

Hormone Support

Young Living Products

Blue Tansy
Cinnamon bark
Citrus Fresh
Coriander
Cypress
Davana
Dill
Dorado Azul
En-r-gee
Endoflex
Fennel
Forgiveness
Gathering
Ginger
Geranium
Grapefruit
Goldenrod
Highest Potential
Humility
Joy
Lemon

Mister
Myrrh
NingXia Red
NingXia Nitro
Nutmeg
Ocotea
Palarosa
Pine
Powergize
SARA
Sage
Sacred Mountain
Sensation
Shutran
Spearmint
Thyromin
Valarian
Valor
Ylang Ylang



Vitamin-Rich Food Lists

Vitamin A

Beef liver
Black-eyed peas
Broccoli
Carrots
Cod liver oil
Red bell pepper
Spinach
Sweet potato

Vitamin D

You can't easily get Vitamin D from foods, so your best bet is to get out in the sun! But before you do, make sure you have healthy fats in your diet, like avocados, olive oil, coconut oil, etc.

Vitamin B

Avocados
Brown rice, barley, millet
Citrus Fruits
Dark, leafy greens
Eggs
Fish
Legumes
Poultry
Red meat
Seeds and nuts

Vitamin K

Asparagus
Broccoli
Brussel Sprou
Cabbage
Cucumber
Green beans
Kiwi
Leafy greens
Okra
Pickles



Menstruation (Period) Support

- Use organic cotton products or switch to alternatives like cups and underwear.
- Use supportive products like organic teas, YL essential oils (Endoflex, PanAway, etc.), and SP supplements (Spanish Black Radish) to ease symptoms.

Avoid

- Conventional tampons made with toxic cotton.
- OTC products that cause liver issues and can irritate your stomach.



Positive Affirmations

I have healthy hormones.

My hormones work beautifully within my body.

My hormones are flawless and on point.

I love my brain, thyroid, uterus, ovaries, breasts. They are a beautiful part of me!

I see and hear my body speaking. I chose to listen, make changes, and heal.

I am healing and becoming stronger each day.

My metabolism is incredible.

I am in harmony with my body.

I am safe.

I am protected.

I am listening.

I am at peace.

