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jocelyncbriggs I often feel saddened by what we've chosen to accept as 'normal' for our lives.

I've been talking a lot about nutrition lately, as it pertains to weight loss, but our dietary choices and habits affect far more than just the number on the scale.

What you consume affects absolutely every part of your life **INCLUDING HORMONES.**

Ladies -consider the many symptoms we endure from tween/teen years all the way through post menopausal years, accepting them as 'NORMAL':
cramps



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cramps
bloating
heavy flow
dryness
low libido
weight gain
night sweats
hot flashes
(to name just a few - comment below with more!)

If the average age of menstruation is 12, and the average age of menopause is 50 - for the average woman that's 38 years of life not including post menopausal years!!!

What if - these symptoms are NOT normal.
What if we could STOP fighting them and start embracing them without



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What if - these symptoms are NOT normal.

What if we could STOP fighting them and start empowering them without the use of hormones or soy iso flavones?

I am so excited and GRATEFUL to be part of a launch/movement to help over 1 BILLION women start normalizing the conversations and stop normalizing the symptoms.

I can't wait to share more very soon!! In the meantime - I want to hear from you - let's start talking.

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