



Estrogen Reset **LIVE**

SCHEDULE OVERVIEW

Welcome! We are thrilled that you've taken this step to empower yourself and finally say goodbye to frustrating symptoms of Estrogen Dominance and other hormonal imbalances.

Below, you'll see the at-a-glance schedule for Estrogen Reset LIVE.

LIVE Q&AS

Live Q&As happen weekly on Thursdays at 5 pm PT/8 pm ET. We will send out emails the day of with the link to join these exclusive sessions with Magdalena and Dr. Stephanie.

Replays are available inside the Live Calls section of the membership.

GETTING STARTED

Week 1 and 2

- How to Use This Program
- Baseline Supplements
- Recipes & Meal Plans
- Symptoms of Estrogen Dominance
- My Struggles with Estrogen Dominance
- What is Estrogen Dominance
- How Others Have Done It - Healing Stories

FOUNDATIONAL PROTOCOLS

Week 3, 4, 5

- Digestion and Estrogen
- Superfoods and Antifoods
- Sleep and Estrogen
- Liver and Estrogen
- Castor Oil Packs, Saunas and Lymphatics
- Sugar, Belly Fat, and Estrogen
- BCP and HRT
- About Bioidentical Hormones
- Lab Testing for Estrogen Dominance

ADD-ON PROTOCOLS

Week 6

- Foundational Protocol
- Fibroids Protocol
- Endometriosis Protocol
- Fibrocystic and Lumpy Breasts Protocol
- Hot Flashes Protocol
- Amenorrhea (Absent Periods) Protocol
- Irregular Periods Protocol
- Dysmenorrhea and PMS Protocol
- Menorrhagia (Heavy Period) Protocol
- Thyroid Nodules Protocol
- Infertility and Miscarriages Protocol
- Cellulite and Hip Fat Protocol
- Breast Cancer Protocol
- High Testosterone (PCOS) Protocol

WRAP UP AND REFLECTION

Wrap Up, Reflection, and LIVE Q&As with Magdalena