

Heal Your Hormones

Hot Hormone Tips

1. Reference the **Mocktail Guide** for delicious non-alcoholic holiday beverages
2. **Clear Your External Clutter!** Clearing clutter and getting your home organized does a lot more than just make it look clean. It can lower your stress levels, help you eat and sleep better, and make you more productive. Plus, it can help clear your mind and give you the energy you need to get through the day. Clutter can affect our anxiety levels, sleep, and ability to focus. It can also make us less productive, triggering coping and avoidance strategies that make us more likely to snack on junk and watch TV shows.
3. Focus on **Interdependence!** Do YOU but ask for help, be collaborative and thoughtful.
4. Take the **Digestion Assessment** if you're in the Digestion Reset Module...or if you've noticed some digestion symptoms coming back. This will help you pinpoint where your symptoms may be coming from
5. **NO CHOICE** Technique - now is the time to deploy this very special strategy!
6. **Keep it simple** with food and extra supplements - the more you stick to your supplement and food protocol, the more progress you'll see!
7. CREATE your own **Mood/Energy Basket** to have on hand all day long for the best days ever!