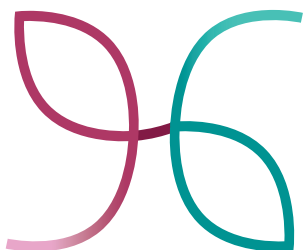


5 SIGNS THAT YOUR HORMONES NEED A RESET

**Even if you aren't 40 years old yet*



HEALTH
OVER ALL



5 SIGNS THAT YOUR HORMONES NEED A RESET

1 DIFFICULT WEIGHT LOSS

You have tried Weight Watchers/every diet fad.

You have over exercised.

You have tried starvation.

And no matter your effort, the scale keeps creeping up. Nothing seems to work for you!

2 ISSUES WITH MOOD AND OVERWHELM

You snap at your loved ones.

You start getting anxious about your workweek on a Sunday.

You feel down and you don't know why. Or you just aren't as happy as you used to be.

Your doctor may have offered you antidepressants or anti-anxiety medication. Or you may already be taking it.



3 SKIN PROBLEMS

You have acne. Maybe into your adult years.

And maybe in a location you are embarrassed about.

Your skin is dry, thinner or dull.

4 HORMONES GONE CRAZY

You have noticed your hair thinning or coming out more in the shower

You wake up covered in sweat at night

You have energy fluctuations though out the day

You crave sugar

And don't come near you a week before your period (*definitely don't touch the tatas*)

You are the hottest one in the room (*obviously ;))* but we mean temperature.

Maybe you have been diagnosed with breast tenderness, hair loss, hot flashes or night sweats

5 SEXUAL DYSFUNCTION

You are not as interested in sex anymore

You worry about the impact this has on your relationship

Sex is painful. And you don't care if you ever have it anymore.

You look at sexualized women on TV and are judgmental, but secretly envious.

There is a better way. And it does not involve medications.

Luckily there are some simple ways to get your hormones back on track!

WE SHARE THESE DIET AND LIFESTYLE CHANGES WITH YOU IN OUR PROGRAM - THE HORMONE CODE.

