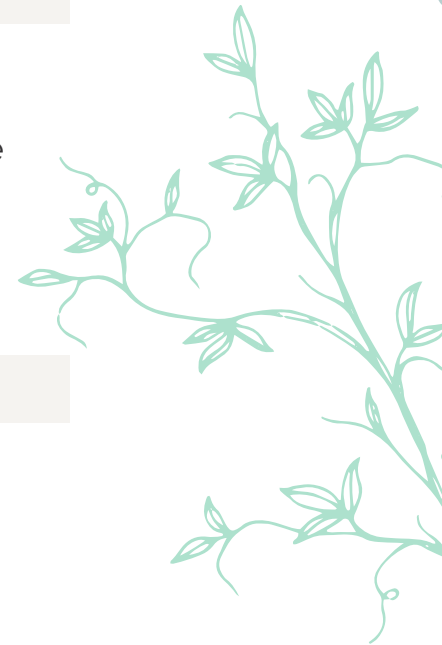




ESTROGEN RESET **LIVE**



Release Dates

Sept
21

PREP WEEK

- Overview
- How to use this program
- Recipes, meals plans, and shopping list
- Baseline Supplements

Sept
21

GETTING STARTED

- Symptoms of Estrogen Dominance
- My Struggles with Estrogen Dominance
- What is Estrogen Dominance
- How Others Have Healed
- **Estrogen Reset LIVE Kickoff**

Sept
28

FOUNDATIONAL PROTOCOLS

- Digestion and Estrogen
- Liver and Estrogen
- **LIVE Q&As**

Oct
2

- Sugar, Belly Fat and Estrogen
- Superfoods and Anti-Foods

Oct
5

- Clean Products
- Sleep and Estrogen
- Castor Oil Packs, Saunas and Lymphatics
- **LIVE Q&As**

Oct
8

- BCP and HRT
- About Bioidentical Hormones
- Lab Testing for Estrogen Dominance

Oct
12

- **LIVE Q&As**



ESTROGEN RESET **LIVE**

ADD-ON PROTOCOLS

- 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 with Magdalena**

Oct
12

Oct
26

