

Opt In Email:
Happy February!

Can you believe it's February?

I am excited to share with you my **weekly tips for February** that will focus on **Women's Health**. Each week I will send short but fantastic tips to help **you** achieve this. Some months will have mini-challenges and the option to receive more info on a topic. Simple info that will help you shape 2022 into what you need it to be.

To opt-in, click the photo below and check your inbox for the weekly info.



Thank you for the honor of being in your inbox!
Cheers to 2022

EMAIL #1 of Serie:



Happy February! This month is all about Women's Health.

There's a silent epidemic happening to women everywhere: hormonal balance is being destroyed. Over twenty million of us suffer from polycystic ovary syndrome (PCOS), fibroids, endometriosis, painful/difficult/heavy periods, and thyroid and adrenal issues. For the first time since their creation, birth control pills are being used to treat girls under the age of seventeen for endocrine-related concerns. Not only are young women suffering similar conditions to their mothers and sisters at an earlier age and with much more intensity, but new conditions are arising that women of older generations have not experienced. Hormone replacement therapy is at an all-time high. One in ten couples is infertile, and hysterectomies are still the number-one surgery performed on women. Modern gynecological care can't keep up with our demands, yet we women are desperate to restore balance, preserve fertility, and maintain youthful hormonal patterns in our bodies.

Hormones affect everything.

So what can you do? Grab this book: [WomenCode by Alisa Vitti](#). You will want this book!!! Begin to understand your body and why it does what it does! The easiest place to start? Know and track your cycle. I have a FREE printable PDF to help you do just that at the end of the email.

KNOW THY CYCLE

Here is the first phase of four when talking about your cycle:

PHASE 1: Follicular Phase

Duration: 7-10 Days

- Hormone focus. The hypothalamus signals your pituitary gland to send follicle-stimulating hormones to your ovaries, telling them to get ready to release another egg. Several egg follicles start to swell in preparation. Estrogen increases to thicken your uterine lining so that it can host an egg.***
- Body focus. Physical energy increases throughout this phase, and you may sometimes feel restless.***
- Lifestyle focus. Creativity and new beginnings characterize this phase. This is the time to direct your energy into stimulating projects at work and at home. Plan brainstorming sessions with your coworkers; save your most mentally challenging assignments for this week since your brain's penchant for creativity at this time***

makes it easier to problem-solve. Your physical energy is at one of its highest points during your follicular phase. Emotionally, you feel outgoing, upbeat, and revitalized.

• Exercise focus. Try something new-take that Zumba or yoga sculpting class you've been yearning to try at your gym. Putting your brain and body in a new, stimulating situation feels like an easy, natural thing for you to do at this time of the month.

CLICK HERE to get the breakdown of Phases 2-4 sent to your email inbox.

I hope this info helps to understand your cycle more in-depth! Now what? Get to tracking it and put that info to use. Click the next pic to download the printable PDF Cycle Tracker:



***Thank you for the honor of being in your inbox!
See you next week with YL + Hormones.***

BONUS OPT IN EMAIL TO BE SENT AFTER FIRST EMAIL:



Here is the info on the phases!!!! Thanks for jumping into learning more about your cycle.

KNOW THY CYCLE

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Phase 2: Ovulatory Phase

Duration 3-4 days

- **Hormone focus.** A sharp rise in follicle-stimulating hormone followed by an increase in luteinizing hormone, also from the pituitary, stimulates one follicle to swell further and burst, releasing an egg into one of the fallopian tubes; that egg then travels to the uterus. Estrogen levels continue to increase, further thickening the uterine lining and supporting the growth of immune system cells in the uterus. Testosterone takes a quick surge and drops right around ovulation.

- **Body focus.** Vaginal discharge increases on your day of peak fertility. You may feel pelvic pain with the release of the egg, along with cravings or a headache.

- **Lifestyle focus.** Connecting with the community is at the heart of this phase. This is the time to have important conversations, whether it's with your spouse, your mom, or your boss. Your heightened communication skills will allow you to convey your thoughts and opinions more clearly, as well as to be more receptive to those of others.

- **Exercise focus.** When deciding which activities are best during this phase, keep two things in mind: high-impact workout and group settings. Your energy levels are at their max, so you're primed to take on more strenuous exercise such as weight lifting, plyometrics, and running.

PHASE 3: Luteal Phase

Duration: 10-14 Days

- **Hormone focus.** The corpus luteum (the follicle from which the egg bursts) grows on the surface of the ovary, causing it to produce progesterone. The rise in progesterone signals the body to keep the uterine lining intact. It also signals the pituitary to stop sending out follicle-stimulating hormone and luteinizing hormone, ensuring that only one egg is released into the uterus at

a time. Estrogen levels continue to rise. Toward the end of the cycle, if the egg hasn't been fertilized, the corpus luteum is reabsorbed into the body. Progesterone production will soon halt as a result, triggering your period. Testosterone will increase toward the end of this phase.

- **Body focus.** Physical energy declines and premenstrual symptoms may develop toward the end of your cycle- symptoms such as bloating, irritability, headache, mood swings, and cravings.

- **Lifestyle focus.** Awareness, attention, and comfort are key now. As the corpus luteum is reabsorbed, your energy begins to soften and turn inward. You'll notice that you have the desire to nest, making the luteal phase an ideal time to take care of domestic chores, whether your list includes reorganizing your shoe closet, doing a month's worth of laundry, or making a big grocery-shopping trip.

- **Exercise focus.** During the first half of the luteal phase your energy may still be high, so continue with the more strenuous activities you took on during ovulation. Then scale back on your intensity during the final five days with activities such as Walking or Pilates. You may feel a little more sluggish and experience more water retention toward the end of this phase, so choose an exercise with lower resistance.

PHASE 4: Menstrual Phase

Duration: 3-7 Days

- **Hormone focus.** Progesterone production drops off as the corpus luteum disappears, triggering the shedding of your uterine lining in your menstrual phase, a.k.a your period/bleeding phase. Estrogen peaks and then drops, stimulating your hypothalamus to prepare for another cycle of ovulation.

- **Body focus.** You may experience pelvic cramping, low backache, fatigue, and cravings. Sometimes you may feel a sense of relaxation and relief as your estrogen peak passes.

- **Lifestyle focus.** Self-analysis and course correction are dominant now. During your menstrual phase, the communication between the right and left hemispheres of your brain is more powerful than at any other time. This

enables you to judiciously evaluate how you're doing in your life and, if necessary, begin identifying and making course corrections that will reposition you in the direction that you want to be heading. Many women find that journaling during their menstrual phase, especially when they first learn to sync with their cycles, allows them to access deeper insight into what their instincts are telling them.

• **Exercise focus.** Rest and recovery are important parts of any exercise program so that your body can repair. Schedule rest or yoga during the early part of the menstrual phase, especially the first day or two, when your flow may be heaviest. Take time to stretch and walk on these days. As you move into the end of bleeding and toward the follicular phase again, begin to amp up your activity according to how you feel.

How awesome is that info??? Did you miss the Cycle Tracker PDF? No problem. Click the picture to grab it:



Have a great day!!

CANVA LINK TO PDF TRACKER:

https://www.canva.com/design/DAE2kcYmbxU/NFji1ZMZwM0tiFkRHEgx_g/view?utm_content=DAE2kcYmbxU&utm_campaign=designshare&utm_medium=link&utm_source=sharebutton&mode=preview

EMAIL #2:



Last week we talked all about your cycle and why you feel a certain way during each phase. This week, let's talk about supporting your cycle with Young Living products.

First up, Progessence Plus.

[Progessence Plus Serum](#) was thoughtfully designed specifically for women. Made with natural, bioidentical progesterone from wild yam; this product promotes well-being and feelings of relaxation, harmony, and balance.

Wild yam may: balance hormones, increase libido, boost energy, support hot flashes, and support symptoms of PMS.

Second, on the list is Super B.

[Super B](#) is a comprehensive vitamin supplement that provides all eight B vitamins and bioavailable minerals to provide the energy you need to feel great on the go. Combined with Nutmeg essential oil and bioavailable chelated minerals such as magnesium, manganese, selenium, and zinc, Super B helps maintain healthy energy levels, supports cardiovascular and cognitive function, and eases feelings of everyday stress.

And last, but certainly not least, Master Formula.

[Master Formula](#) is a full-spectrum supplement that provides vitamins and minerals that can help support bone density and health, brain function, cellular protection, digestive health, energy levels, eye health, heart health, immune support, and skin health.

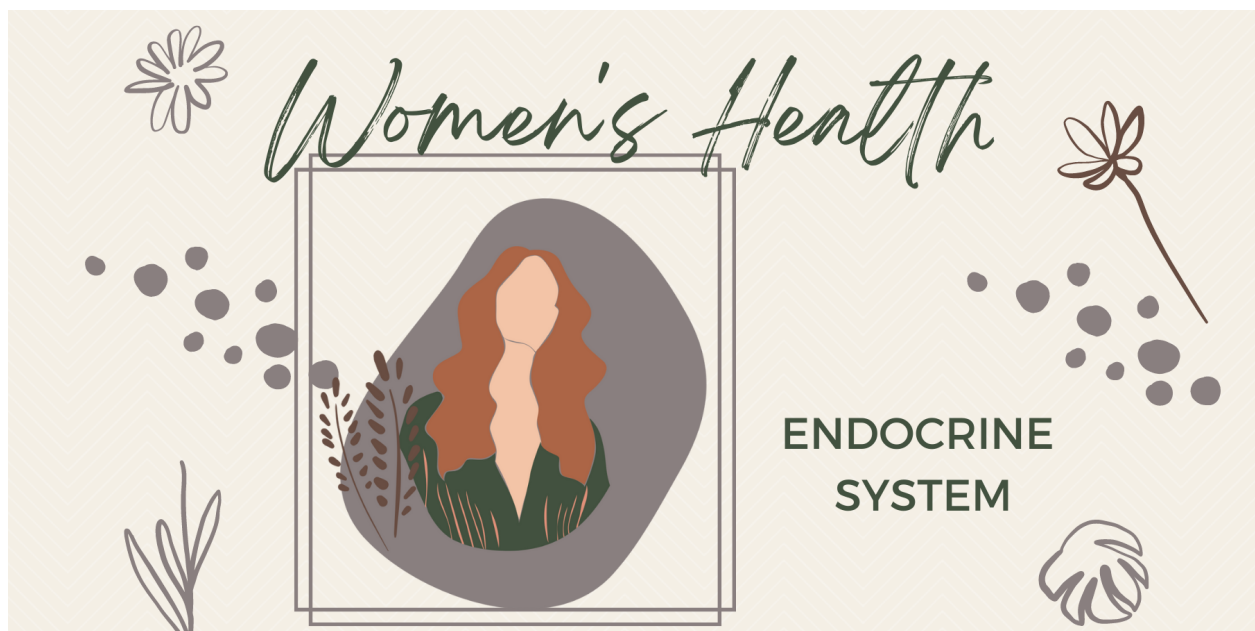
Listen in on this recording from Dr. Dan Purser. He goes into great detail about supporting hormones naturally with these Young Living products. Click the picture to listen to the recording:



Hormones are critical to maintaining vibrant health and regulating numerous body activities. Before starting any natural progesterone program that targets the body's hormone system, request that your hormone levels be tested by asking for a blood hormone panel taken by a specialist.

See you next week!

EMAIL #3:



Week three already??? This month's info has been my favorite to share. Now let's chat about **"Glands That Make You Go."**

The endocrine system is a network of glands in your body that make the hormones that help cells talk to each other. They're responsible for almost every cell, organ, and function in your body. These glands include the pituitary, thyroid, adrenal, reproductive, pineal, parathyroid, and thymus. Although each gland produces its own particular hormone, they are interconnected and play a huge role in women's health.

One of the best ways to keep each gland healthy is to avoid endocrine disruptors.

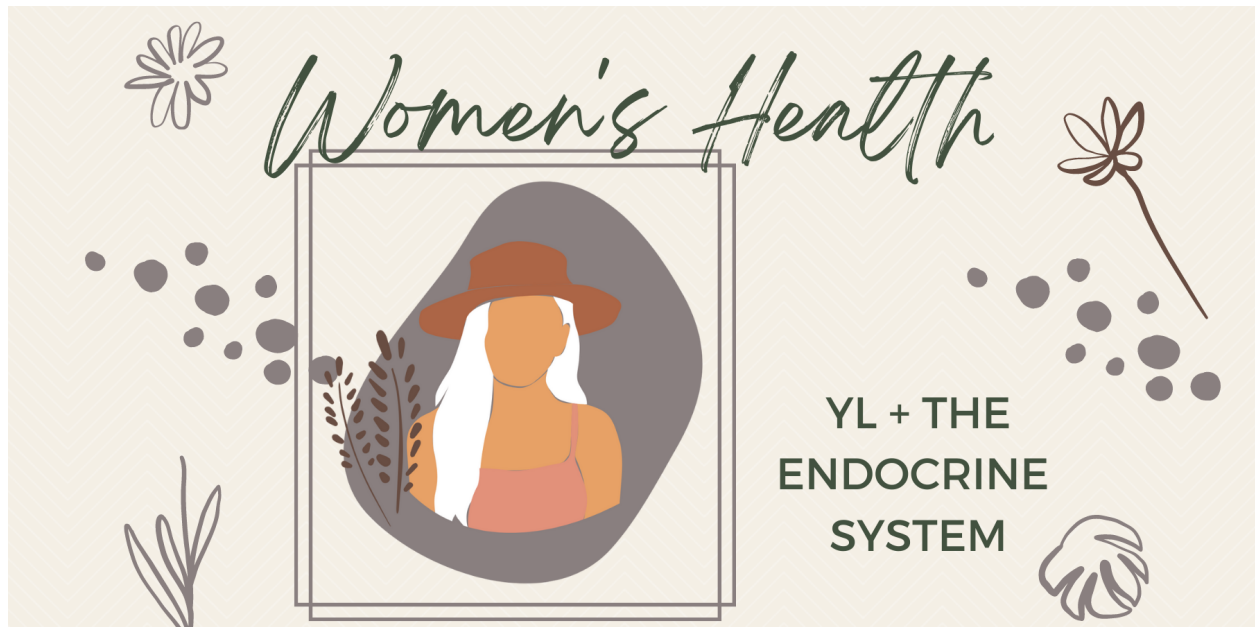
According to the NIEHS, many chemicals, both natural and man-made, may mimic or interfere with the endocrine system. Chemicals called endocrine disruptors are linked with developmental, reproductive, brain, immune, and other problems. Endocrine Disruptors are found in many everyday products, including some plastic bottles and containers, liners of metal food cans, cleaning supplies, skincare products, detergents, flame retardants, food, toys, cosmetics, and pesticides. Even low doses of endocrine-disrupting chemicals may be unsafe. The body's normal endocrine functioning involves very small changes in hormone levels, yet we know that these changes can cause significant developmental and biological effects. This observation leads scientists to think that endocrine-disrupting chemical exposures, even at low amounts, can alter the body's sensitive systems and lead to health problems.

So what can you do? Read labels. Know your ingredients, products, and how they are manufactured.

The most significant and first step you can take in supporting your Endocrine System is using a genuinely safe household cleaner. The choice in our family is [Thieves Household Cleaner](#). This one product opened the door for safer and healthier choices, and we are so thankful.

Are you loving the info for this month? I would love to hear some of your fave info, so hit that reply button!

EMAIL #4:



This week, we wrap up **Women's Health** with information that will **EQUIP YOU** with confidence to limit your exposure to products and ingredients that can wreak havoc on your endocrine system.

THE DIRT

Did you know that cleaning products aren't regulated by the Food and Drug Administration (FDA)? It's true! The companies that manufacture cleaning products are held to no safety standard and no requirement for listing ingredients. When the Toxic Substance Control Act was passed in 1976, it grandfathered in thousands of unevaluated chemicals already in use. Because of this, there are still thousands of chemicals in cleaning products that have never been tested for safety. All kinds of nasty ingredients could be lurking in your cleaning solutions, and you'd never know it!

Many commercial cleaners contain allergy-inducing substances, **endocrine-disrupting chemicals**, and neurotoxins. Endocrine-disrupting chemicals can wreak havoc on your cellular health, thyroid, reproductive system, and even mental clarity. Children, babies, and pets are even more vulnerable to chemical exposure because they can't eliminate toxins easily as adults. Most of these products can cause injury if mishandled and pose a threat to the environment. Yikes.

HOW DO YOU KNOW IF A CLEANING PRODUCT IS HARMFUL?

One of the best ways to make your home a natural haven is to know what ingredients to avoid in your personal care and cleaning products. We're exposed to toxic chemicals every day, but you can reduce your exposure if you know what they are. Unfortunately, it's not enough to simply look for a "non-toxic" or "natural" claim on the label. The FDA doesn't regulate these claims, so you'll have to be a label sleuth and learn how to identify

iffy ingredients yourself. In addition to these chemicals, you should look out for warnings and claims that might indicate a product is harmful to your health.

So what can you do? YL has this fantastic guide that will walk you through a deeper dive into turning "your home environment into a safe and healthy haven where you and your family can thrive."

Click the picture below to access the helpful guide, Home Cleaning Guide: How to Detox Your Home Naturally:



You are going to find that guide incredibly helpful! Enjoy!