FLOURISH TRIBE

Flourish
ESSENTIAL WELLNESS

HOW TO MANAGE

WOMEN'S HEALTH + WELLNESS

NATURALLY

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WELCOME

Hi, I'm Lauren :) I'm a wife and Mumma to 2 and founder of Flourish Essential Wellness.

I am super passionate about helping others live a more natural lifestyle both emotionally + physically. We have changed so many things within our home to support our emotions, immune systems, hormones, respiratory systems, digestive systems and so much more. I am so grateful that I get the opportunity to share this with others.

Being a woman is amazing most of the time but there are certainly times it can really suck. I really had no idea how out of whack my hormones were for years as I just thought it was normal to have heavy, uncomfortable, moody monthly cycles until I started self educating myself on what was going on in my body. I was already adopting a more natural lifestyle and doing things like reducing my toxic load, so I was noticing things starting to shift which really pricked my ears. Hence I started educating myself more on womens health and hormones. Now, I get to share and help other women to do the same things for themselves.

I hope you enjoy this eBook!

Lauren xx

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MANAGE HORMONES NATURALLY

There are dozens of ways to support your body as a woman.
Here are some of the most common ones.

PHYTOESTROGEN

- A natural form of estrogen type therapy (though not actually estrogen).
- Assists to balance not only a deficiency but also any excess of harmful estrogen metabolites.
- Minimises unwanted symptoms associated with the menstrual cycle.
- Promotes healthy breast tissue and brings balance to hormones in both men and women

BONE NUTRIENT

Women's Bone Nutrient Complex is a blend of vitamins and minerals that are essential for bone health in women beginning in adolescence and continuing through menopause.

Bone Nutrient Essential Complex is formulated with bioavailable forms of natural nutrients that include vitamins C and D, plus calcium, magnesium, and other trace minerals that support healthy bone density as a woman ages.

- Bioavailable nutrient for men and women necessary for bone integrity, strength and overall health.
- Important for those with weak or fragile bones, bone fractures and growing individuals.

MITO2MAX

Mito2Max is a proprietary formula of natural plant extracts and metabolic cofactors that supports healthy cellular energy production.

Mito2Max supports optimal mitochondrial function, aerobic capacity, and stamina naturally without the use of harmful stimulants. Use Mito2Max as a healthy, long-term alternative to caffeinated drinks and supplements for increased energy and vitality.

ROLLER BOTTLE BLENDS

APPLYING ESSENTIAL OILS TOPICALLY CAN SUPPORT YOU AS A WOMAN BOTH PHYSICALLY AND EMOTIONALLY

THYROID SUPPORT
8 Lavender
5 Lemongrass
5 Frankincense
5 Myrrh
5 Clove

STRESS RELIEF
12 Lavender
9 Frankincense
9 Wild Orange

ADRENAL LOVE
8 Geranium
5 Rosemary
5 Clove
3 Peppermint

PMS SUPPORT
10 Clary Sage
8 Lavender
8 Geranium
4 Bergamot
4 Ylang Ylang

RELEASE NEGATIVE EMOTIONS
7 Bergamot
6 Frankincense
6 Lavender
4 Lemongrass
3 Tea Tree

BRAIN FOG BE GONE
8 Wild Orange
7 Bergamot
5 Rosemary
5 Peppermint
3 Frankincense

NOTE: MAKE IN A 10ML ROLLER BOTTLE AND TOP WITH FRACTIONATED COCONUT OIL (FCO).
YOU CAN ALTER THE NUMBER OF DROPS TO MAKE THESE INTO DIFFUSER BLENDS ALSO :)

NUTRITION + SUPPLEMENTS

ALMOST EVERY FUNCTION OF A WOMAN'S BODY IS CONTROLLED BY HORMONES. A BALANCE OF NORMAL HORMONE LEVELS WILL INFLUENCE A WOMAN'S GOOD HEALTH AND EMOTIONAL WELL-BEING FROM HER EARLY TEENS TO HER TRANSITION THROUGH MENOPAUSE.

LIFELONG VITALITY

The LLV supplements offer powerful antioxidants and immune support. Below are specific vitamins found in LLV and how they can assist with allergies.

Vitamin C: a powerful antioxidant that helps support the immune system, lower histamine levels and combat free radical damage.

Quercetin: high antioxidant and aids in the treatment of allergic reactions.

Vitamin D: supports immune regulation.

Omega Complex: help alleviate hay fever, sinus problems, allergies and skin conditions.

ROSE (QUEEN OF OILS)

Apply over heart:

- Emotional balance
- Boosts libio
- Promotes openness + confidence

Apply over lower abdomen:

- Relief from menstrual discomfort
- Promote regular ovulation

CLARY CALM

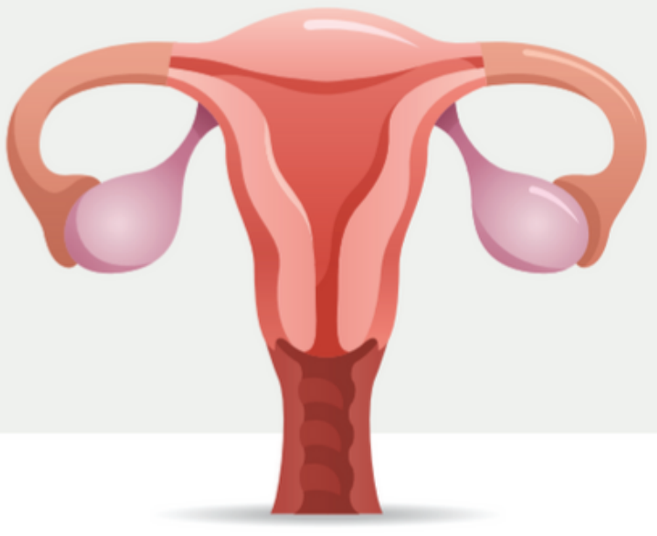
Apply daily to abdomen to aid with:

- Hormone balancing
- Heavy periods
- PMS
- Cramps
- Hot flushes
- Mood swings

Endocrine System

THE FEMALE REPRODUCTIVE SYSTEM

- Includes the ovaries, fallopian tubes, uterus, cervix, external genitalia and breasts and works closely with other systems, especially the endocrine system
- Ovaries secrete estrogen & progesterone which are crucial for fertility but also play a key role in a woman's emotional and physical health
- Nutrition and hydration directly impact the production of these hormones



ENDOCRINE SYSTEM:

- Directly involved in growth and development, metabolism, nutrient regulation and overall homeostasis
- A system of glands that produce and send hormones to targeted organs & tissues via the circulatory system
- Essential oils can be very beneficial since they are circulated in the same way and profoundly benefit the cells they encounter in the process

CARE FOR YOUR LIVER:

- Healthy liver function is the underpinning of hormone balance
- Drink plenty of water with Lemon or Slim & Sassy essential oil
- Take 1 Zendocrine softgel daily

CARE FOR YOUR PANCREAS:

- Take 1-3 Slim & Sassy softgels daily to support metabolism, regulate blood sugar and release excess water

CARE FOR YOUR ADRENALS:

- Apply Magnolia to adrenals twice daily
- Take 2 capsules Mito 2 Max twice daily or as needed

CARE FOR YOUR THYROID:

- It's not a life sentence, habits are critically important. Check your nutrition, your stress level and your water supply!
- In a roller combine: 10 drops each of Clove, Myrrh, Frankincense and Lemongrass. Top with FCO and apply to thyroid area 3 times per day.