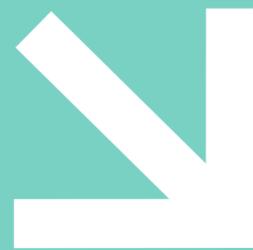


01

Women's Health Guide

How to tap into your feminine physiology to feel balanced, have more energy, and tone up!



I'm Jessi



I'm so excited to share with you my
WOMEN'S HEALTH GUIDE:
HOW TO TAP INTO YOUR FEMININE PHYSIOLOGY TO
FEEL BALANCED, HAVE MORE ENERGY, AND TONE UP

When I'm not helping women BALANCE
THEIR HORMONES... you can find me
at my local organic grocery, working
out, or usually cooking in my kitchen.

I am a women's health expert and I'm all
business when it comes to helping women feel
more balanced hormonally by using their
feminine physiology as a guide

Trust your gut

Do you feel like something is "off"? Tired and overwhelmed? Confused by your body? Do you feel like your hormones are all over the place?

I get it...

I used to feel confused by my hormones, painful menstrual cramps, mood swings, fatigue, bloating...I used to feel stuck and dread my period every single month

I took myself from fatigued, mood swings, gut issues, PMS symptoms, and menstrual pain...



Transformation

To feeling empowered, in control of my health, energized, hormonally balanced...

I found FREEDOM from
PMS symptoms
pain cramps
Belly bloat...

I leaned out and toned up...

How'd I do it?

How'd I do it?

I never gave up...

I became obsessed with learning the INS AND OUTS of feminine physiology, tuning in and listening to my body

I have your back...

Now I want to help you make that happen! That's why I created this FREE resource for you

Holistic approach...

I made sustainable changes lifestyle, nutrition, exercise, stress response, and sleep to allow the body to naturally balance



I'm here for you...

To take you through my step by step process that balanced my hormones
To offer knowledge, support & accountability

Root Cause...

I endlessly searched for answers to the underlying issues behind my symptoms

Timing...

There has never been a better time to prioritize your health

How'd I do it?

Mission: To end menstrual imbalances through holistic approach

5 Keys to Success

Bonus Tip

If you are looking for a quick fix... this isn't for you.

1. Track your Cycle

Use a phone app or a calendar
Tip: I like the app Ovagraph

2. Master Your Mindset

Approach your cycle as an opportunity to learn about your feminine physiology, maybe it's not so much of a burden after all

3. Track your Food

Use an app or write it out on paper
Tip: A food scale is helpful but not required

1. Hydrate

Drink half your body weight in ounces of water from a quality filtered source

2. Sleep

Commit to 8 hours of sleep per night.

Feminine Physiology :

3 Basics

Cycle

The total days from the first day of the period to the day prior of the next period. Includes a period and ovulation around cycle days 14-16

01

Period

The total days of bleeding, this includes any brownish colored discharge

02

The menstrual cycle is an indicator of overall health

03

Standard Healthy Cycle

Averages 28-32 days

Every woman is different and may vary from this

Period

Lasts 4 days and starts and stops with
fresh red blood

No brown

There shouldn't be any brown, black, maroon colored
discharge during your period

Ovulation

Occurs around days 14-16

Feminine Physiology: Menstrual Phases

SaunaV - Feminine Physiology Gear System

Gear 1	Follicular phase	Menstruation Approximately days 1-4
Gear 2		Follicular phase Days 5-13
Gear 3	Luteal phase	Ovulation Days 14-16
Gear 4		Luteal Phase Days 16-28

Follicular Phase - pt 1 Menstruation

Gear 1

More popularly known
as...your period.

Days 1-4 approximately...

Remember every woman is
different

Knowledge Bomb

Overactivity during
the period can result
in hormonal
imbalances that cause
PMS symptoms

Exercise

Rest. The period is a time of resting, rebuilding, and restoring

Nutrition

- Eat organic - there's less chemicals and it's less stress on your body to filter out
- Increase protein by 20 grams or 1 serving per day
- Prioritize nutrient dense foods
- Mug of broth
- Collagen
- Make a stew or soup
- Avoid cold foods & foods that grow above ground

Lifestyle

Track your period symptoms like: flow, cramps, backache.
Meal prep prior to period, try to keep housework to a minimum, no deep cleaning, ask for help, let it go.

Gear 2

Follicular Phase - pt 2

Exercise

- Time to get more active. Prioritize resistance and weight training
- Some research supports that the follicular phase is the optimal time for women to build stronger muscles

Nutrition

- 90/10 rule: 90% or more of food intake should be whole foods and 10% or less packaged foods
- 4 Servings of green vegetables per day

Lifestyle

Schedule in your work outs and menu for the upcoming week.
Track your food intake.

Days 5-14

Transitioning out of menstruation into preparing for the egg to be released by the ovary .

Luteal Phase - pt 1 Ovulation

Gear 3

Cycle Days 14-16

Exercise

- Begin to add in higher intensity training
- Intervals
- Circuit training

Nutrition

- Prioritize rotating foods to ensure diverse gut bacteria and prevent food sensitivities
- Limit eating of a particular food more than 5 times per week

Lifestyle

Track any ovulation symptoms like: cramps, bloating, slick or wet cervical/vaginal discharge

Gear 4

Luteal Phase - pt 2

Exercise

- Time to push your workouts
- There is research that reveals that women burn more calories during the luteal phase

Nutrition

- Increase whole food carbohydrates
- 1 serving or 20 grams per day
- 4 Servings of green vegetables per day
- Sweet potatoes
- Chickpeas
- Buckwheat, quinoa, oats

Lifestyle

Track any PMS symptoms like: fatigue, moodiness, hunger, cravings. Use your planner to look ahead and guesstimate when you will start your next period. Schedule and block time for rest. Meal prep and do any last minute house work

Days 17-28

Egg has been released and the body prepares to shed the endometrial lining once again

Knowledge Bomb

Ever wonder why your body craves carbs during the premenstrual period? It's because your body is burning more energy. Your body is telling you what it needs