PROVEN STEPS TO A MORE BALANCED PERIOD WITH THE LEADING EXPERT IN CYCLICAL HEALTH

Balanced PERIODS

Cassandra Wilder ND

Balanced Periods

We all desire balanced periods and yet many of us have struggled with painful periods, irregular cycles and a myriad of symptoms and diagnosis's.

Perhaps you're like up to 85% of the population and have struggled with...

- long, heavy periods
- bleeding for 7 or more days
- unpredictable cycles
- lack of ovulation
- severe PMS symptoms
- trouble getting pregnant
- being told birth control is the only "fix"
- feeling exhaustion with every period
- periods that disappear for months
- a doctor telling you have PCOS
- loss or sadness about your health
- chronic menstrual pain
- cysts or fibroids
- being told that no one knows why your body is responding this way

THE THING IS... NO ONE DESERVES TO GO THROUGH THESE THINGS.

You're seeking a solution

And I'm excited to give you five powerful tools to help you balance your period. In helping thousands of women rebalance their cycles, I know one thing to be true:

THE BODY IS CAPABLE OF HEALING.

So even when it feels hard, overwhelming or confusing, know that you're no longer alone.

Let's get started!

- Dr. Cassandra

5 TOOLS FOR BALANCE

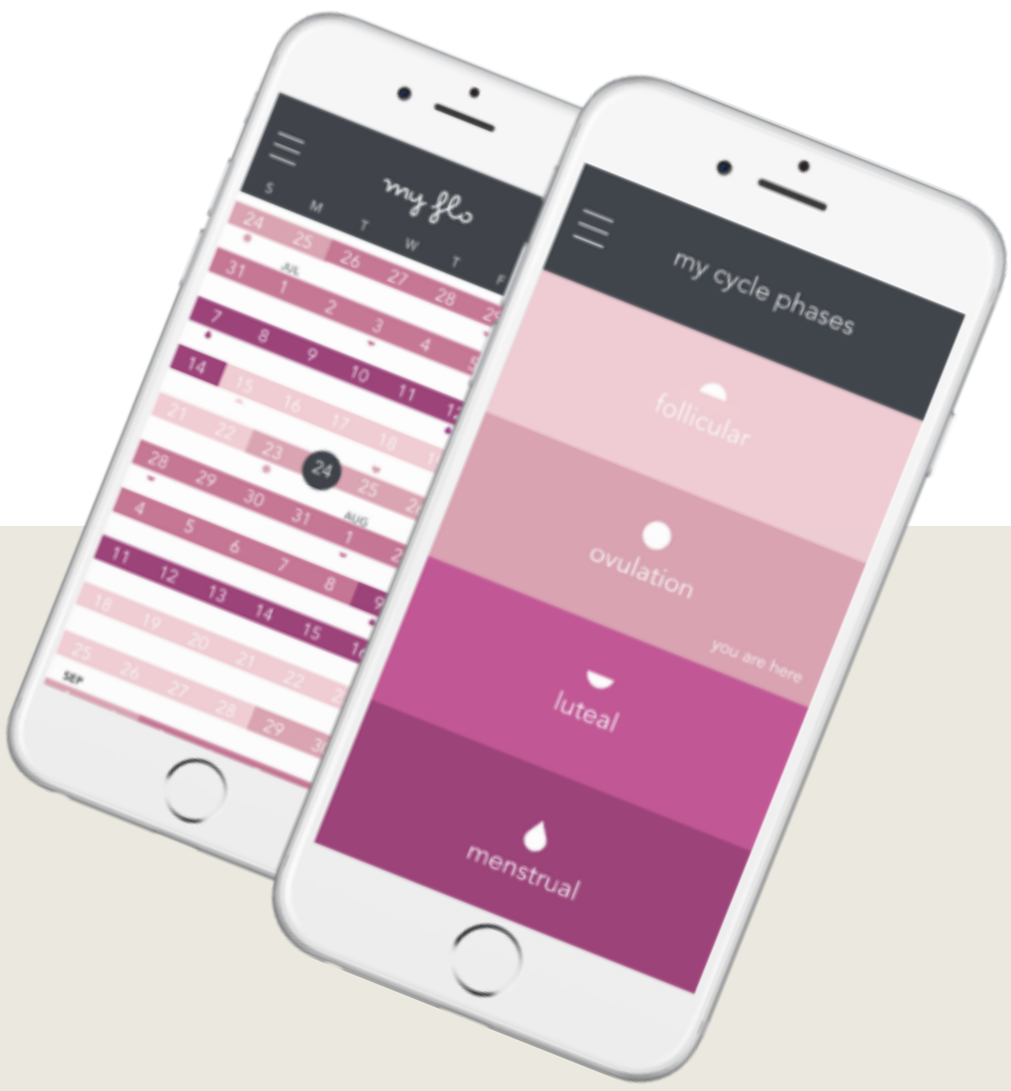
www.cassandrawilder.com

1) Track your cycle

IF YOU DON'T KNOW WHAT IS GOING ON WITH YOUR CYCLE, WHAT YOUR PATTERNS ARE OR HOW LONG YOUR PERIODS ARE - WE MUST START HERE!

Simply download a free period tracking app and begin to plug in the days you have a period. Your app will help you see how often your period is, how long your cycles are and provide you with the space to see what patterns you experience every month (like PMS before bleeding, cravings after your cycle, etc.)

I like the apps Life or Flo



2) Get Herbal

HERBS ARE POWERFUL HEALING ALLIES. BY DRINKING HERBAL TEAS LIKE RED RASPBERRY LEAF, YOU GIVE YOUR BODY THE TOOLS IT NEEDS TO REBALANCE.

It's ture - something as simple as a daily tea has the power to drastically support your cyclical health. That's why I included a FREE bonus guidebook full of tea recipes and tools to help you succeed on your cyclical journey. Find that free booklet in your Balanced Period Bundle resource page.

3) Limit Dairy

IF PAINFUL PERIODS, CHRONIC ACNE OR HOMRONAL IMBALANCES SEEM TO BE THE TROUBLE, IT MAY BE WORTHWHILE LIMITING DAIRY CONSUMPTION OR OPTING FOR ORGANIC

Unfortunately especially in the Western World, modern dairy can cause more harm than good. If painful cramps, heavy cycles and exhaustion accompany your period, you may find some relief by removing dairy. Try cutting it out for at least a week and see if you feel a difference. Some find benefit by simply switching to organic dairy instead as organic will mean no hormone or antibiotic use.

4) Welcome healing

MANY OF US WERE TAUGHT THAT PERIODS WERE GROSS, TABOO OR INHERENTLY BAD. BY REFRAMING HOW WE STEP INTO EACH MONTHLY CYCLE, WE'LL HAVE A GREATER CAPACITY TO WELCOME IN OUR CYCLES.

Research continues to show that our perspective on something greatly shapes our experience. Instead of thinking of your period as the worst or when you're always in pain, challenge yourself to take on a new, more empowering perspective. Perhaps something as simple as "I am learning how to balance my period" or "I'm slowing down during my period to feel better" are drastic shifts in mindset. What you think becomes part of your experience. Choose wisely!

5) Reconsider BC

HORMONAL BIRTH CONTROL USE IS INCREDIBLY COMMON, BUT THE POTENTIAL SIDE EFFECTS ARE RARELY TALKED ABOUT. IT'S POSSIBLE THAT YOUR BODY IS NEEDING DEEPER SUPPORT TO HEAL POST BIRTH CONTROL.

If your cycles have been very irregular post birth control or if you've noticed symptoms get worse, you may have Post Birth Control Syndrome. This simply indicates that the body needs deeper support to rebalance and heal.

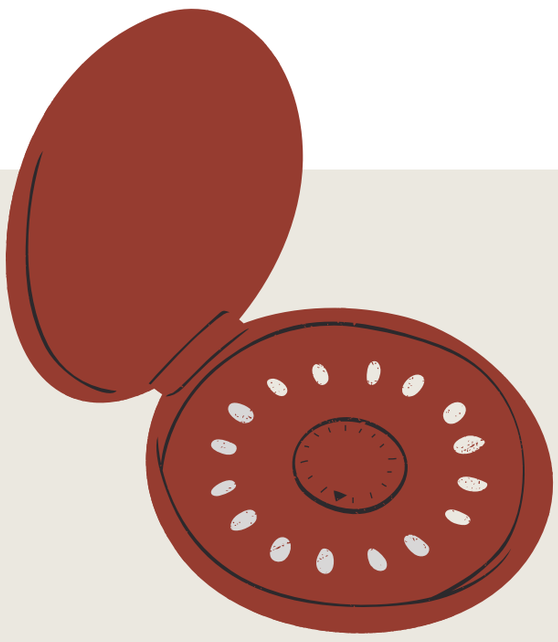
Birth control does:

-cause deficiencies in the body

-change how hormones fluctuate

-increase risk of some diseases

And some BC methods cease ovulation. I have a whole workshop on healing post birth control you can find in my store



In helping clients heal their cycles

I'VE FOUND THAT GETTING TO THE ROOT OF THEIR IMBALANCE IS KEY.

Ask yourself these questions:

-when did my period struggles begin?
-were they made worse by birth control?
-do I feel like my hormones are balanced?
-am I tracking my cycle enough to see patterns?

LET ME KNOW WHAT YOU'RE IMPLEMENTING BY TAGGING ME ON INSTAGRAM @MENSTRUATIONQUEEN

Rebalancing your cycle is a journey

You can start implementing these five tools to see change in your cycle. Or if you're like me and want to go deeper, you can purchase the bonus Masterclass for a FRACTION of the price.

GRAB THE BONUS MASTERCLASS FOR A LIMITED TIME!

You'll Learn...

-Your cycle 101 and the significance of your period, ovulation and other two phases
-hormone basics of your cycle
-how birth control alters the period (you will be shocked!)
-why PMS is so common
-what times of the month you can get pregnant
-how to track your cycle with ease
-and SO MUCH MORE

It's everything you didn't learn about your body

CLAIM IT NOW - PRICING INCREASES SOON