

7 DAY HORMONE RESET CHALLENGE



Are you ready to take the challenge and naturally balance your hormones?

What is a hormone imbalance?

A hormone imbalance is where our hormones fail to work in concert with each other, causing frustrating symptoms like:

Painful periods, Mood swings, Irritability, Irregular periods, Weight gain, Heavy periods, Spotting, Acne, Hair growth on the face, Fertility issues and many more!

These symptoms affect how we feel, look and act. If it gets out of balance, our bodies experience physical symptoms like PMS, infertility, polycystic ovarian syndrome (PCOS), a complete lack of ovulation or other issues related to an imbalance in the hormones.

Start
→

DAY 1

Ditch the coffee,
cut out the
alcohol

DAY 2

Meditate or do
Yoga

DAY 3

Eliminate red
meat and
increase dark
leafy greens

DAY 4

Enjoy healthy
fats with every
meal

DAY 5

Lower your sugar
intake

DAY 6

Prioritize
consistent and
high quality
Sleep

DAY 7

Add Turmeric and
Probiotics to your
diet

→ *End*