The background of the slide is filled with a dense pattern of small, gold-colored dots, resembling confetti or glitter, scattered across the white background.

The Day 5 Hormone Workshop

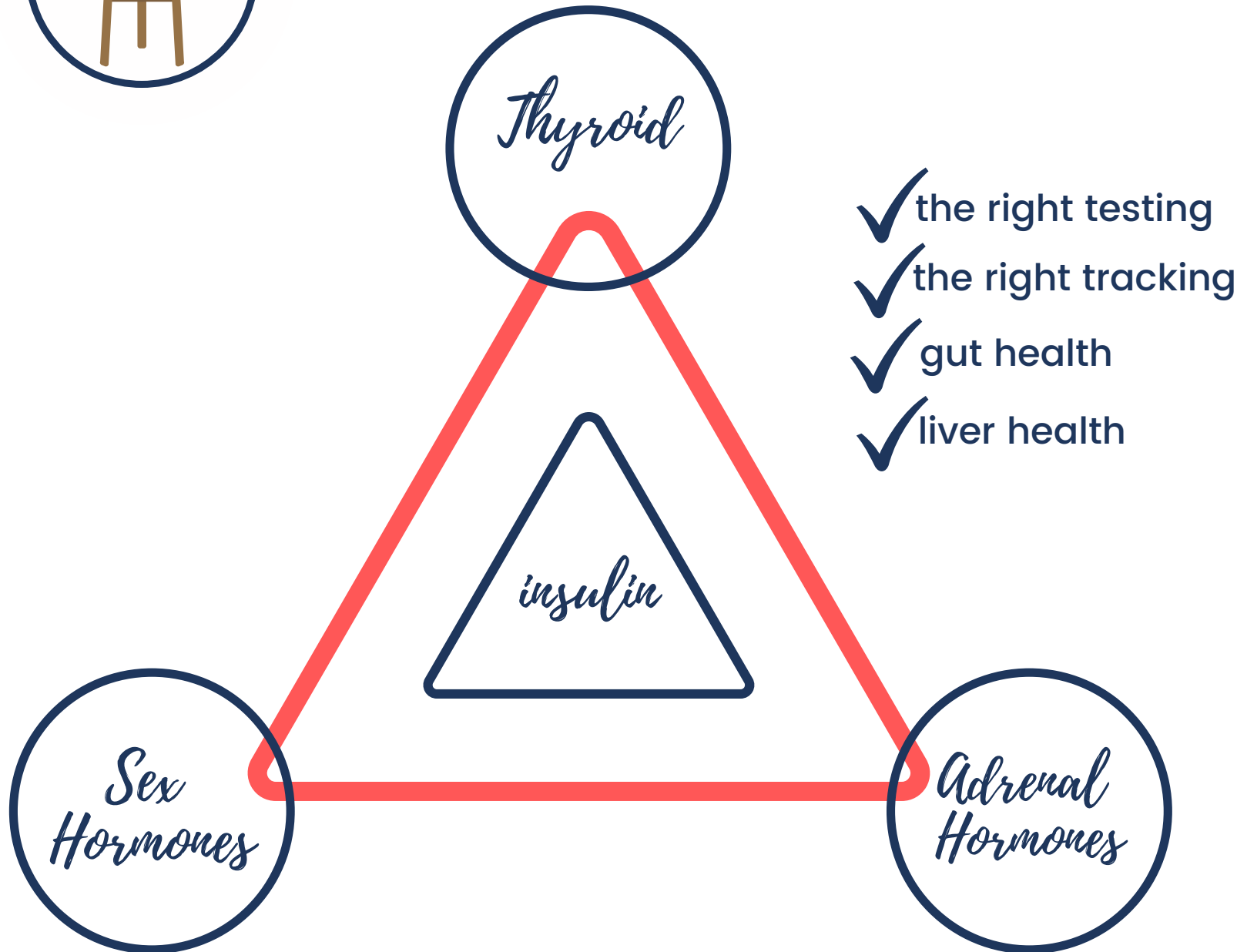
with Frankie Leigh, FDN-P

DAY # 5

HORMONAL BALANCING & YOUR 90 DAY ROADMAP



The 3 Legs of the Hormonal Stool



The Phases of the Cycle

reduce cold foods
 try to cook or warm all meals
 keep the body warm
 remove dairy and phlegm
 remove stagnation
 *progesterone high

avoid adding toxins into
 the body, detox mindset,
 sugar, alcohol, caffeine
 *no progesterone

LUTEAL
 Days 17-28
 Waning Moon

completion, tying up
 details and loose ends
 organizing, not action



OVULATION
 Days 12-16
 Full Moon

open and receptive,
 prospecting,
 connection

MENSES
 Days 1-5
 New Moon
 insight, good time
 to make decisions
 *detox and circulation



FOLLICULAR
 Days 6-11
 Waxing Moon

start things,
 brainstorm, plan,
 *extroverted

think preparation,
 nourish & invigorate
 the blood
 gentle movements
 restorative yoga
 *estrogen rising

time for the most active
 exercise in the month
 think of lighting a spark
 *progesterone rising
 estrogen dropping



the 90 Day Radiate Roadmap

5 Day Reset Challenge

unpack the
5 hidden stressors



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Empowered You!**

