacting hormone balance. The lactulose mannitol test is a common method to assess leaky gut, and there are also reliable blood and saliva tests available for checking intestinal permeability. Recognizing that many thyroid problems originate in the gut, addressing a leaky gut is crucial. While conventional medical practitioners may focus solely on treating the thyroid, the root cause may lie in the gut, making it essential to address this aspect to avoid wasting time, money, and emotional energy.

PH Test — PH, or potential hydrogen, measures the acidity or alkalinity of our body chemistry. It's crucial for a woman's pH to be balanced to support the survival of sperm long enough for fertilization to occur. The Standard American Diet often contributes to an excessively acidic pH in most Americans.



CORE PRINCIPLES

OF HORMONE BALANCE

NUTRIENT-DENSE FOOD

Let's get real — nutrition takes the top spot when it comes to your hormones. Your brain constantly communicates with the rest of your body through hormones daily. The energy and nutrients derived from your diet are the building blocks your body requires to produce hormones and effectively fuel itself.

If your diet lacks adequate energy or the necessary "materials" for hormone production, your body prioritizes stress hormone production as essential for survival. This imbalance can lead to erratic hormone levels, triggering various symptoms. The good news is that providing your hormones with a foundation of a high-quality, nutrient-dense diet is the initial (and most critical) step towards achieving natural hormone balance and optimal health.

Action Step:

- **Consume Nutrient-Dense Foods:** Essential for everything from sex hormone production to proper liver function, nutrient-dense foods play a crucial role. A well-rounded, clean diet rich in nutrients is genuinely your best tool for establishing balanced health, including a balanced cycle (all recipes in this plan apply).
- **Balance Blood Sugar:** Optimal gut and liver function, impacting hormones like insulin, cortisol, estrogen, progesterone, and testosterone, hinge on blood sugar balance. To achieve this, every meal and snack should incorporate quality protein, fat, and fiber (all recipes in this plan apply).

- **Eat in a Calm, Relaxed Environment:** Opting for a calm eating environment ensures your body can engage its parasympathetic nervous system (rest and digest mode). This, in turn, enables your body to effectively utilize and absorb the nutrients you work hard to obtain from your food.



OPTIMAL HYDRATION

Proper hydration is crucial for every aspect of vitality and health, and your hormones are no exception. Water assists in transporting nutrients to our cells, lubricating our colon and joints, maintaining circulation, and assisting our liver and kidneys in detoxification.

It's essential for the elimination of harmful toxins and excess hormones that if not properly excreted lead to hormone imbalances.

ACTION STEP — Make sure to drink a minimum of half your body's weight in fluid ounces daily, and seek out filtered options to avoid hormone-disrupting chemicals, chlorine and waste byproducts when possible.



HEALTHY GUT

In the contemporary world, we encounter a myriad of toxins, chemicals, pollutants, processed foods, medications, alcohol, drugs, and stress that disrupt the delicate balance of our gut microbiome, leading to what is known as dysbiosis—an imbalance of gut bacteria.

When this occurs, the absorption of food and nutrients is compromised, allowing larger molecules to cross the gut wall. This phenomenon can result in food sensitivities and an increase in overall body inflammation, potentially eliciting an immune response and triggering autoimmune conditions, particularly affecting hormone regulation, often seen with the thyroid gland.

Action Step: Eat the rainbow! It is crucial to support optimal gut health actively by incorporating a diverse array of nutrient-dense foods abundant in quality protein, fiber, and healthy fats. Consuming these foods in a relaxed environment enhances the effective absorption of nutrients. Additionally, it is essential to avoid triggers that can induce inflammation, which may vary based on individual gut microbiome and hormone balance. For most individuals, these triggers encompass refined sugar, alcohol, gluten, corn, dairy, and processed foods in general—hence, the deliberate exclusion of these items from every recipe in this ebook. The foods and recipes presented in this plan are meticulously crafted to optimize gut health and foster hormone balance.



ELIMINATING TOXINS

Speaking about toxins, while our bodies were originally designed to undergo natural detoxification, the present reality exposes us to a plethora of toxins that didn't even exist in our environment a century ago.

Research indicates that these toxic chemicals are disrupting our hormone health, contributing to an alarming rise in hormone imbalances, with 1 in 2 women reporting such issues, 1 in 7 grappling with infertility, and a 35% increase in women being diagnosed with thyroid disease in the past five years.

The majority of these toxins wreak havoc on the endocrine system, disrupting its normal functioning. Acting as mimics, they enter the body and create confusion by imitating hormones naturally produced. This disrupts the feedback system, compelling the body to cease the production of its natural hormones.

Throughout this hormone reset plan, I encourage you to scrutinize all ingredient labels, not just for food but also for beauty products, cleaning supplies, laundry detergent, etc. You can also use tools like the Think Dirty app to check the toxic rating of each product.

Additionally, these are the top hormone-disrupting toxins to avoid if/when possible for optimal hormone health:

Parabens in Beauty Products:

- Action Step: Opt for beauty products labeled "paraben-free" and explore natural alternatives. Check ingredient lists for methylparaben, ethylparaben, propylparaben, and butylparaben.

Phthalates in Plastics and Fragrances:

- Action Step: Choose products labeled "phthalate-free" and opt for glass or stainless steel containers over plastic. Use fragrance-free products or those scented with essential oils.

Bisphenol-A (BPA) in Plastics:

- Action Step: Use BPA-free plastic containers or, better yet, switch to glass or stainless steel. Minimize the use of plastic in food storage.

Perchlorate in Drinking Water:

- Action Step: Invest in a water filter that specifically targets perchlorates. Stay informed about your local water quality.

Glyphosate in Pesticides:

- Action Step: Choose organic produce to minimize exposure to pesticides, and wash fruits and vegetables thoroughly. Be aware of the environmental impact of herbicides containing glyphosate.

Heavy Metals (Lead, Mercury, Cadmium) in Seafood:

- Action Step: Consume seafood from reputable sources and be mindful of mercury levels in larger fish. Consider incorporating plant-based sources of omega-3 fatty acids.

Triclosan in Antibacterial Products:

- Action Step: Select products without triclosan, especially in soaps and hand sanitizers. Opt for regular soap and water for hand hygiene.

Artificial Fragrances in Cleaning Products:

- Action Step: Choose fragrance-free or naturally scented cleaning products. Explore DIY alternatives using natural ingredients like vinegar and baking soda.

PFCs (Perfluorinated Chemicals) in Non-Stick Cookware:

- Action Step: Use alternatives to non-stick cookware, such as stainless steel or cast iron. Be cautious about the condition of non-stick pans to prevent the release of PFCs.

Organophosphate Pesticides:

- Action Step: Choose organic options for fruits and vegetables, particularly those known to carry higher pesticide residues. Wash the produce thoroughly.

MANAGING STRESS

While a certain level of stress can be beneficial, chronic stress signals the adrenals to consistently release cortisol, placing our bodies in a perpetual state of fight or flight. This chronic cortisol surge affects the pituitary gland, slowing its signaling and leading to a reduction in thyroid hormone levels.

Furthermore, elevated cortisol instructs the ovaries to decrease estrogen and progesterone production, prioritizing the stress response over other bodily functions—potentially contributing to infertility by diverting resources away from ovulation.

Additionally, chronic stress prevents us from activating our parasympathetic nervous system, known as the rest and digest mode. This failure to engage the parasympathetic nervous system hampers proper nutrient absorption from our food, a vital component of hormonal balance and overall health. The body, perceiving a constant state of survival, redirects resources away from non-essential functions, contributing to a myriad of hormone imbalances and health issues. Consequently, stress management emerges as a crucial pillar in maintaining hormonal equilibrium.

Action Steps: Incorporating at least one daily de-stressing practice becomes imperative. Tailor these practices to align with your body's needs during different phases of your cycle, utilizing the movement and lifestyle recommendations provided each week:

- Practice deep breathing exercises (utilizing breath is one of the most effective, easy + free ways to de-stress)
- Yoga, especially yin yoga
- Meditation
- Reading
- Creating a grounding morning routine and relaxing bedtime routine
- Quality time with family and friends
- Journaling
- A hot shower or bath, bonus points if using Epsom salt
- Getting outside or in nature

SLEEP

Sleep is a precious asset for our hormones and overall well-being. It serves as the period when our body undergoes essential repairs from the day's wear and tear, acting as a critical time for the removal of toxins, essentially taking out the trash, particularly from our brain. The significance of restorative sleep cannot be overstated, as its absence contributes to a myriad of health challenges.

Insufficient restorative sleep has been linked to a surge in insulin resistance, escalating blood sugar imbalances by up to 33% after just one poor night's sleep. This imbalance propels an increase in the hunger hormone ghrelin, fostering cravings for carbohydrates and sweets, leading to weight gain (with research indicating an additional 3 pounds for every hour less than 8 hours of sleep). Furthermore, inadequate sleep fuels inflammation and places substantial stress on the adrenal glands, inducing chaos in hormonal regulation.

Action Step: The quality of sleep is often influenced by daytime activities, emphasizing the importance of nutrient-dense foods, hydration, movement, and other hormone-balancing practices throughout the day. However, it is highly recommended to initiate a bedtime winddown routine or ritual as part of this plan. This includes establishing a consistent bedtime, disconnecting from electronic devices at least 1-2 hours before sleep, concluding meals 2 hours before bedtime, and incorporating calming practices such as reading, essential oils, a hot bath or shower, and a soothing tea like chamomile, kava, or valerian root.





MENSTRUAL CYCLE

AND WHY DOES IT MATTER

Do you often perceive your menstrual period as a source of discomfort, inconvenience, or something to anticipate with dread each month? While this mindset is prevalent, it tends to place us in a victimized state, implying that it's something happening to us with little control. In reality, we possess more control than we might think.

Understanding the hormonal dynamics throughout each phase of our menstrual cycle empowers us to adopt habits that alleviate symptoms and even leverage them—such as recognizing peak confidence to plan important presentations or negotiate for a raise.

What a Healthy Menstrual Cycle Should Look Like:

An optimal cycle typically spans 25 to 35 days. If exceeding 35 days, it might indicate conditions like polycystic ovarian syndrome (PCOS) or issues where ovulation occurs later than ideal. Conversely, cycles shorter than 25 days may suggest premature ovulation.

The follicular phase, ideally a minimum of 11 days, is crucial for fertility. Following menstruation, cervical fluid becomes wetter, especially nearing ovulation, indicating a healthy cycle.

Ovulation generally transpires between day 12 and day 17, challenging the persistent day 14 myth. The key is the wetter quality of cervical fluid as ovulation approaches, not a fixed calendar date.

A fertile cycle encompasses a **luteal phase** lasting 12–16 days, contributing to overall fertility when fitting within this range. Understanding these menstrual cycle dynamics gives women the tools to manage their well-being and reproductive health actively.

MENSTRUAL CYCLE

01

FOLLUCULAR
PHASE



02

OVULATION
PHASE



03

LUTEAL
PHASE



04

MENSTRUAL
PHASE





HOW TO BALANCE

YOUR HORMONES NATURALLY

CORE PLAN GUIDELINES

Before delving into the core content, there are a few key points to familiarize yourself with, to ensure optimal results from this plan:

1 Flexibility in Starting

- Commence this plan at any time, tailoring the weeks to align with your menstrual cycle. For instance, if you're aware of ovulation, begin at week #2, the ovulatory phase. If experiencing PMS, start at week #3, the luteal phase. If your cycle is uncertain, backtrack from your last period to determine the week to start. If you're not on a cycle (due to birth control, menopause, amenorrhea, etc.), begin at week #1. Even without a current cycle, these weekly practices can help your body naturally align.

2 Recipe and Meal Optimization

- Every recipe, snack, and meal in this guide is crafted to support the various phases of your cycle, promote endocrine system health, and naturally balance hormones. However, you know your body best. Adjust the recipes to suit your preferences and needs. If certain foods trigger inflammation or if there are specific foods you dislike, feel free to substitute for equally nutrient-rich alternatives. Each recipe provides simple swaps and tips, but adapt them based on what works best for you.

3 Not a Diet or Weight Loss Plan:

- This is not a diet or weight loss plan. It's a guide to harmonize hormones and optimize overall health, well-being, and various aspects of life. Think of it as a means to nourish, inspire, and find joy in consuming foods that enhance hormones and promote well-being. While weight-related benefits may occur, the primary focus is on providing essential nutrients for thriving hormones rather than restricting food.

4 Personalized Application:

- The guide is not prescriptive; it's designed to offer ideas and a flexible structure. Apply it to their lives in a way that suits their preferences and needs.

5 Nutrition Priority:

- Stress the importance of nutrition as the foundation for hormonal balance. The energy and nutrients derived from the diet serve as the raw materials necessary for hormone production and overall body fueling. Prioritizing smart eating over restriction is vital for hormone health.

6 Blood Sugar Balance:

- Maintaining optimal blood sugar levels is critical for supporting gut and liver function, both of which have a profound impact on key hormones such as insulin, cortisol, estrogen, progesterone, and testosterone. Each recipe in this plan is meticulously crafted to promote and sustain optimal blood sugar balance.

7 Nutrient-Dense Foods:

- Embracing nutrient-dense foods that encompass a harmonious mix of protein, complex carbohydrates, and healthy fats is indispensable. This balanced, clean diet serves as your most potent tool for cultivating overall health and ensuring a balanced menstrual cycle.



Thank you

It is my hope that you find this information useful and helpful in your healing journey. I am here to support you. I would love to work with you and help you attain your goals of balancing your hormones while navigating the restoration your health. I have also incorporated a photolight therapy patch system to correlate this restoration and balance. Please reach out to me to learn more.

Laura Martin



FAST TRACK YOUR PATH TO WELLNESS



Congratulations on taking the first step towards better gut health! We hope you find this guide informative and helpful. But this is just the beginning. To truly transform your health, personalized support and guidance can make all the difference.

**To get started on the right path,
I offer a FREE 30 min. Discovery Call**

[Book Now](#)

Why Schedule a Free Discovery Call?

A discovery call is a valuable opportunity for us to connect, understand your unique health goals, and address any concerns you may have. During this call, we will:

- **Get to Know Each Other:** We'll discuss your current health status and health goals.
- **Personalized Guidance:** Receive insights tailored to your specific needs and situation.
- **Explore Our Partnership:** Learn how we can work together to start your next chapter of health.
- **Answer Your Questions:** Have any questions? This is the perfect time to ask!

Find more great information visit

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