

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? ____

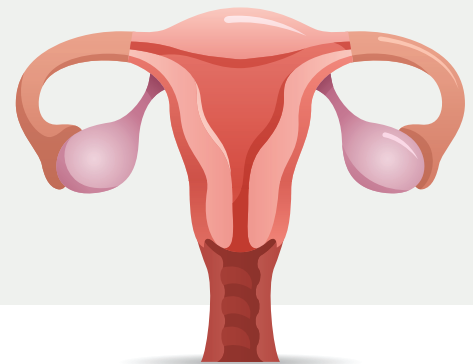
If peri or post menopause, how are your symptoms? ____

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 |



WOMEN'S HEALTH & *Hormones*

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

symphony of the cells:



Apply FCO liberally to the back, neck and shoulders. Then apply 2-3 drops of each of the following oils all over the back and feet. Rub in, then apply the next oil.

HORMONE BALANCE

FRANKINCENSE		ROMAN CHAMOMILE	
CARRIER OIL		YLANG YLANG	
THYME		LAVENDER	
GINGER		SIBERIAN FIR	
CLARY SAGE			
GRAPEFRUIT			

symphonyofthecells.com

