



Hormones making you feel out of control?

HERE IS YOUR GUIDE



What are the signs?

- Fatigue Lasting All Day
- Weight Gain
- Anxiety, Irritability, and Nervousness
- Brain Fog & Memory Issues
- Hair Loss or Thinning Hair
- Bloating
- Heavy or Irregular Periods
- Spotting a few days before the period
- PMS – the more severe the deficiency, the earlier the onset of PMS symptoms.
- Fluid Retention
- Migraines and Headaches
- Breast Tenderness
- Difficulty Falling Asleep & Staying Asleep
- Hot flashes
- Night Sweats
- Infertility
- Cramping pain
- Decreased Libido/Sensuality
- Poor Self-Esteem/Self-Image
- Dry Eyes, Skin & Vagina
- Loss of Skin Radiance
- Back & Joint Pain
- Painful Breasts
- Breasts with Lumps
- Loss of Muscle Tone
- Wrinkled Skin
- Acne/Oily Skin
- Facial Hair
- Ovarian Cysts
- Heart Palpitations and more

What can I do?

Avoid endocrine disruptors
Track cycle
Change diet
Quality herbs & whole food
supplements
Cleanses
Seed Cycling



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What are endocrine disruptors?

EDCs are chemicals or mixtures of chemicals that interfere with the way the body's hormones work.

Here are some examples of potential exposure points:

- non organic produce
- sunscreen
- food storage materials and plastic
- industrial solvents or lubricants
- children's productions
- beauty products



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Track Cycle

Be sure to track your cycle on an app, like Period Tracker or Fertility Friend.

How will you know if your cycles are early or late if you don't track them? We have some recommendations for you that require that you know right about when your cycle will start. So start recording your data, and let it show you some things of which you might not be aware!



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Change your diet

The ovaries are very sensitive to **sugar** and **starchy foods** that metabolize like sugar. So if you want your ovaries to perform better, it pays to reduce the sugary and bread-like foods in your diet! Sorry, the bagels, pop-tarts, cereal, and orange juice need to go. But that's ok because you can replace them with eggs, nuts, organic sausage, butternut squash, smoothies, and many other nutrient-dense sources of protein and healthy fat!

We have a range of digestive support to help your body recover from carbohydrate dependence - just ask!



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Change your diet

When you reduce bread-like carbohydrates from the diet, naturally you will need to increase your vegetable, protein, and fat intake.

Good news - vegetables come in every color of the rainbow, and there are likely quite a few you have never tried!

Protein can be from meat or from plants, just try to make sure your meats are grass-fed or organically raised.

Sorry, no soy! Soy is an endocrine disruptor and does more harm than good to your hormones.

Healthy fats will include some saturated and some unsaturated fats: coconut oil, palm oil, butter, ghee, olive oil, nuts, seeds and avocado are all OK.



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Herbs & Whole Food

We'd love to have a consult with you before you spend the resources purchasing the products but we understand that you may enjoy trying products on your own.

To purchase directly create an account with Systemic Formulas and use doctor code COMA20 to gain access.

We have included recommended kits on the net page. Ordering direct from us will save you the shipping cost for any of the products!



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Hormone Support Kits

PMS Support Kit:

- FPMS 2 tablets a day, increase to 3-4 tablets a day 3-4 days before your period. This helps support normal functioning within the body to decrease excessive bleeding, mood swings, and cramping.
- Vista 2: 2 droppers a day. Healthy fats aid in the breakdown of excessive estrogen which is a cause of many PMS symptoms.

\$67 shipped

If you have excessive bleeding or severe PMS add in the following:

- Gf -2 capsules a day. Support for healthy thyroid function
- CLR - 3 capsules during your cycle. Supports healthy blood development due to blood loss and supports healthy liver function to remove excess hormones.

\$62 shipped or for all products \$124 shipped

Hormone Support Kits

Menopause Kit:

- Femicrine: 2 tablets a day. Supports the normal female hormonal cycle and aids the body with hot flashes, dryness, and natural libido
- Vista 2: 2 droppers a day. Healthy fats aid in the production of hormones while decreasing hormones that are in excess.

\$75 shipped or you can use the following separately or in conjunction for two months before switching to another pre/probiotic strain.

- Byocrine Byome- 2 capsules a day -Aids in adding back in healthy gut bacteria specific for hormone development and reproduction
- Byocrine Pre-Byome - pkg directions- the prebiotics for hormonal development

\$135 shipped

All 4 products: \$200 shipped

Cleanses

The main cleanse we recommend is a 4-month cleanse program.

In the first month, we prepare your body to have a cleanse.

The second month is focused on gut health and removing some of the pathogens from the body. In the third month, we get in there and get those bugs out of the body.

In the final month, we focus on heavy metals and chemicals.

Never do a parasite, metal or chemical cleanse without prep work first!

Curious if a cleanse would work for you? Schedule a consult below:

[Click here to schedule your consult](#)



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Seed Cycling

Try to consume pumpkin seeds and flax seeds during the **first two weeks** of your cycle (to build estrogen)

Have more sunflower seeds and sesame seeds during the **last two weeks** (to build progesterone).

You can combine these seeds in glass jars in your pantry - it's easy to have a quick snack when passing by.



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