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4 HABITS THAT ARE SABOTAGING YOUR
HORMONES + PERIOD & HOW TO FIX THEM

Webinar Workbook

4 Habits That are Sabotaging Your Hormones Workbook

Quick Disclaimer

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Let's begin with goal setting:

1

What are your current health goals? What would you do differently if you met them?

2

What is something that you have put aside due to your health not being where you want it to be?

3

What would you say your biggest struggle is right now when it comes to your health?

4

What do you perceive to be the largest barrier to accomplishing your health goals?

Worksheet 2:

5

Which of your hormones do you think are out of balance based on the Hormone 101 ? What symptoms do you identify with the most?

6

When is the last time you had your health evaluated & completed bloodwork? And what can you do to take immediate, stress-free action for your health?



CREATE A ROUTINE THAT SUPPORTS YOUR HORMONES

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How to Use

START BY INCORPORATING 1-2 OF THE
FOLLOWING HABITS ON THIS CHECKLIST FOR
TWO WEEKS AT A TIME UNTIL THEY STICK!



Checklist

☐

Try not to consume more than 16 grams of added sugar daily. Added sugar is found in processed snacks + drinks (yes, that precious macchiato)

☐

Focus on eating more balanced meals with a healthy fat, protein, and fiber to avoid snacking.

☐

Incorporate lemon water + Himalayan pink salt or electrolyte water 1-2 times per day (after waking and before bed)

☐

Add well-cooked broccoli to 3 of your meals this week!

☐

Add blood-sugar balancing carbs like sweet potato to 1 or 2 meals this week.

☐

Incorporate ground flaxseeds into your morning smoothie, oatmeal, or sprinkle on top of your salad for healthy fats.

☐

Walk 1-2 times a week for 15-20 minutes without being on your phone (but bring it for emergencies)

☐

Swap your wax/soy/coconut candles and plug ins for essential oils and a diffuser.

☐

Try an organic, paraben , phthalate, & fragrance free body wash or lotion. My favorite brand is Native.

☐

Add 2 more cups of water to your regular intake and work your way up to half of your body weight in ounces.

"Be with those who bring out the best in you, not the stress in you."



Let's Connect:

I hope this webinar, workbook, and habits on the previous pages have been helpful in giving you more direction, clarity, and hope for your health journey.

I am always here to help, so be sure to stay connected within our community!

Wishing you all the best!

Dr. Monique



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