

YOUR FREE WELLNESS EBOOK



A GUIDE TO LIVING WELL

LEARN HOW TO OVERCOME PMS SYMPTOMS, OPTIMIZE HORMONAL
HEALTH, SHIFT YOUR MINDSET AND ENJOY A LOW TOXIC LIFESTYLE!



WELCOME

I'M SO HAPPY YOU'VE FOUND YOUR WAY TO THIS EBOOK.

WHEN I FIRST BEGAN THE JOURNEY OF RESTORING BALANCE TO MY HORMONES AND INCORPORATING DAILY LIFESTYLE CHANGES, I WAS PLEASANTLY SURPRISED AT HOW GOOD I STARTED TO FEEL. HOWEVER, IT MADE ME REALIZE THAT THE WORLD IS FILLED WITH AN ABUNDANCE OF INFORMATION AND VARIOUS OPINIONS ON THE MOST EFFECTIVE WAYS TO CARE FOR OUR BODIES. THIS OFTEN LEADS TO FEELING OVERWHELMED AND CONFUSED, MAKING IT DIFFICULT TO DECIDE WHICH SOLUTIONS, TOOLS, AND PRODUCTS THAT OUR BODIES CAN TRULY BENEFIT FROM.

IF YOU HAVE BEEN SEARCHING FOR MORE PURPOSE AND GUIDANCE WHEN IT COMES TO YOUR HEALTH, HORMONES, AND LIFESTYLE - THIS EBOOK IS FOR YOU. THE GUIDES, RECIPES AND TIPS LAID OUT IN THIS EBOOK ARE CAREFULLY DESIGNED TO HELP YOU CELEBRATE YOUR WOMANHOOD AND TRACK PROGRESS ON YOUR GOALS. MY GREATEST HOPE IS THAT IT WILL BECOME YOUR GUIDE TOWARD A MORE FULFILLING AND JOYFUL LIFE, ESPECIALLY AS IT RELATES TO YOUR WOMANHOOD AND HORMONES.

IF YOU'RE READY TO TAKE THE NEXT STEP IN YOUR WELLNESS JOURNEY AND LEARN MORE ABOUT MY COACHING PROGRAM - **CLICK THE BUTTON BELOW TO SCHEDULE YOUR FREE 30 MINUTE CONSULT TODAY!**

**I'M READY TO TAKE CONTROL
OF MY HORMONAL HEALTH!**

Taylor Allmand



TABLE OF CONTENTS



GOAL SETTING

YOU'RE SEEKING OUT THIS EBOOK BECAUSE YOU HAVE HORMONE WELLNESS AND LIFESTYLE GOALS TO REACH. YOUR HEALTH IS INTRINSICALLY CONNECTED TO YOUR **CREATIVITY**, YOUR **PRODUCTIVITY**, YOUR **MINDSET**, AND YOUR **SPIRITUALITY**.

DAILY JOURNAL

HEALING IS NOT LINEAR, SO WHEN YOU'RE FEELING EXCITED, FRUSTRATED, PROUD, OR DISCOURAGED – SET ASIDE TIME TO JOURNAL, REFLECT AND REMIND YOURSELF THAT EVERY DAY YOU CONTINUE TO TRUST YOUR BODY AND PUT FORTH EFFORT INTO HEALING IT, **YOU'RE TAKING STEPS IN THE RIGHT DIRECTION**.

HOW TO LOWER TOXIC LOAD

IT'S TIME TO REVIEW YOUR HOUSEHOLD PRODUCTS AND GRADUALLY TRANSITION TO ITEMS WITH LOWER TOXICITY. TRUST ME...**YOUR HORMONES WILL THANK YOU!**

CYCLE-SYNCING WITH MOVEMENT

WE ALL KNOW THAT STAYING ACTIVE IS IMPORTANT FOR STAYING HEALTHY. WANT TO KNOW HOW TO SPICE UP YOUR WORKOUT ROUTINE? FIND OUT HOW YOU CAN SYNC UP MOVEMENT WITH THE DIFFERENT PHASES OF THE CYCLE AND BOOST YOUR OVERALL WELLNESS!

HORMONE HEALTHY RECIPES

CHECK OUT SOME OF MY FAVORITE HORMONE HEALTHY FOODS THAT HELP **IMPROVE PMS AND OVERALL CYCLE HEALTH**.

FERTILITY AWARENESS

TIRED OF FEELING IN THE DARK ABOUT YOUR BODY? THERE ARE WAYS TO UNDERSTAND YOUR FERTILITY CYCLE AND KEY BIOMARKERS THAT ARE BOTH **NATURAL** AND **EFFECTIVE**.

NEXT STEPS

DOWNLOAD OR PRINT THIS EBOOK AND KEEP IT WITHIN EASY REACH ON YOUR DESK OR BEDSIDE TABLE. MY GOAL IS FOR THIS RESOURCE TO BE SOMETHING YOU TURN TO ON A DAILY BASIS!

ASK YOURSELF...



**WHAT IS GOING WELL IN YOUR LIFE NOW? HOW COULD YOU
FOCUS ON THIS MORE?**

WHAT IS YOUR RELATIONSHIP LIKE WITH YOUR BODY?

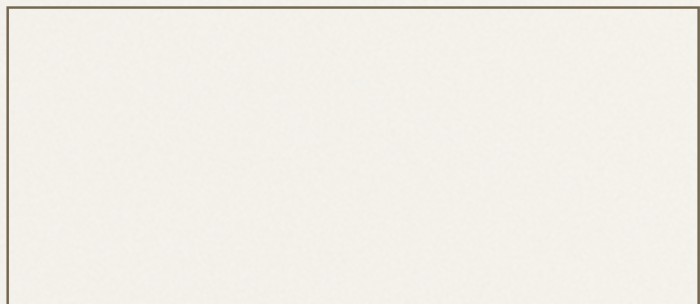
WHAT IS YOUR RELATIONSHIP LIKE WITH YOUR HORMONES?

**IN YOUR OPINION, WHAT IS THE MOST DIFFICULT ASPECT OF
YOUR WOMANHOOD?**

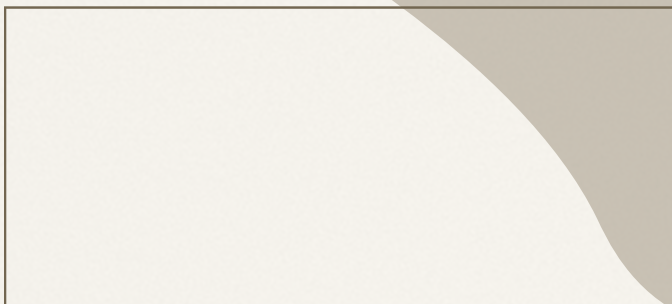
HOW WILL I KNOW I'VE REACHED MY GOALS



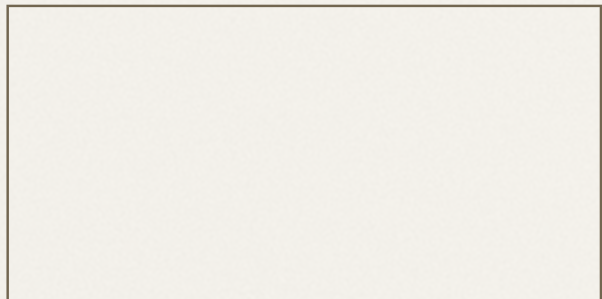
WHY IS THIS GOAL IMPORTANT TO ME



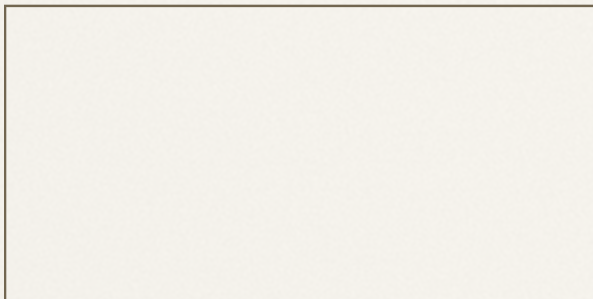
MY STRENGTHS THAT WILL HELP ME



CHALLENGES THAT MAY ARISE



HOW I WILL RESPOND



MY ACTION STEPS:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



LIVING A LIFE OF WHOLENESS

REVIEW THE 8 CATEGORIES BELOW AND SHADE IN THE WHEEL FROM 1 – 10 BASED ON HOW FULFILLED YOU CURRENTLY FEEL IN THAT AREA OF YOUR LIFE. THIS IS A GREAT REFLECTION EXERCISE THAT WILL HELP YOU BETTER UNDERSTAND WHAT AREAS YOU ARE THRIVING IN, WHAT AREAS COULD USE MORE ATTENTION, AND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED.



DATE

MOOD

DAILY JOURNAL

YOUR THOUGHTS

GOALS

TO DO



MAKING THE SWITCH TO LOW TOXIC PRODUCTS

HAVE YOU EVER QUESTIONED THE IMPORTANCE OF PAYING ATTENTION TO THE PRODUCTS AND INGREDIENTS WE USE ON AND IN OUR BODIES?

THE LIVER HAS NUMEROUS JOBS, ONE OF THE MOST IMPORTANT JOBS BEING TO FILTER AND SIFT THROUGH THE "GUNK" WE INTAKE ON A DAILY BASIS. UNFORTUNATELY, DUE TO OUR LIFESTYLE, TOXIC LOAD IS EASY TO ACCRUE. IF THE LIVER IS CONSTANTLY BEING OVERWORKED, IT IS VERY DIFFICULT TO ELIMINATE TOXINS, WHICH CAN CAUSE ENDOCRINE DISRUPTION TO OUR HORMONES.

CUE...XENOESTROGENS! XENOESTROGENS ARE "FAKE" ESTROGENS THAT ARE HARMFUL TO THE BODY AND INTERRUPT PROPER HORMONE FUNCTION. YOU CAN FIND THEM IN THE FORM OF PLASTICS, PRESERVED FOODS, UNNATURAL HOUSEHOLD CLEANERS, BEAUTY SUPPLIES, BIRTH CONTROL...THE LIST GOES ON AND ON! THESE HORMONE DISRUPTERS "TAKE THE PLACE" OF GOOD (AND REAL) ESTROGEN THAT OUR BODY PRODUCES, AND IT BINDS TO OUR CELLS' RECEPTOR SITES, PUSHING THE GOOD ESTROGEN TO THE SIDELINE. THIS CAN CAUSE WHAT IS COMMONLY KNOWN AS "ESTROGEN DOMINANCE" AND OFTEN SHOWS ITSELF IN STUBBORN WEIGHT GAIN, MOOD SWINGS, FATIGUE, IRREGULAR PERIODS, HEAVY BLEEDING, ACNE, AND MORE.

THE GOOD NEWS? WE CAN ELIMINATE XENOESTROGENS IN OUR HOME BY OPTING FOR NON-TOXIC PRODUCTS THAT PROMOTE HORMONE BALANCE AND OVERALL WELL-BEING!

I WANT TO EMPHASIZE THAT THE PURPOSE OF THIS SECTION IS TO OFFER GUIDANCE, RAISE AWARENESS, AND PROVIDE IDEAS ON HOW YOU CAN BEGIN MOVING TOWARDS A LESS TOXIC LIFESTYLE, WITHOUT THE EXPECTATION OF ACHIEVING PERFECTION. SMALL STEPS MAKE A BIG IMPACT SO KNOW THAT YOU'RE DOING A GREAT JOB.

HERE'S TO LIVING A LIFESTYLE WITH A BIT LESS TOXICITY!





MOST COMMONLY USED ENDOCRINE DISRUPTORS:

- SYNTHETIC HORMONES / BIRTH CONTROL
- TAP WATER
- CANNED FOOD
- BEAUTY PRODUCTS
- HOUSEHOLD CLEANERS
- MOLD
- PERFUME
- SHAMPOO/CONDITIONER
- SODA
- LAUNDRY DETERGENTS AND SOFTENERS
- FACE WASH
- PLASTICS
- HEAVY METALS
- COOKWARE
- PESTICIDES
- COSMETICS
- AIR FRESHENERS

KEEP AN EYE OUT FOR THESE COMMON CULPRITS:

- LEAD
- MERCURY
- PHYTOESTROGENS
- FLAME RETARDENTS
- PHTHALATES
- ARTIFICIAL DYES
- FRAGRANCE
- PARABENS
- CHLORINE
- DIOXINS
- TBT
- BHA
- SULFATES
- NANO ZINC OXIDE
- PHTHALATES
- OXYBENZONE
- POLYURETHANE FOAM
- BPA
- BPS
- PFAS
- BPS PLASTIC
- SODIUM BENZOATE
- GMOS
- NATURAL FLAVORS
- ADDED SUGAR
- ARTIFICIAL DYE
- FLUORIDE
- PETROLEUM
- PHENOXYETHANOL
- FORMALDEHYDE



A FEW OF MY FAVORITE PICKS

FOOD AND COOKWARE

EQUIP PROTEIN:

USE CODE [LIVINGWELLWITHTAYLOR](#) FOR 15% OFF

PURELY ELIZABETH GRANOLA:

USE CODE [LIVINGWELLWITHTAYLOR](#) FOR 15% OFF

MAGNESIUM POWDER

[CALM](#)

LOVEBIRD CEREAL:

USE CODE [LIVINGWELLWITHTAYLOR](#) FOR 15% OFF

CARAWAY HOME NON-TOXIC COOKWARE:

CLICK THE LINK [HERE!](#)

RELYTE

[ADRENAL COCKTAIL / ELECTROLYTES](#)
[CLEAN COOKING SALT](#)

AIR AND WATER

AIR DOCTOR

CLICK THE LINK [HERE!](#)

AQUASANA: DRINKING WATER OR WHOLE HOUSE FILTER

CLICK THE LINK [HERE!](#)

CRYSTAL QUEST BATH FILTER:

CLICK THE LINK [HERE!](#)

JOLI SHOWER FILTER:

CLICK THE LINK [HERE!](#)

BEAUTY

VIV FOR YOUR V: PADS, TAMPONS, AND MENSTRUAL CUPS

USE CODE [LIVINGWELLWITHTAYLOR](#) FOR 15% OFF

PRIMALLY PURE: NATURAL DEODORANT, DRY SHAMPOO, ETC.

CLICK THE LINK [HERE!](#)

DOTERRA: SHAMPOO, CONDITIONER, LEAVE IN CONDITIONER, BAR SOAP, & HAIR GROWTH SERUM

CLICK THE LINK [HERE!](#)

CRUNCHI: MAKEUP

CLICK THE LINK [HERE!](#)

DIME BEAUTY: PERFUME

CLICK THE LINK [HERE!](#)

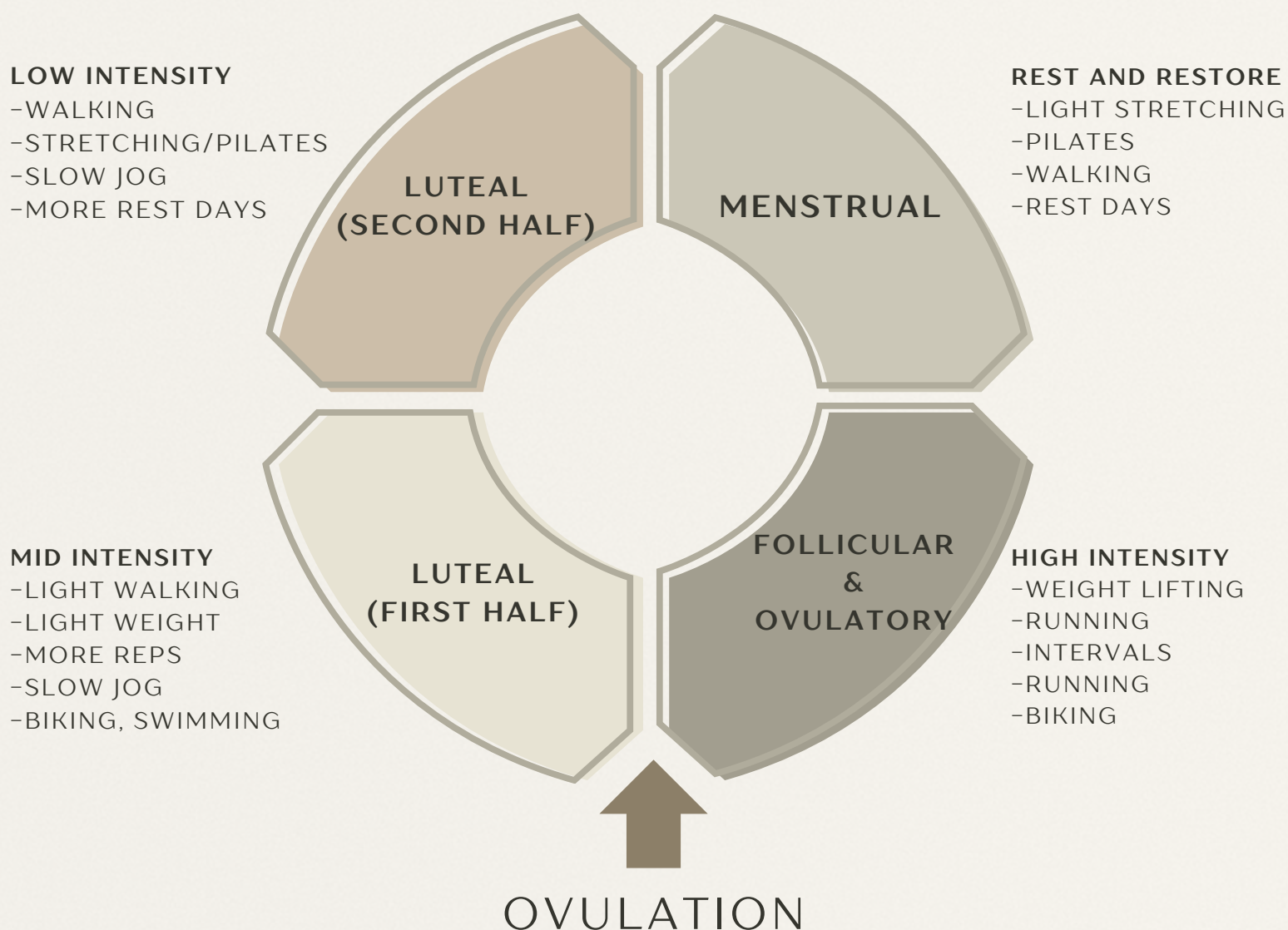
DOTERRA: SKINCARE

CLICK THE LINK [HERE!](#)



CYCLE-SYNCING YOUR EXERCISE ROUTINE

ENHANCE YOUR COMPREHENSION OF OPTIMAL BODY MOVEMENT BY EXAMINING THE FOUR PHASES OF THE CYCLE AND ADOPTING THE SUGGESTED ACTIVITIES TAILORED TO EACH PHASE. THIS APPROACH OFFERS A COMPREHENSIVE UNDERSTANDING OF HOW TO BETTER ALIGN YOUR MOVEMENTS WITH THE NATURAL RHYTHMS OF YOUR HORMONES THROUGHOUT THE MONTH.



WHAT IS A CYCLE BALANCED PLATE?

DEPENDING ON WHAT “PHASE” YOU’RE IN, THERE ARE CERTAIN VITAMINS, MINERALS AND NUTRIENTS THAT MAY BE BENEFICIAL TO CONSUME FOR OVERALL CYCLE HEALTH AND HORMONES.

MENSTRUAL PHASE:

- IRON, ZINC, OMEGA'S, B12 & B6, PROTEIN, MAGNESIUM, ANTI-INFLAMMATORY FOODS (ROOT VEGGIES AND HEALTHY FATS AND PROTEIN, COMPLEX CARBS).

FOLLICULAR / OVULATORY PHASE:

- OMEGAS, FOLATE, ZINC (HEALTHY FATS, LEAFY GREEN VEGGIES, AND NUTS).

LUTEAL PHASE (1ST HALF):

- VITAMIN C, MAGNESIUM, OMEGA’S, FIBER. ZINC (FRESH FRUIT, ROOT VEGGIES, GRAINS, NUTS, AND SEEDS).

LUTEAL PHASE (2ND HALF):

- VITAMIN C, MAGNESIUM, OMEGA’S, FIBER, ZINC, ANTI-INFLAMMATORY FOODS (KALE, SPINACH, FRESH FRUIT, ROOT VEGGIES, GRAINS, NUTS, AND SEEDS).

HORMONE HEALTHY RECIPES



SPICY CARROT CLEANSER SMOOTHIE

- 1 MEDIUM CARROT
- SQUEEZE OF 1 FRESH ORANGE
- 1 CUP ALMOND MILK
- 1 INCH PIECE FRESH GINGER
- 1 TBSP COCONUT OIL
- 1 ½ TSP PUMPKIN PIE SPICE
- ¼ TSP TURMERIC POWDER
- GROUND PEPPER TO TASTE
- 1 SERVING VANILLA PROTEIN POWDER

PINA COLADA CLEANSER SMOOTHIE

- 2 ROMAINE LETTUCE LEAVES
- SQUEEZE OF 1 FRESH LIME
- 1 CUP FROZEN PINEAPPLE CHUNKS
- ½ CUP FULL-FAT COCONUT MILK
- ½ CUP COCONUT WATER
- ½ CUP CILANTRO LEAVES
- 1 TBSP HEMP SEEDS
- 1 SERVING VANILLA PROTEIN POWDER

HORMONE HEALTHY RECIPES



CHOCOLATE BREAKFAST COOKIES

- 1 CUP ROLLED OATS
- 1 CUP WHOLE MILK (OR PLANT MILK SUBSTITUTE)
- 1 RIPE MASHED BANANA
- 5 SOAKED PITTED MEDJOOOL DATES
- 2 TBSP NUT OR SEED BUTTER
- 1 TBSP CACAO POWDER
- 1 SERVING VANILLA PROTEIN POWDER

PREPARATION:

- PREHEAT THE OVEN TO 350°F. MASH BANANA AND CHOP THE DATES INTO SMALL PIECES.
- MIX ALL INGREDIENTS IN A LARGE MIXING BOWL AND SCOOP OUT ABOUT 12 COOKIES ONTO A BAKING SHEET LINED WITH PARCHMENT PAPER.
- BAKE FOR 30 MINUTES AND ENJOY!

SUPERFOOD OVERNIGHT OATS

- 2 CUPS DRIED OATS (PURELY ELIZABETH'S IS GREAT)
- 2 CUPS OF WHOLE MILK (OR PLANT MILK SUBSTITUTE)
- 1 HANDFUL OF CHOPPED WALNUTS
- 1 CUP OF APPLE OR BLUEBERRIES
- 1 TBSP RAW HONEY
- 1 TSP CINNAMON

HORMONE HEALTHY RECIPES



CURRIED CHICKEN SALAD WITH ROTISSERIE CHICKEN

- 1 WHOLE COOKED ROTISSERIE CHICKEN
- 2-4 STALKS DICED CELERY
- 1/2 CUP VEGAN MAYONNAISE
- 1/4 CUP CHOPPED CASHEWS
- 1/4 CUP CHOPPED CILANTRO
- 2 TBSP CURRY POWDER
- 2 TSP PEPPER
- 1 TSP PINK HIMALAYAN SALT
- 1/4 TSP TURMERIC
- 1/8 TSP CAYENNE PEPPER

PREPARATION:

- MIX ALL INGREDIENTS TOGETHER AND ENJOY!

KALE SALAD WITH GRILLED CHICKEN

- 2 BUNCHES OF KALE (REMOVE RIBS AND SLICE INTO SHREDS)
- 1 POUND CHICKEN BREAST (COOKED AND SHREDDED)
- 1/2 CUP EXTRA VIRGIN OLIVE OIL
- 1/2 CUP FINELY GRATED PARMESAN CHEESE
- 3/4 CUP FRESHLY SQUEEZED LEMON JUICE
- 3 GARLIC CLOVES (MASHED)
- 1/2 TSP SALT
- PINCH RED PEPPER FLAKES

PREPARATION:

- MIX ALL INGREDIENTS TOGETHER AND ENJOY!

HORMONE HEALTHY RECIPES



FLAX & PUMPKIN SEED PROTEIN BALLS

- 2 1/2 CUP CASHEW BUTTER
- 1/4 CUP CURRANTS
- 1/4 CUP FLAXSEED
- 3/4 CUP RAW PUMPKIN SEED
- 1/4 CUP TOASTED COCONUT FLAKES
- 2 TBSP COCONUT OIL
- 2 TBSP RAW HONEY
- 1 TBSP CHIA SEEDS
- 1/2 TSP SALT
- 1/2 TSP VANILLA EXTRACT

PREPARATION:

- BLEND RAW PUMPKIN SEEDS, FLAXSEEDS, CHIA SEEDS, COCONUT FLAKES, SALT, AND CURRANTS IN FOOD PROCESSOR.
- MIX COCONUT OIL, VANILLA EXTRACT, HONEY, AND CASHEW BUTTER TOGETHER.
- MIX DRY AND WET INGREDIENTS TOGETHER, FORM 12-18 BALLS, STICK IN THE FREEZER FOR 10 MINUTES AND ENJOY!

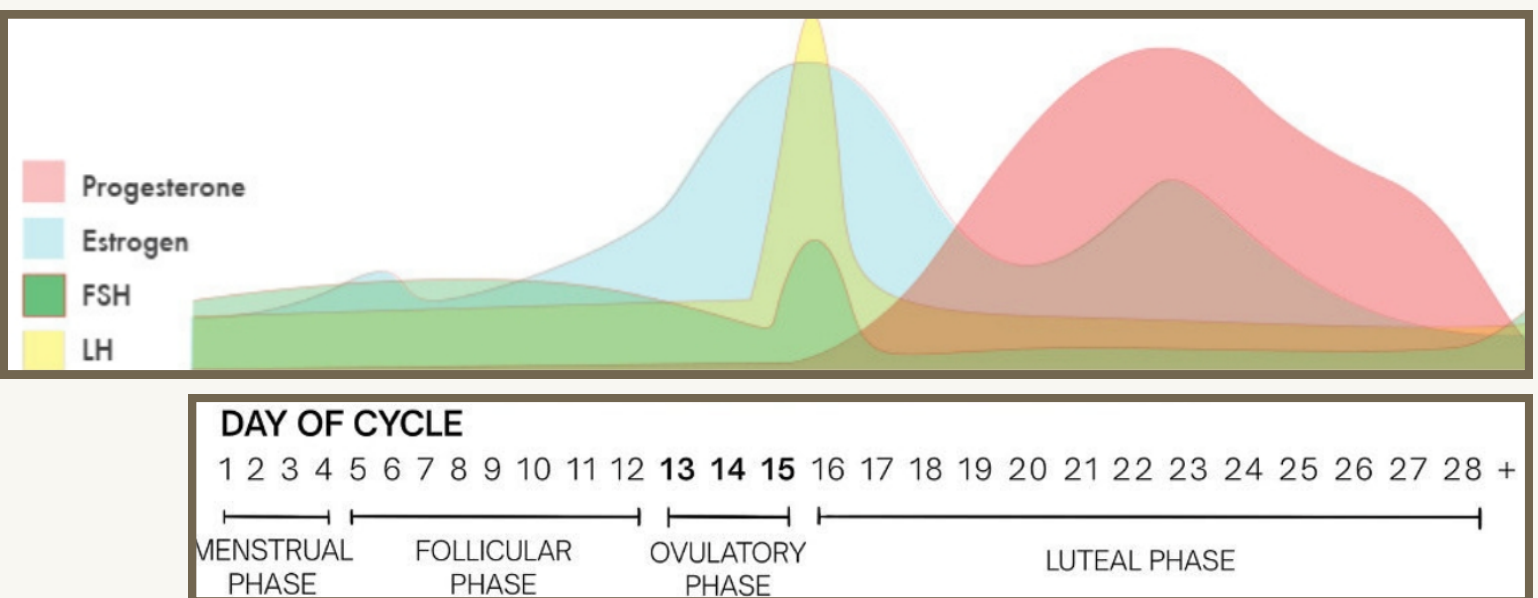
SINGLE ITEMS YOU CAN MIX & MATCH FOR A BLOOD SUGAR BALANCED SNACK:

- ORGANIC APPLE
- ORGANIC CARROTS
- GRASS-FED CHEDDAR CHEESE
- ZERO SUGAR MEAT STICKS
- DATES
- "THAT'S IT" FRUIT BARS



FERTILITY AWARENESS

SCIENCE-BASED METHODS THAT FOCUS ON HELPING WOMEN ACHIEVE HORMONAL BALANCE, NO MATTER WHAT YOUR FERTILITY GOALS ARE. LEARN HOW TO MONITOR “KEY BIOMARKERS” THAT HELP IDENTIFY WHEN YOU’RE OVULATING, WHEN YOU’RE FERTILE, WHEN YOU’RE NOT, AS WELL AS EACH CYCLE PHASE. NO MORE SYNTHETIC HORMONES. NO MORE BEING IN THE DARK ABOUT YOUR BODY. NAIL THIS AND IT’S EASY TO LIVE IN A WAY THAT SUPPORTS YOUR BODY THROUGHOUT THE MONTH!



THERE ARE FOUR MAIN REPRODUCTIVE HORMONES THAT SHIFT AND CHANGE THROUGHOUT THE MONTH: **FSH** (FOLLICLE-STIMULATING HORMONE), **ESTROGEN**, **LH** (LUTEINIZING HORMONE), AND **PROGESTERONE**.

HERE’S A BREAKDOWN OF THE ACTION:

1

YOUR BRAIN SENDS THE FIRST SIGNAL (**FSH**), WHICH SELECTS A FOLLICLE INSIDE THE OVARY. THAT FOLLICLE PRODUCES **ESTROGEN**. WHEN ESTROGEN RISES TO A CERTAIN LEVEL THE OVARY SIGNALS THE BRAIN, AND THE BRAIN TRIGGERS **LH**.

2

LH HELPS TO MATURE THE FOLLICLE AND EGG, AND WITH THE HELP OF **PROGESTERONE**, CAUSES THE FOLLICLE TO RUPTURE.

3

THE EGG RELEASED (INTO THE FALLOPIAN TUBES) AND THE EMPTY FOLLICLE NOW PRODUCES EVEN MORE **PROGESTERONE**.

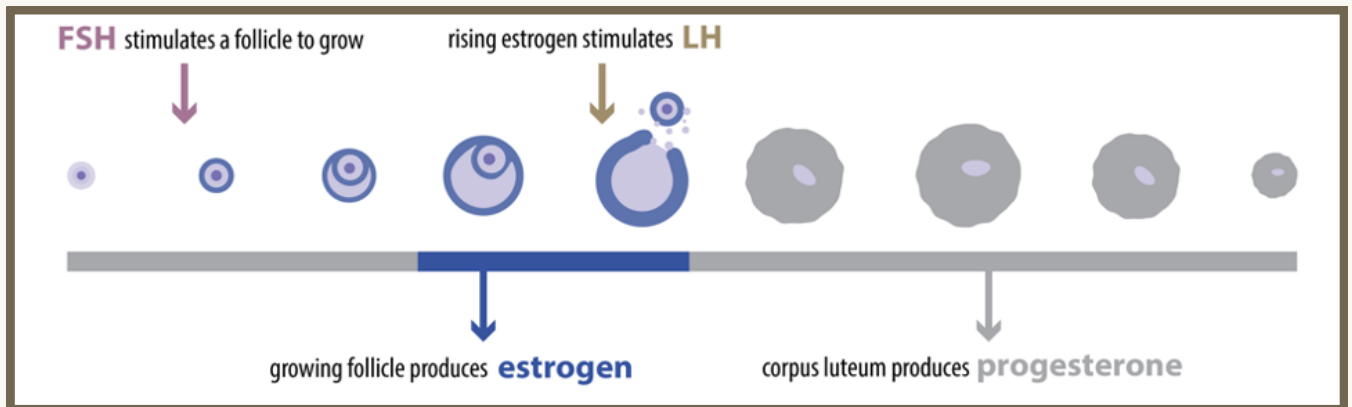
4

WITHOUT PREGNANCY, **PROGESTERONE** FALLS, CAUSING THE UTERINE LINING TO SHED. YOU EXPERIENCE THIS AS BLEEDING. THIS MENSTRUAL BLEEDING MARKS THE END OF ONE CYCLE, AND THE BEGINNING OF A NEW ONE.

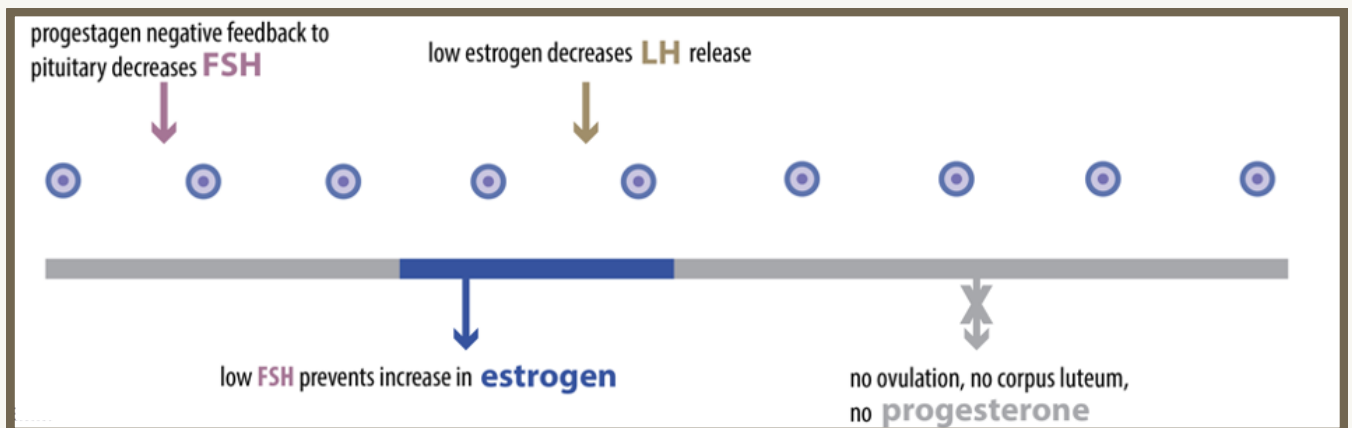


FERTILITY AWARENESS

HORMONAL SUFFICIENCY: A NORMAL CYCLE



HORMONAL INSUFFICIENCY: HORMONAL BIRTH CONTROL



WOMEN'S SYMPTOMS ARE OFTEN DISMISSED AND IT CAN BE CHALLENGING TO GET AN ACCURATE AND CLEAR DIAGNOSIS AND TREATMENT. WOMEN OFTEN HEAR THAT THEIR SYMPTOMS ARE **IN THEIR HEAD**, OR **NOT REAL**, OR **NOT IMPORTANT**. YOUR SYMPTOMS ARE SIGNALS AND IT'S IMPORTANT TO IDENTIFY WHAT THOSE SIGNALS MEAN.

THE OBJECTIVE SHOULD **NOT** BE TO OFFER A TEMPORARY BAND-AID SOLUTION THAT MERELY SUPPRESSES SYMPTOMS, DISRUPTS THE NATURAL OVULATORY FUNCTION, AND, IN THE END, FAILS TO ADDRESS THE UNDERLYING ISSUES. INSTEAD, THE FOCUS SHOULD BE ON ASSISTING WOMEN IN RESTORING HEALTHY HORMONAL FUNCTION AND UNCOVERING THE ROOT CAUSES OF THEIR SYMPTOMS.

IS A FERTILITY AWARENESS METHOD FOR YOU?



DO YOU WANT TO ZONE IN ON YOUR PEAK FERTILE DAYS AND LEARN HOW TO NOURISH YOUR CYCLE FOR OPTIMIZED FERTILITY?



DO YOU WANT TO DETERMINE WHEN YOU'RE FERTILE AND INFERTILE FOR A 99% EFFECTIVE NATURAL BIRTH CONTROL?



DO YOU WANT TO TRACK THE RETURN OF OVULATION WHILE BREASTFEEDING AND/OR IF YOUR CYCLES ARE INCONSISTENT POSTPARTUM?



ARE YOU SOMEONE WHO WANTS TO FEEL CONFIDENT AND EMPOWERED BY YOUR BODY AND IT'S NATURAL BIOMARKERS?



READY TO TAKE THE NEXT STEP IN YOUR WELLNESS JOURNEY?

SCHEDULE YOUR CALL TODAY!

I HOPE THIS EBOOK SPARKED A FIRE IN YOUR HEART AND EQUIPPED YOU WITH TOOLS TO BEGIN IMPLEMENTING INTO YOUR DAILY ROUTINE. I WANT TO EDIFY AND APPLAUD YOU FOR TAKING THE FIRST STEP TOWARD A MORE FULFILLING AND JOYFUL LIFE.

AT LIVING WELL, MY GOAL FOR **YOU** IS TO FEEL **EMPOWERED, ENCOURAGED**, AND HAVE ALL THE **BEST TIPS AND TOOLS** TO SUPPORT YOUR HORMONE SPECIFIC NEEDS. THINK OF ME AS THE HORMONE SUPPORT FRIEND YOU DIDN'T KNOW YOU NEEDED!

IF YOU'RE READY TO TAKE THE NEXT STEP IN YOUR WELLNESS JOURNEY AND LEARN MORE ABOUT MY COACHING PROGRAM –
CLICK THE BUTTON BELOW TO SCHEDULE YOUR FREE 30 MINUTE CONSULT TODAY!

**I'M READY TO TAKE CONTROL
OF MY HORMONAL HEALTH!**