

THE FEMALE CYCLE

DID YOU KNOW?

What if I told you that you can get your whole month back?

Each week my cycle goes a little something like this...

After my cycle - Happy for like a minute. Feel my best!

Week 2 - so tired and unmotivated

Week 3 - Angry, sassy, hungry for crap.

Week 4- it has arrived! Bloating, nothing you wear looks good, feel like a truck hit you, brain fog, low energy. So much more!



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Honestly, WE amaze ME!!!!
Even to the extent of suffering in silence.

Whyyyyyyyyy do we do this?
YOU KNOW THE SYMPTOMS.

Common; not normal.
YOU NEED HELP.

* Intuitive Nutrition ✨ IS HERE!!!

● Every Woman

● Every Phase



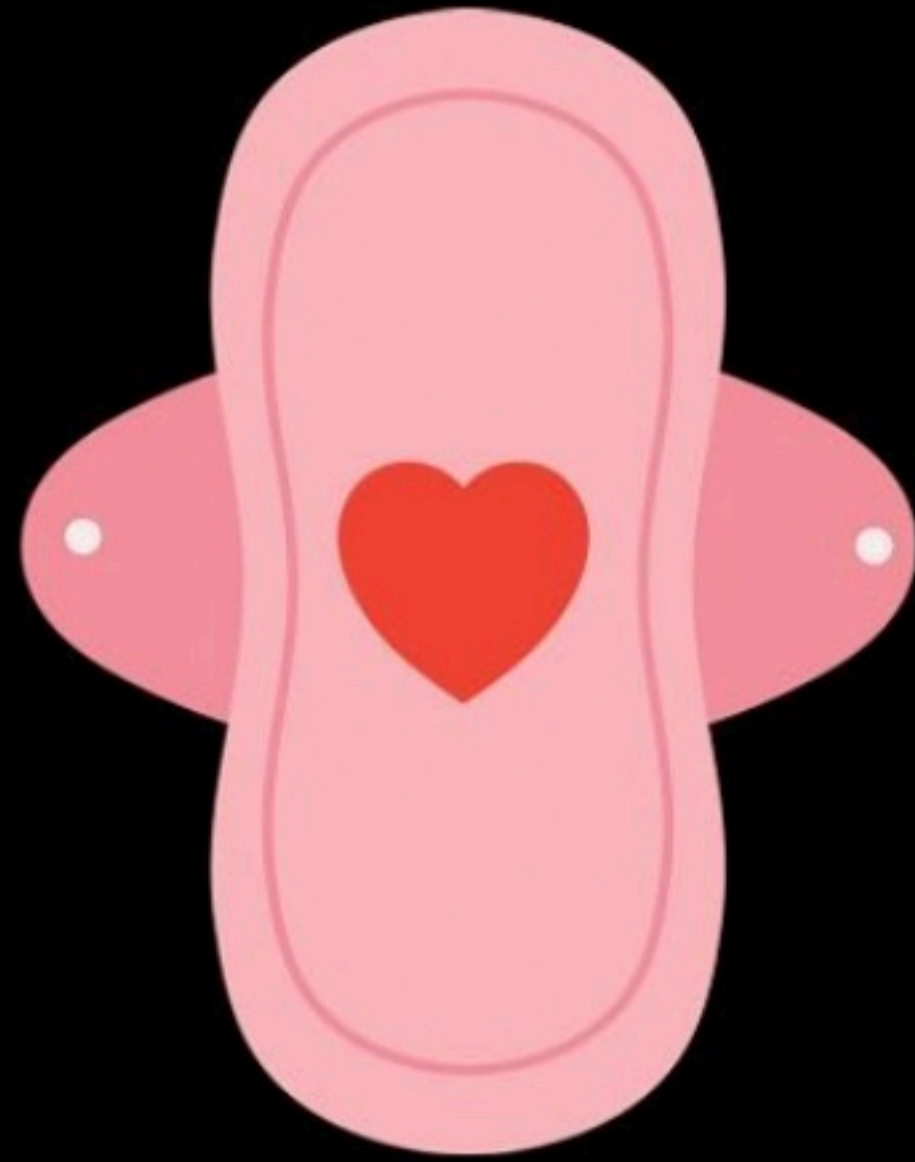
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● Every Phase

● Every Cycle

Join my waitlist. Link in my bio. to get on my waitlist!

It's time to rewrite your hormone story.

🔴 It's time to break the • PERIOD • stigma.

🔴 It's time to minimize your symptoms.

Comment below, message me, or head to the link.

[#project23](#) [#breaktheperiodstigma](#)
[#hormonesupport](#) [#happyhormones](#)



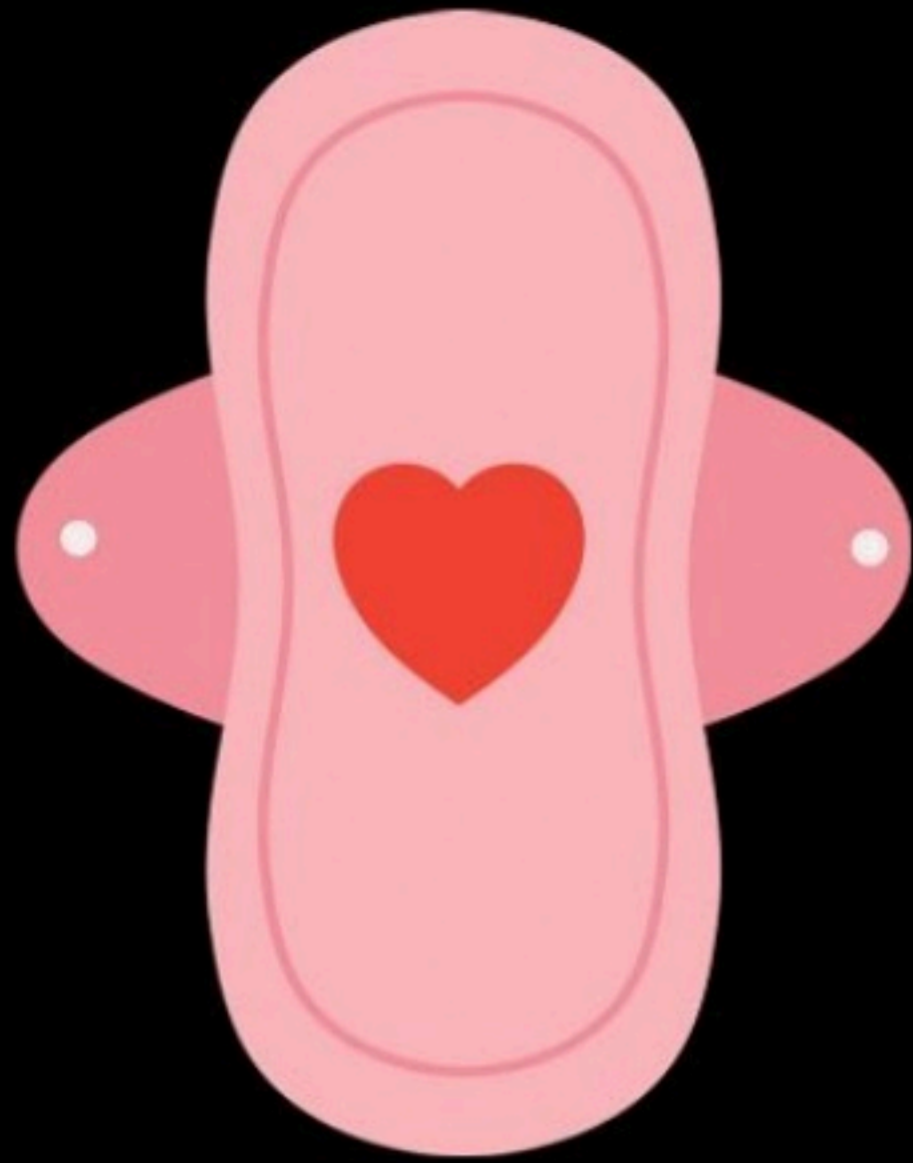
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#project23 #breaktheperiodstigma #hormonesupport #happyhormones #menopause #menstralcycle

2w



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PRE & POST MENOPAUSAL



DID YOU KNOW?



2 different stages of life
2 different products

Imagine old-school birth control packaging that will start delivering different blends each day to support your cycle and empower your hormones.

WITHOUT synthetic hormones and all PLANT-BASED!



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THE RESULTS WILL
IMPACT
EVERYTHING

DID YOU
KNOW?

Weight
Mood
Cramps
Heavy flow
Brain fog
Low energy
Adrenal-type issues
Breast soreness
Low libido
Hot flashes.

And get this it also helps decrease cortisol levels associated with stress response in the body during your cycle!



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WAIT LIST

DID YOU KNOW?

Yes, I know you wanted to get started like yesterday! ME TOO!

So this product will be available in MARCH!

Don't let me forget to contact you.

Get on my waitlist today!

You will be the first to know when the product launches.

Link in Bio to add your name to the list.



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