

## WHAT'S INCLUDED IN THIS KIT

### **Serotonin Support:**

This supplement is designed to improve mood and reduce irritability by utilizing an exclusive blend of all-natural ingredients, including a vitamin/mineral complex and 5-HTP. Together, these ingredients provide a powerful foundation for optimal brain health and a better mood.

### **DHEA:**

DHEA (dehydroepiandrosterone) is a natural anti-aging hormone precursor that can convert into estrogen, testosterone, cortisone, and progesterone by the body. By using this simple hormone in supplement form, you can help slow the natural aging process and avoid age-related diseases.

### **Hormone Balance:**

This product offers natural hormone therapy in the form of potent plant extracts. These herbs help support the body's natural and balanced production of hormones. Rather than replacing these hormones artificially, this product simply provides the precursors you need to regulate healthy hormone function.

### **Thyroid/Adrenal:**

This powerful product contains a blend of 10 synergistic herbs that work together to support the body's natural production of thyroid hormones. This supplement can help you overcome thyroid-related symptoms of weight gain, low energy, fatigue, or depression.

### **Wild Yam Cream:**

Wild Yam Cream provides the body with safe and natural progesterone precursors needed for healthy hormone balance that restores the body to a state of optimal health.

Contact Us For More Information



# HORMONE BALANCE KIT FOR WOMEN

Regulates your hormones naturally



**Solutions4**<sup>™</sup>  
NATURAL CLINICAL HEALTH

## HOW THIS KIT WILL BENEFIT YOU

The Solutions4 Hormone Balance Kit for Women combines supplements and dietary guidelines that aim to help the body harmonize and regain health. Hormonal imbalances affect millions of women in the United States each year, and though every woman experiences hormonal changes during menopause, many women are beginning to experience hormonal imbalances at earlier stages in life. These physical changes can be enormously stressful for the body – causing symptoms that range from night sweats to weight gain and depression. We recommend a holistic approach that aims to maximize your nutritional intake, reduce your body's toxicity, improve certain aspects of your lifestyle, and optimize results through effective supplementation.



# HORMONE BALANCE KIT FOR WOMEN

## ADDITIONAL PRODUCTS USED IN THIS KIT

(PURCHASED SEPARATELY):

To provide your body with the nutrients it needs, we recommend using our Solutions4 Wellness Kit in conjunction with the Women's Hormone Balance Kit. The Wellness Kit combines the Solutions4 Daily Essentials and the Solutions4 Nutritional Shake. The packets in the Wellness Kit are full of the essential vitamins, minerals, and anti-inflammatory nutrients that your body needs to stay healthy for the rest of your life.

### Solutions4 Nutritional Shake:

This quick-and-easy meal replacement shake provides a perfect blend of protein, digestive enzymes, vitamins, and probiotics. The high-quality whey comes from New Zealand and is casein-free, lactose-free, with zero sugar.

### Solutions4 Daily Essentials:

These convenient grab-and-go packs provide you with all of the vitamins, minerals, enzymes, antioxidants, and fatty acids that your body needs.

## INSTRUCTIONS

### Serotonin Support:

Take one in the morning and one in the afternoon.

### DHEA:

Take one in the morning.

### Hormone Balance:

Take two in the morning and two in the afternoon.

### Thyroid/Adrenal:

Take one in the morning and one in the afternoon.

### Wild Yam Cream:

Use daily, as directed on the bottle, except when on menstrual cycle.

### Solutions4 Nutritional Shake:

Replace one to two meals each day with the shake.

### Solutions4 Daily Essentials:

Take one packet daily.

## TIPS FOR SUCCESS

### Cleanse First:

If you're suffering from hormonal imbalances (as a result of menopause or otherwise), we recommend you do the Solutions4 7-Day Cleanse Kit first. Cleansing the body before using the Women's Hormone Balance Kit will prepare you for healing by detoxing your system internally, creating an optimal environment for balancing your hormones and achieving the best results.

## OTHER SUGGESTED PRODUCTS

### Solutions4 Adrenal Calming:

This supplement is designed to relieve stress and anxiety, increase mental clarity, improve sleep quality, and promote a state of restful ease. By using a unique blend of herbal extracts and other naturally occurring substances, it helps to boost brain health, calm the mind, reduce stress and ward off fatigue.

### Solutions4 Craving & Impulse Control:

This powerful supplement is designed to help manage cravings,

boost energy levels, and control impulsive behavior. This supplement uses a blend of herbal extracts and other naturally occurring substances that increase one's sense of self-control and satiates the appetite.

## WHERE TO GO FROM HERE

### Maintain Your Progress with the Solutions4 Wellness Kit:

To retain your results (and stave off any relapse) be sure that you are getting all of the nutrients your body needs. For this, we recommend using our Solutions4 Wellness Kit comprised of Solutions4 Daily Essentials and the Solutions4 Nutritional Shake.

If you're looking to achieve other results – lose weight, reduce pain, sleep better, reduce stress, etc. – you can also find specific kits or supplements designed to help with these conditions. Talk to your doctor to determine which course of action is right for you.



## EATING GUIDELINES

If you're eating foods that put undue stress on the body, you'll be actively working against the supplements that you're taking. To help you get the most out of this kit, we recommend that you follow these hormone-balancing dietary guidelines:



### RECOMMENDED:

**Organic dark leafy greens and brightly colored vegetables**

**Organic fruits**

**Organic eggs and poultry**

**Wild-caught fish**

**Unrefined, cold-pressed olive oil and coconut oil**

**Organic butter**



### ACCEPTABLE:

**Whole grains and legumes** (rice, quinoa, lentils, beans, etc.)

**Non-organic fruits and vegetables**

**Non-organic poultry and eggs**

**Farm-raised fish**

**Organic, grass-fed red meat**

**Refined olive oil and coconut oil**

**Unrefined natural sweeteners:**  
(honey, pure maple syrup, agave, etc.)



### OFF LIMITS:

**Dairy products**

**Refined vegetable oils**

**Refined grains, flours, and sugars**

**Processed foods, fast foods and junk foods**

**Alcoholic or caffeinated beverages**

**Artificial sweeteners**

**Large amounts of red meat**