



Get Off The PMS & Perimenopausal Roller Coaster: Learn 9 Natural Fast Track Solutions To Balanced Hormones

Brenda Eastwood RNCP

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There are over 50 hormones controlling your body. If you know how to transform your hormones, you can transform your life. Women are told their female health challenges are in their head, caused by stress or are a result of faulty organs. Their options: accept that they will never have the joy, vitality and energy they deserve or take dangerous prescriptions or succumb to risky surgery. Yet there are sensible, safe, simple, natural and effective strategies that will bring immediate and permanent changes. Every one of your health symptoms is a clue as to what your body needs, you just need to know how to interpret those signals. I will share my 30 plus years of expertise with you so that you can learn how to identify the root of your issues and create your own road map to balanced hormones and health. I can put you in charge of your own body, so that it is no longer in charge of you.

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