

Estrogen Reset LIVE

Navigating ERL

Hormones
& BALANCE

MEMBER HOME SUPPORT LOGOUT LOGIN

0% COMPLETE Last activity on May 16, 2022 3:11 pm

RESUME WHERE YOU LEFT OFF

Estrogen
Reset LIVE



Navigation Bar

Member Home

- Click here to view any Hormones Balance online programs you have purchased in addition to Estrogen Reset LIVE.

Support

- If at any point you feel overwhelmed, confused, or lost, our support team is here to help. Select that button, enter your information, and a team member will be with you shortly.

Logout

- You can log out between sessions if you are using a shared device, or stay logged in for easy access to the program.

Progress Bar

- This bar will fill up as you work through the program, showing you how far you've come!

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Digital Resources

Recipe eBook

- This section contains the two-week meal plan, along with each recipe for each meal. During the program, you will complete the entire two-week meal plan twice for a total of 28 days.
- This is where you will find the shopping list, weekly meal planning, recipes suitable for batch cooking, and a description of hormonal superfoods that are included in the meals.
- Designed to help you feel confident in your prep to be successful in this meal plan.
- Important note about page numbers: Because the eBook is a PDF, each open spread of two pages is considered one page. This means the Contents on page 4 does not show accurate page numbers within the PDF. A trick: divide the page number by two and then round up or add one. For example, Spice Yogurt Bowl on page 93 -> can be found on page 47.

Supplement Shopping List

- This list includes which supplement kits we recommend during the Estrogen Reset program to relieve symptoms of Estrogen Dominance and support hormone balance.
- For each supplement, we share how it helps and the dosage to take.
- Don't forget your **\$30 coupon** toward your purchase: **SPRING23ERL**.
This code can be used one time per customer.

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Digital Resources (continued)

Resources

- This section contains all the program materials mentioned through the program
- This is here to provide you one convenient location for all the PDF resources mentioned in the lectures to help you succeed and thrive throughout the program.
- This will include the following:
 - Grocery Shopping List
 - Supplement Shopping List
 - Set Your Intentions
 - Meal Plan
 - Seed Rotation Guide
 - Superfoods Printable Poster
 - Food Mood Poop (FMP) Journal
 - In/Out Detox Guide
 - Chemicals Blacklist
 - DIY Cleaning Recipes
 - And more

Medical References

- We reference various medical studies and evidence-based information throughout the program to back the claims made. This section provides all the links to this research for you to explore and gain a deeper understanding of the topics mentioned if you wish.

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Program Content

GETTING STARTED Step I: Foundational Protocols Step II: Add-On Protocols LIVE CALLS

Getting Started

- This will contain all the video lectures to watch throughout the two Prep Weeks. (Weeks 1-2)

Step I: Foundational Protocols

- This is the bulk of the program and will include the lectures that cover the Foundational Protocols of Estrogen Reset. (Weeks 3-5)

Step II: Add-On Protocols

- During the final week, you can watch the lectures for the Add-On Protocols that apply to your health needs. (Week 6)

Live Calls

- A link to join the Live Q&As will be sent by email to all program participants. If you can't attend live, a recording will be uploaded to this section within 24 hours.