

Are your hormones driving you crazy?

Do you feel like a different person in the week leading up to your period?

Do you feel like you are in a vicious circle of no energy / tiredness?

Are you hoping to have a baby in the next couple of years but not sure what to do to prepare your body?

This workshop is designed for any woman who is fed up with feeling like her hormones are in control of her! I will introduce strategies that make the minimum demand on your time but can give you back control of your life and body. You will leave with a deeper understanding of why your hormones affect you in the way they do.

I'll also give you all the tools you need to balance your hormones and banish the monthly moods for good, including dietary advice, natural remedies and simple lifestyle adjustments. Whether its the monthly PMT from hell or the anguish of hot flushes and night sweats, I will introduce a series of strategies that you can start putting in place straight away.

EVENT DETAILS:

Date: Thursday 27th April 2017 **Time:** 7-8.30pm

Location: Hamilton House, Freedom Room, 80 Stokes Croft, Bristol, BS1 3QY

Cost: £5 if booked and paid for by midnight on Wednesday 15th March

To book visit: www.becomefertile.com/events

After Wednesday 15th March the cost goes up to £10



Become Fertile
THE NATURAL WAY

Tel: 07588 820 409
Email: hello@becomefertile.com
Web: www.becomefertile.com