



EATING FOR YOUR HORMONES LIVE WORKSHOP

Hi, I'm Katie!

...an award winning nutrition and wellness coach specializing in women's hormonal health.

The women I support return to a regular cycle, prepare their bodies for pregnancy, reduce monthly bloating, cramps and breakouts, and have an easier transition during menopause.

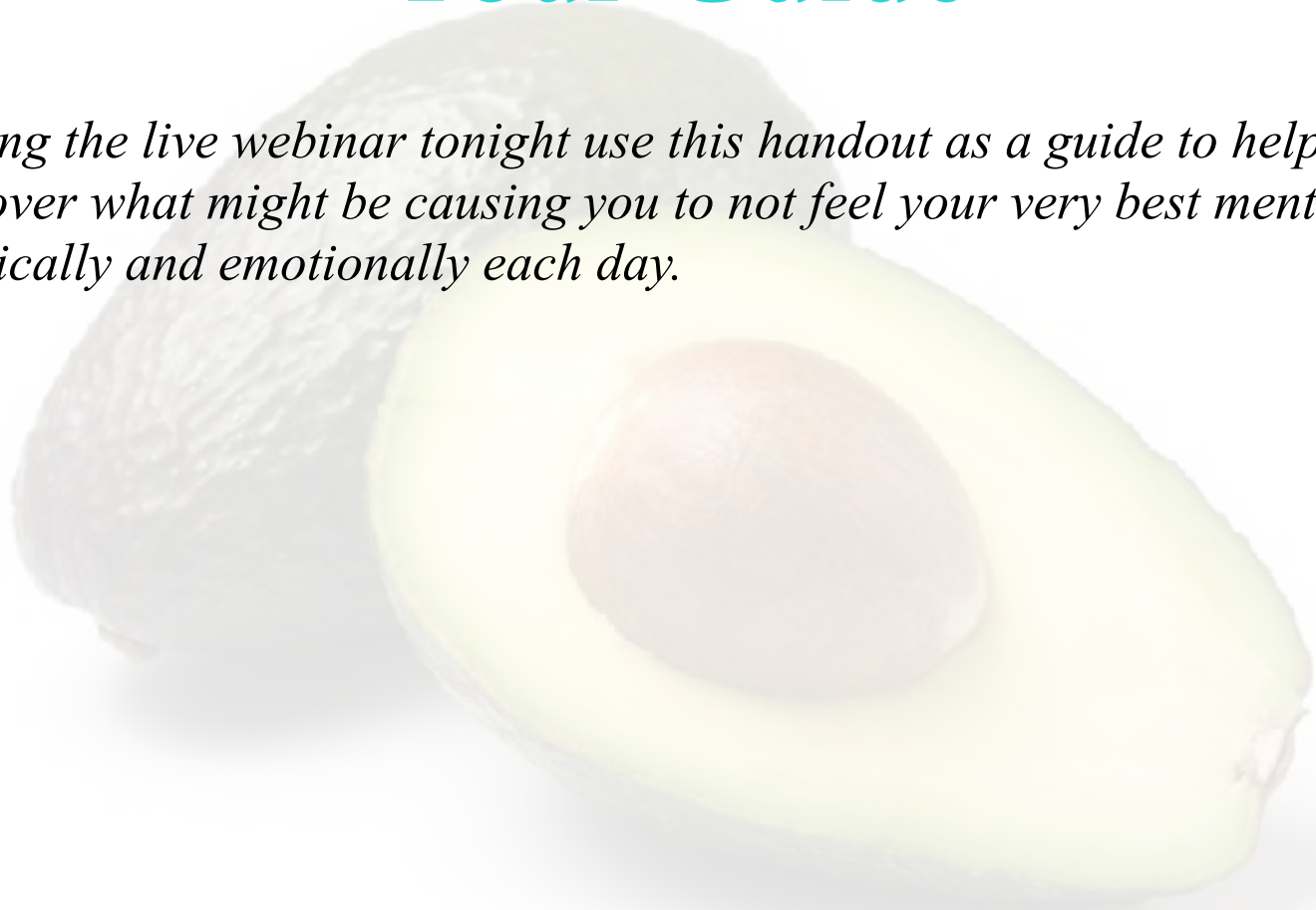
Not only do they balance their hormones but they also create an empowered and confident relationship with their body. My clients tell me that working with me feels like a weight has been lifted off their shoulders as they find freedom with food and ultimately in their life.

Katie



Your Guide

During the live webinar tonight use this handout as a guide to help you discover what might be causing you to not feel your very best mentally, physically and emotionally each day.



Katie

Reflection Time



How Have You Been Feeling?

What Used To Support You, But Might Not Now

What Have You Been Eating?

Reflection Time

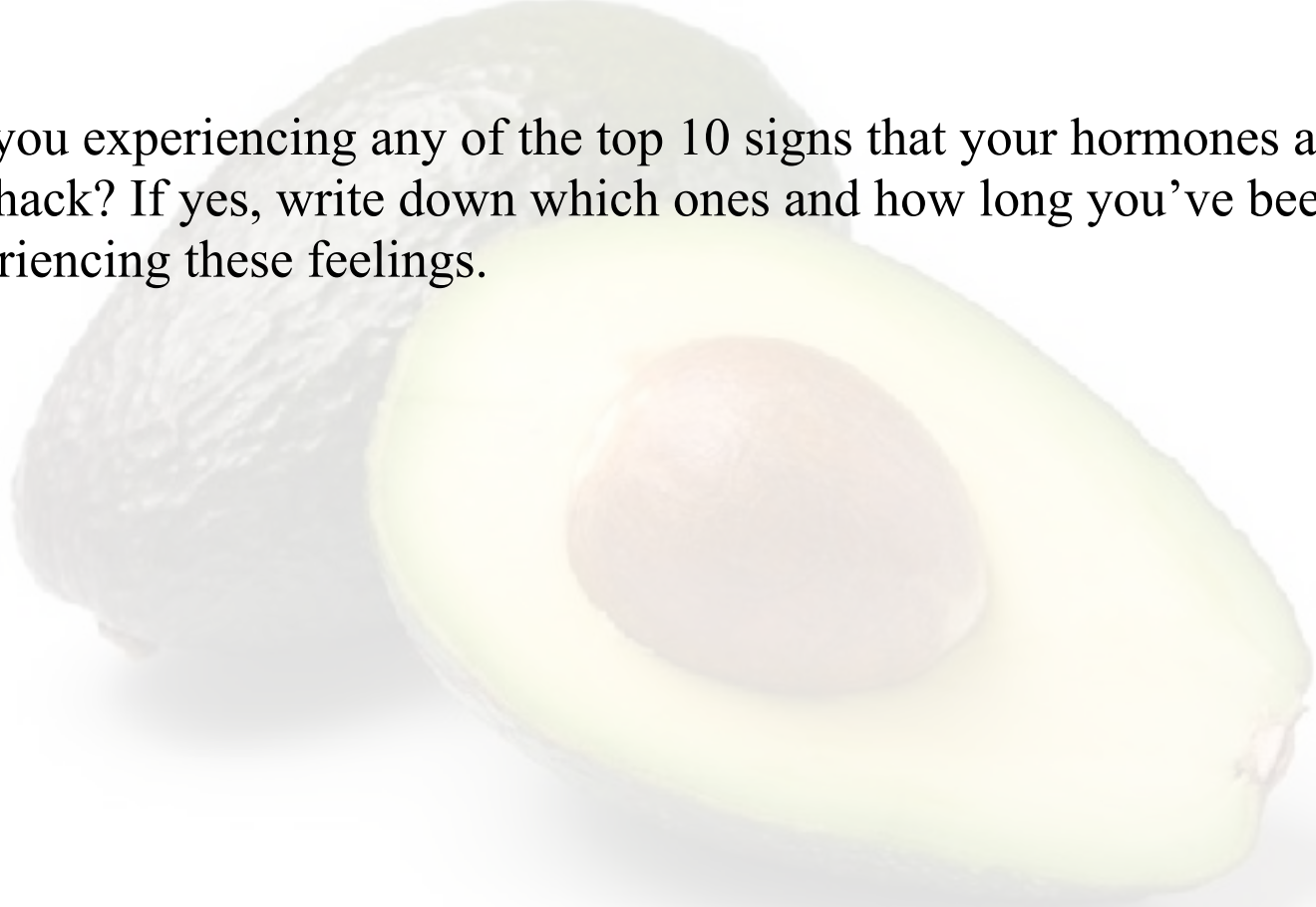
How Do You Move Your Body?

How Do You Manage Stress?

Are You Sleeping? How Many Hours

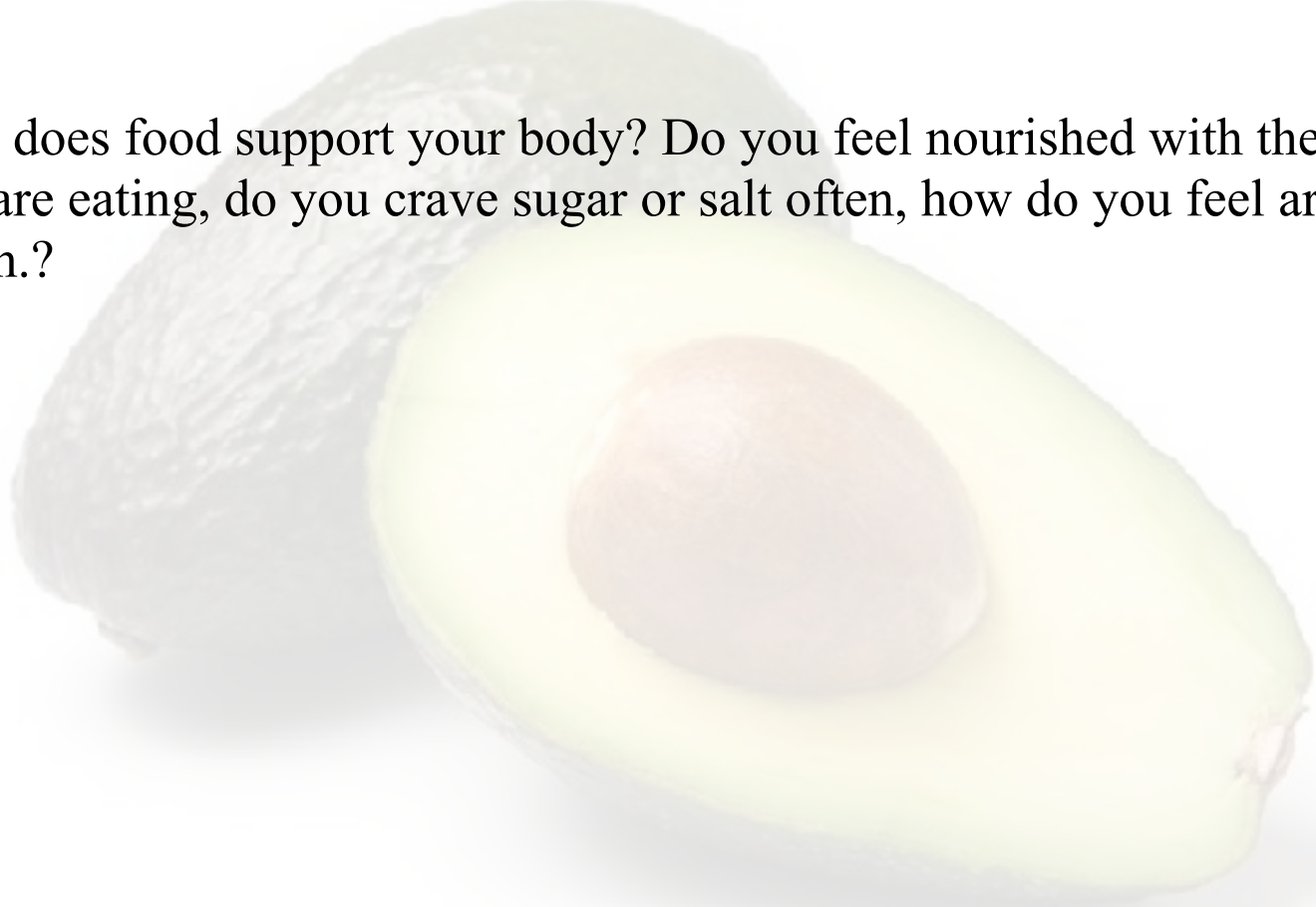
Hormonal?

Are you experiencing any of the top 10 signs that your hormones are out of whack? If yes, write down which ones and how long you've been experiencing these feelings.



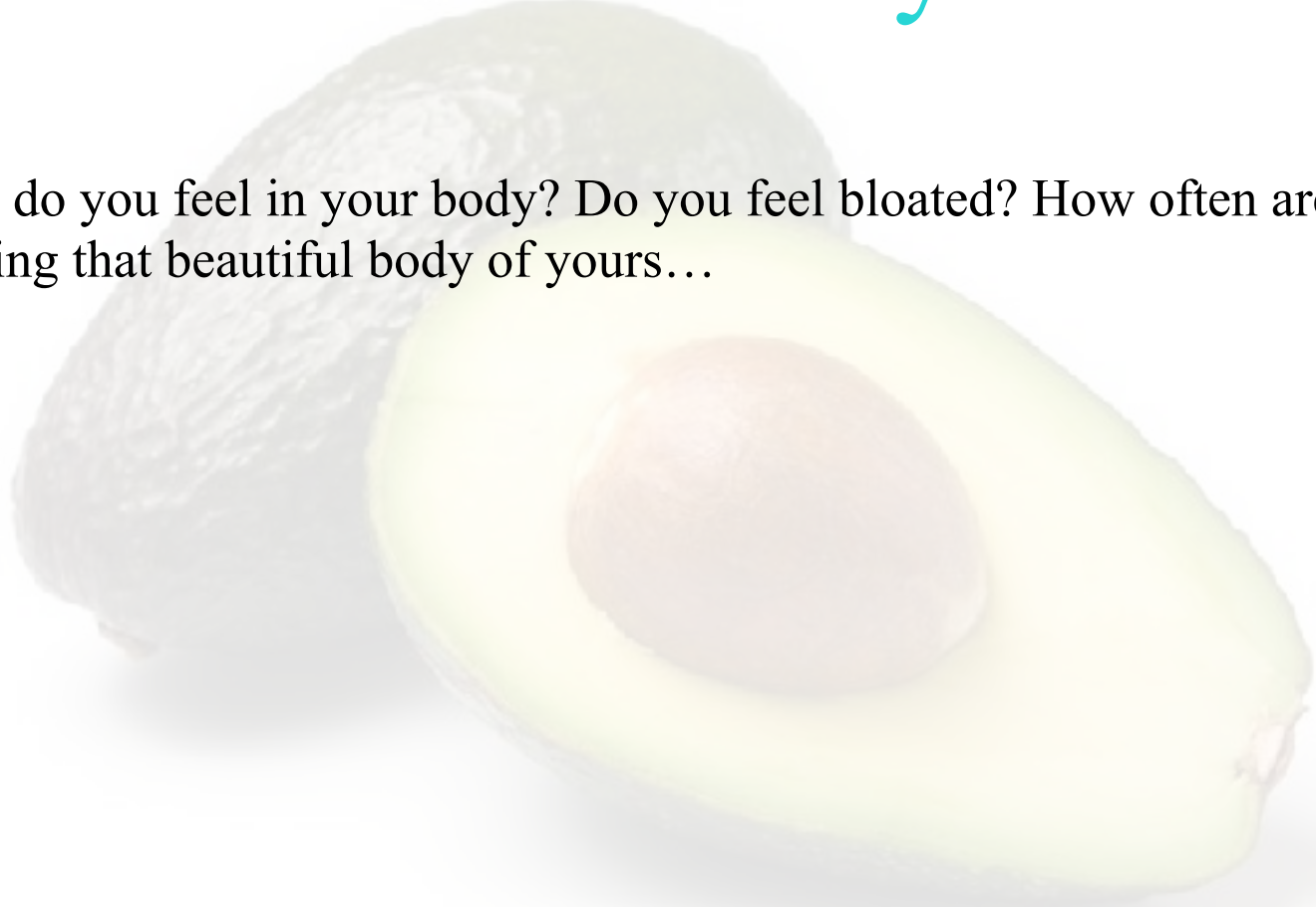
Your Diet

How does food support your body? Do you feel nourished with the foods you are eating, do you crave sugar or salt often, how do you feel around 3 p.m.?



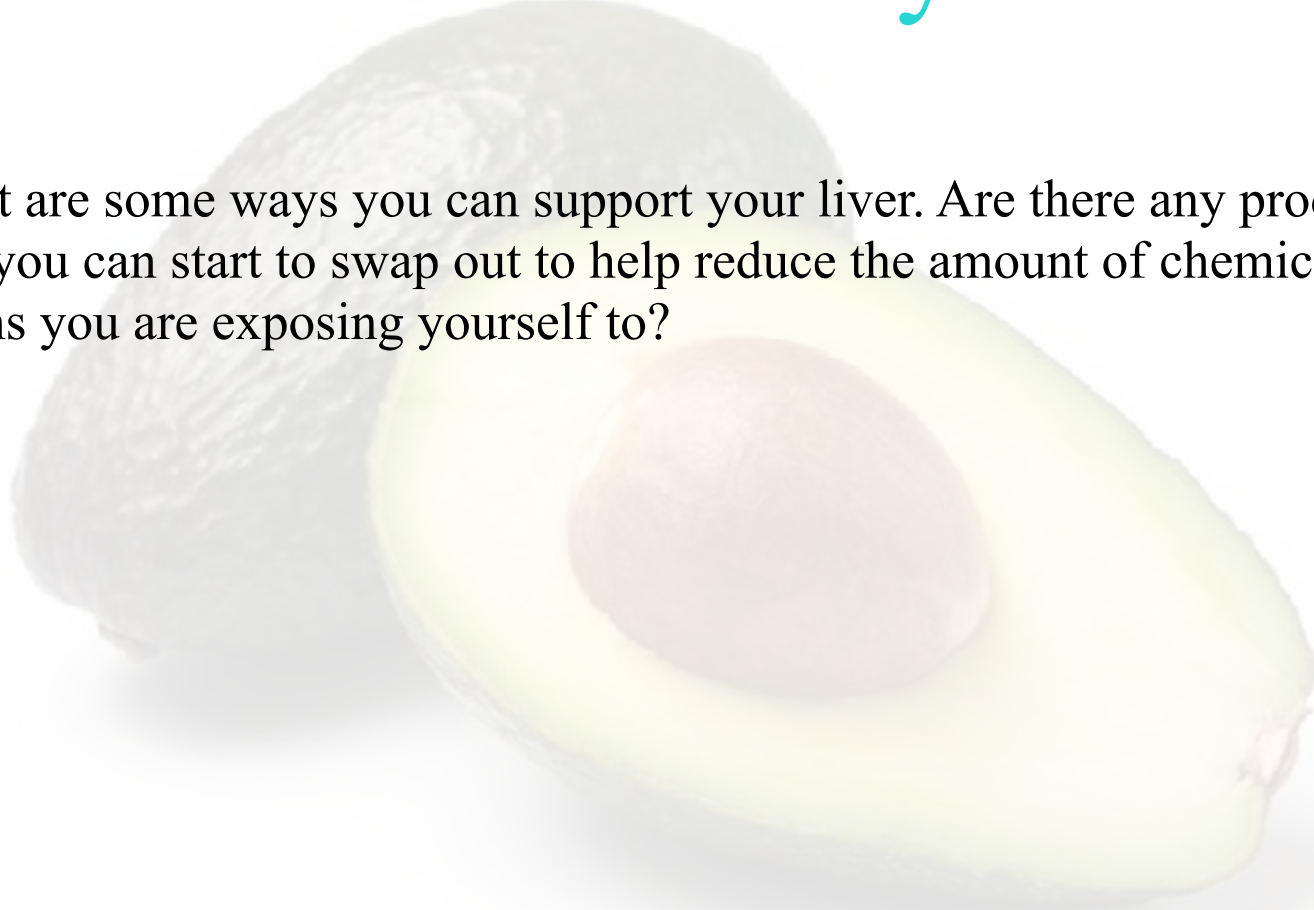
Your Body

How do you feel in your body? Do you feel bloated? How often are you moving that beautiful body of yours...



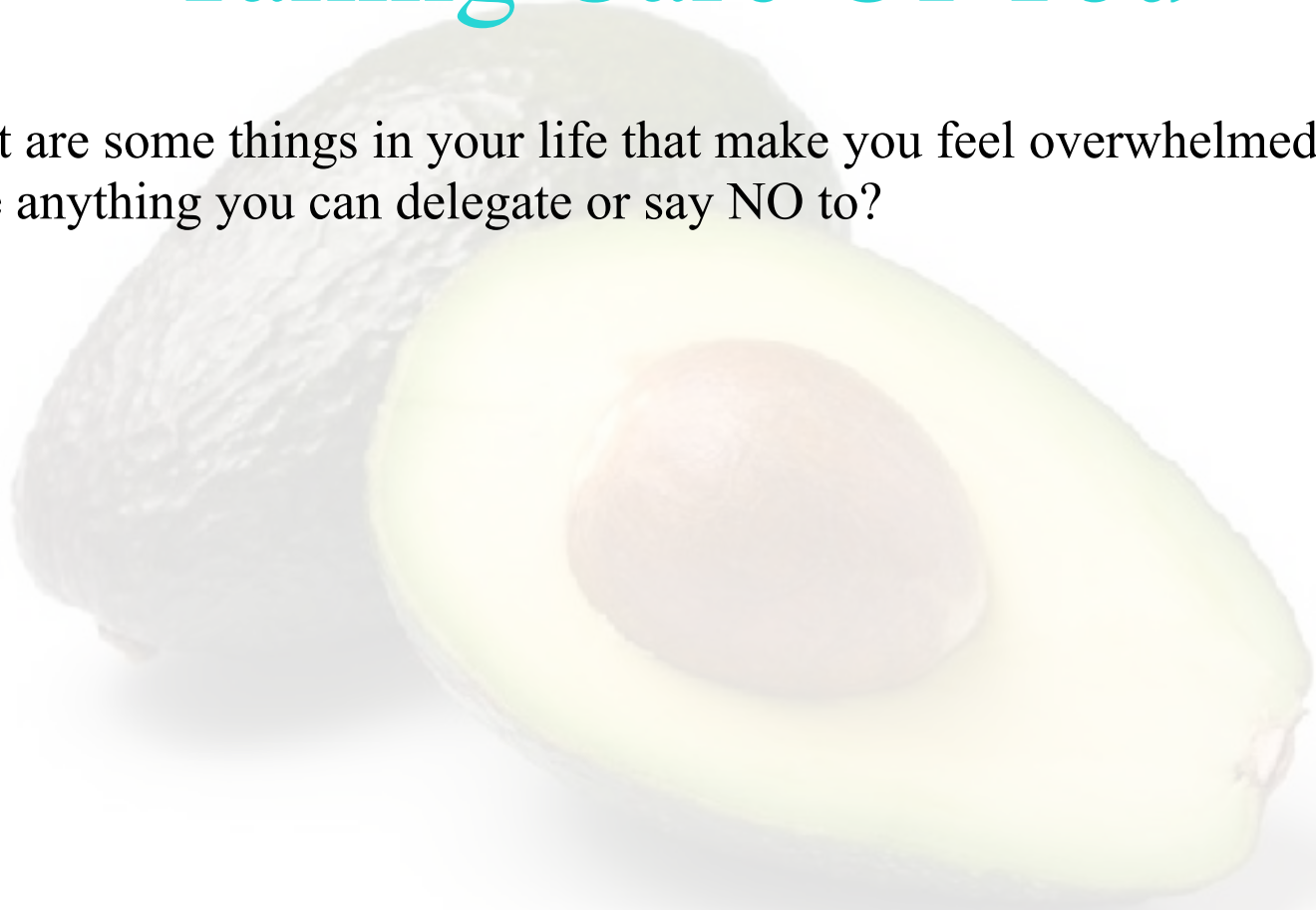
Your Body

What are some ways you can support your liver. Are there any products that you can start to swap out to help reduce the amount of chemicals/ toxins you are exposing yourself to?



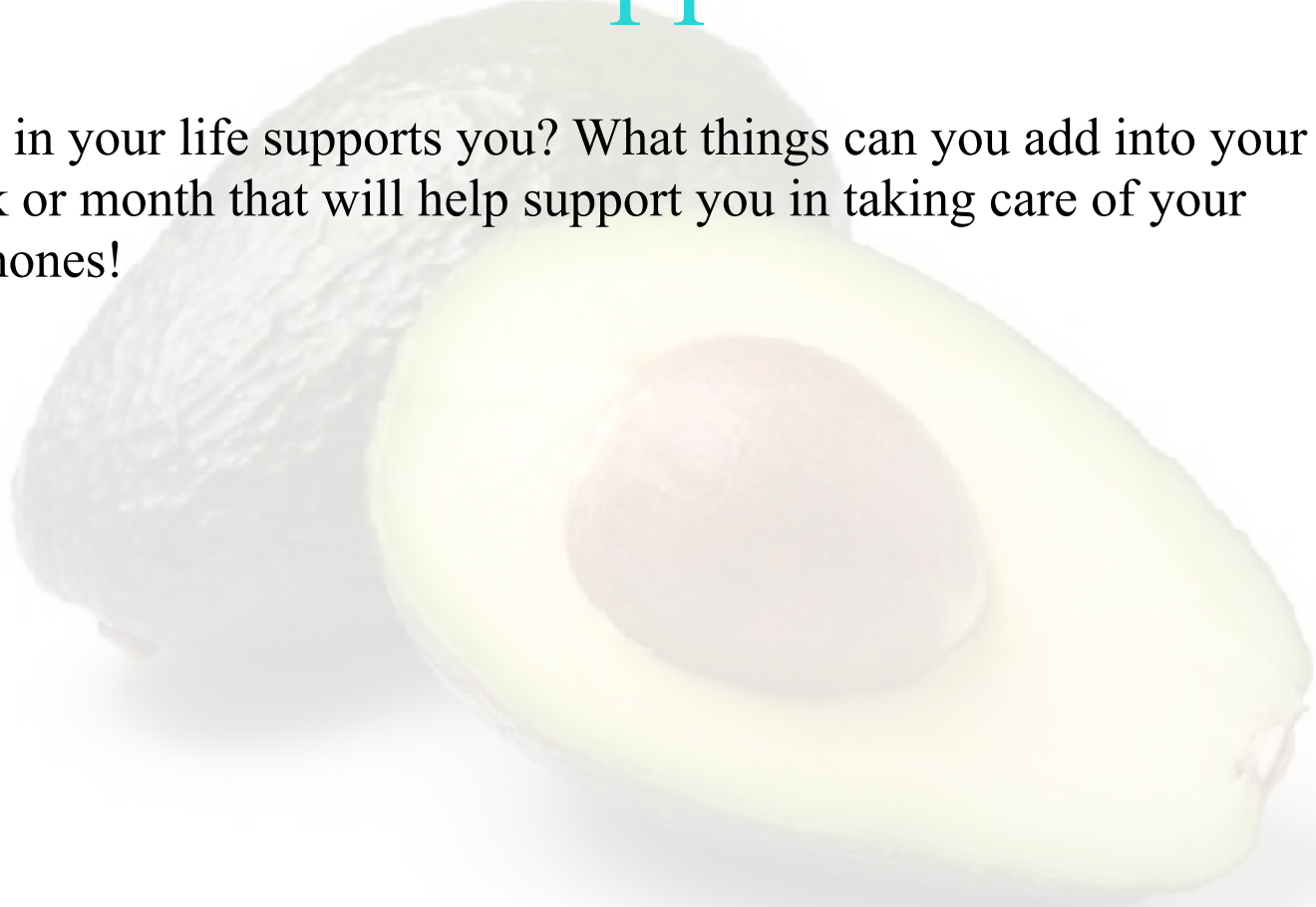
Taking Care Of You

What are some things in your life that make you feel overwhelmed? Is there anything you can delegate or say NO to?



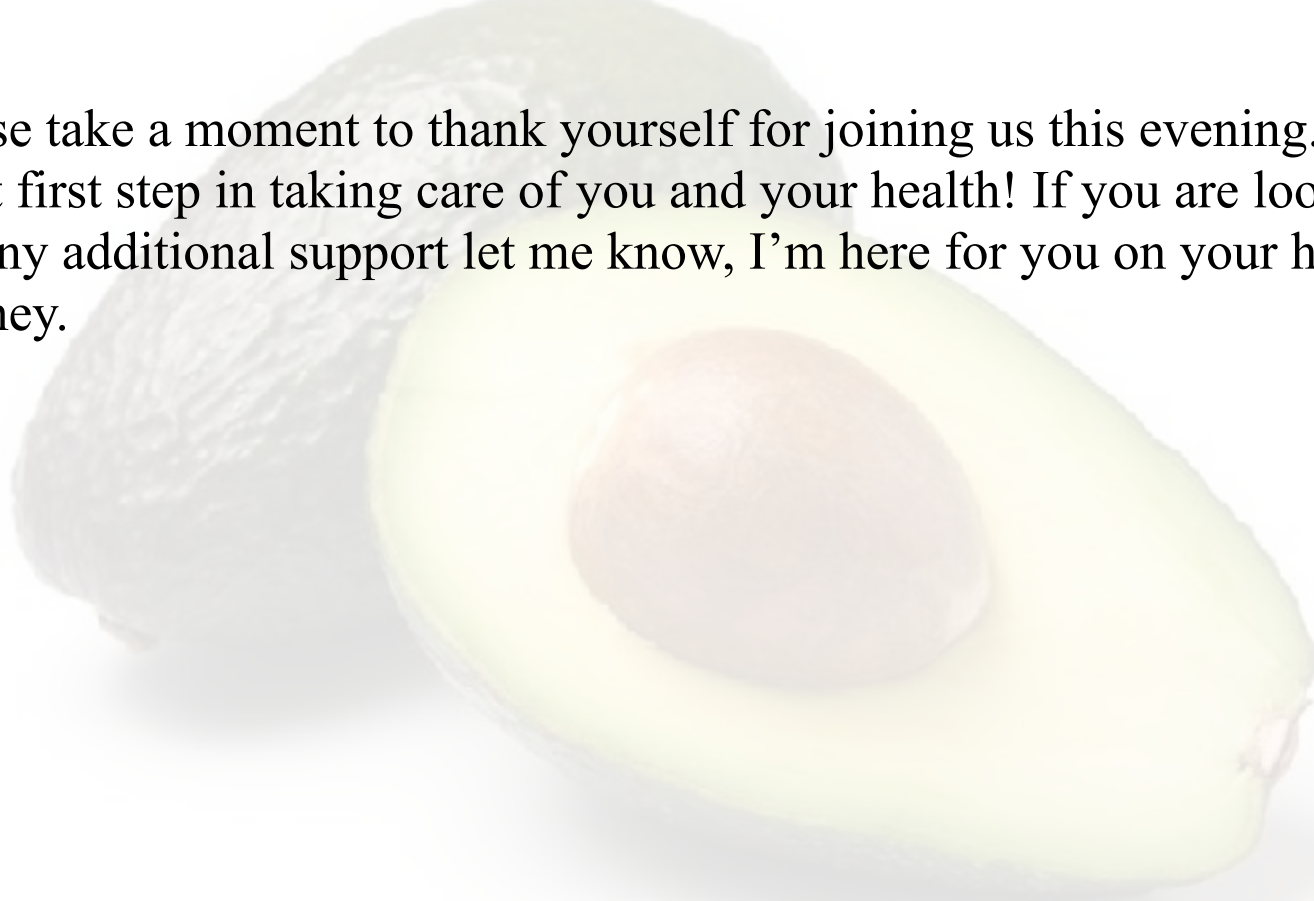
Support

Who in your life supports you? What things can you add into your day, week or month that will help support you in taking care of your hormones!



Thank YOU!

Please take a moment to thank yourself for joining us this evening. It's a great first step in taking care of you and your health! If you are looking for any additional support let me know, I'm here for you on your health journey.



Katie