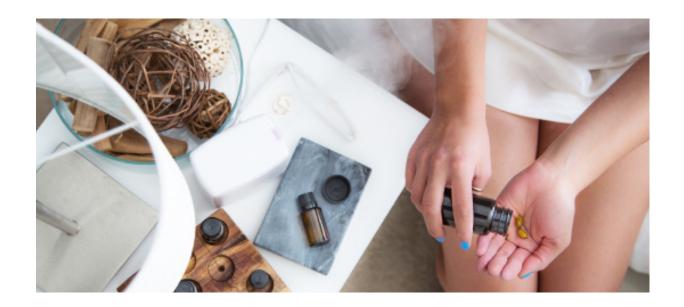




# BALANCE YOUR HORMONES IN YOUR PURSE

Hey, there, Superwoman! Harness your self-care superpowers and prep your secret weapon - your purse! Contained within this daily fashion statement will be your arsenal against anything that mother nature can throw at you because YOU can wield the power high-quality essential oils and other natural wonders! All of life's little emergencies are no match for your bag full of secret sauce - fatigue, overwhelm, mood swings, cravings, cramps, stress, hot flashes - BE GONE!

And everyone will want to know where you get your remarkable energy once they see how effective and immediate your solutions are! So, let's get you started and make your friends crave the natural solutions that you keep with you on the daily!





#### **ESSENTIAL OILS**

My little miracles in 10 mL rollerball bottles! Nothing is easier to tote with you for on-the-go support and self-care than essential oil rollerball blends. You simply add in your oils, top it off with a carrier oil like fractionated coconut oil or sweet almond oil, roll it on, and instantaneously benefit from a double-packed punch of topical and aromatherapeutic goodness.

Here are my staple rollers:

#### STRESS RELIEF BLEND

12 drops Lavender essential oil 9 drops Frankincense essential oil 9 drops Wild Orange essential oil Carrier oil of choice

**To Use:** Apply to pulse points when you are stressed or wired, or inhale directly from the bottle with your deep breathing techniques. Reprogram your body and balance those cortisol levels naturally!

# MOTIVATIONAL ENERGY BLEND

10 drops Wild Orange essential oil 10 drops Bergamot essential oil 7 drops Ylang Ylang essential oil 3 drops Peppermint essential oil Carrier oil of choice

**To Use:** Apply to pulse points to combat mental or physical sluggishness. Forget the caffeine and energize your body and mind with mint and citrus!

#### HORMONE RELIEF BLEND

10 drops Clary Sage essential oil 8 drops Lavender essential oil 5 drops Geranium essential oil 4 drops Bergamot essential oil 4 drops Ylang Ylang essential oil Carrier Oil of choice **To Use:** Apply to pulse points or over heart to soothe emotional unrest. Also great over abdomen to alleviate cramping by relaxing uterine muscles during that time of the month. Instant self-confidence to fuel your superwoman!

## SUPERWOMAN STANCE

Combine these with the power of the Superwoman Stance - assume the position by putting your hands on your hips, standing shoulder-width apart, and flash that confident smile! Breathe deeply and emanate confidence, girl. Remind yourself that you are a superwoman, and charge onward!



#### **SUPPLEMENTS**

Three supplements that I never leave home without are **Magnesium**, **Digestive Enzymes**, and **Activated Charcoal**. Magnesium is missing from most of our diets, and women especially should be taking around 300 mg per day. Symptoms of magnesium deficiency often are mistaken for PMS, showing up as cramps, heavy flow, migraines, and more.

**Digestive Enzymes** like probiotics keep your gut healthy and happy, which helps support your brain's health as well and balance your hormone levels.

Finally, for those in-a-pinch situations when you don't know if you're consuming questionable food, GMOs, or conventionally-raised meat, **Activated Charcoal** can aid your body in absorbing unwanted toxins or chemicals and flushing them out naturally. Its carbonized organic matter like coconut shells or coal can soak up nasties from your stomach and intestines and flush them out with your next bathroom break. I take one right before eating when possible.

### **MASSAGE**

Massage in your purse? The secret? A tennis ball or mini-massager. Keep it at the ready. Chronic stress thwarts our best intentions, so help yourself unwind even in the middle of the day. Take off your shoes under your desk, roll on some oils, and then roll your feet on the ball while you breathe deeply. Or use your mini-massager to relax those tense shoulder or leg muscles after applying some **Peppermint** or your favorite rollerball blend. Even something as simple as squeezing the tennis ball or a squishy stress ball can help you to find your calm.





#### **HYDRATION & SNACKS**

Hydrate your way to more energy! Know that your body needs water boosts throughout the day, and drink at the top of every hour. Remember that our bodies often mistake hydration for hunger, so get yourself a **stainless steel or glass water bottle** and keep that baby at-the-ready. Jazz up your daily **water infusions** by spiking them with **Lemon** or **Grapefruit** essential oil throughout the day to stay well-hydrated. Drink before meals or whenever you get a snack attack craving. And another purse-secret - pack a tea bag for moments when you need some herbal-fueled relaxation. **Chamomile** and **Green Tea** are my go-tos!

But don't let the hangry hulk attack! Keep your blood sugar stable by packing portable protein for those moments during the day when you need a boost. Try handfuls of your favorite **nuts** or **seeds**, a squeezy pack of **nut butter**, dried & roasted **edamame** or **chickpeas**, or even organic low-sodium **jerky**! Green smoothies first thing in the morning will keep you sustained as well and give your body a nutrient kick, so don't forget to prep the night before!





### **CELLPHONE MINDFULNESS**

Make your cells happy by leveraging your cell phone. Create a stress free moment by listening to a guided meditation on your phone. Something as simple as **setting an alarm** for every 2 hours to deep breathe for a few minutes can make a huge difference in resetting cortisol levels. I love **GPS for the Soul** to help me balance my inner self while customizing the design. Uploading my favorite playlist and photos that make me happy can be an instant destresser for me. Do what works for you. Other great apps are **iPromise** or **Simply Being** to harness that inner zen during rough patches of the day.

And don't underestimate the power of **speed dial**! Get your bestie in the VIP section of your phone and call when the going gets rough. She can listen to your stress dump and help you to refocus, and you can do the same for her. Accountability goes a long way, especially when we remind each other to utilize self-care routines.





#### SECRET PURSE BONUS!

Two things you will never see me leave the house without - a square of **dark chocolate** tucked in my purse and a pair of heels. When I take a break for some deep breathing or meditation, I pop that magical square of dark deliciousness in my mouth and savor every morsel as it slowly melts and helps me to focus and lower my cortisol levels.

And guuuuurl. Can I get an amen for sassy, sexy shoes? Nothing makes me more confident and raises my oxytocin feel-good hormones like stepping out and knowing that my feet are killing it! I tuck them in my purse or throw them in my car to change into when I have a big meeting or I want to be extra special. Now, it doesn't have to be shoes - a treasured piece of jewelry, sexy lingerie, reading glasses with pizzazz...whatever gives you a boost of confidence. And if you need something last-minute for a love-boost, go in for the hug and smile! Even squeezing yourself will help you feel better for a moment and give you an oxytocin boost!

