

TREATING HORMONAL IMBALANCES NATURALLY

WITH TRACY ASSAAD

Understanding root causes of hormonal imbalances.
Understanding how to naturally balance your hormones without resorting to medication (contraceptive pills, glucophage and other commonly used medication to balance hormones)
Learning how to adapt your food and workouts throughout your 4 phases of your cycle (Follicular, Ovulation, Luteal and Menstruation)

This workshop is ideal for women who are:

- * Trying to heal PCOS naturally
- * Considering stopping the birth control pill
- * Suffering from painful cramps during menstruation
- * Dealing with irregular periods or amenorrhea
- * Unable to lose weight or gaining weight despite leading a healthy life.

🌿 **Date: Friday 22 March**

🌿 **Time: 9am-11am**

🌿 **Investment: AED 255 including Turmeric Latte**

All prices are inclusive of VAT.

Book your place by emailing

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Tracy Assaad is an IIN certified health coach with three years of experience coaching men and women. She specializes in natural hormone health, and promotes a balanced lifestyle to improve emotional and physical wellbeing. She is also a Hatha instructor certified by Yoga Alliance (US), and actively integrates her yoga practice with her coaching.

