



The Wellness Bundle

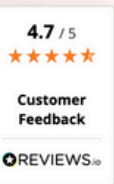
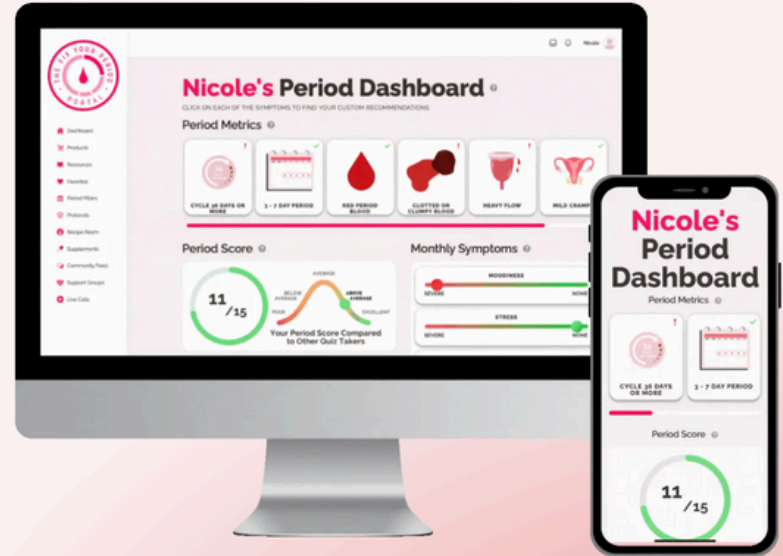
The Fix Your Period Collective

Personalize Your *Period* Journey

With *The Fix Your Period Collective*

Created by Nicole Jardim, Certified Women's Health Coach and Author of *Fix Your Period*

3 Months Free



About The Collective

The Fix Your Period Collective is a brand new, first-of-its-kind membership platform that provides a **clear roadmap to achieving better periods, no matter your age**. It starts with a period quiz and exclusive access to YOUR OWN personalized period dashboard, which contains all your period quiz answers displayed in an easy-to-understand way. You'll also get an in-depth 7-module course, condition-specific video protocols, live support, 100's of recipes full of hormone-healthy delights, a fully stocked shop with every supplement and period-supportive product you can imagine, and a vibrant community.



About The Founder - Nicole Jardim

Nicole Jardim is a Certified Women's Health Coach, writer, speaker, mentor, and author of [*Fix Your Period: 6 Weeks to Banish Bloating, Conquer Cramps, Manage Moodiness, and Ignite Lasting Hormone Balance*](#). She has developed education and offerings that empower women and people who menstruate to reclaim their hormone health using a method that combines evidence-based information with simplicity and sass. Nicole is also the founder of the [Institute for Menstrual Health](#), which offers training programs, mentorship and resources for an international community of women's health practitioners and coaches.



The Wellness Bundle

The Fix Your Period Collective

What's Included

In Your **Period Queen Plan** inside FYPC



Nicole Jardim's foundational course, The Period Pillars, which includes comprehensive and easy-to-follow plans, so you can master everything from Getting to Know Your Flow to How To Eat For Your Hormones.



Condition-specific Protocols with targeted solutions for everyone's pain points. The Period Protocols offer step-by-step instructions for addressing specific menstrual and hormonal issues (low progesterone, heavy bleeding and missing periods to name just a few), with detailed video lessons, checklists, and linked resources.



A Recipe Room with hundreds of nutrient-dense meals to support hormonal health, focusing on balanced intake of protein, fat, fiber, and complex carbs. Plus, fun options like cycle supportive beverages, snacks and desserts.



Curated suggestions for supplements and products, from safe period protection to the best magnesium options and cycle tracking devices.



Live Q&A Calls: Access to live presentations with Nicole Jardim and guest experts, providing direct real time education, coaching and answers to your questions.



The Period Posse Community: A vibrant community of like-minded FYP Collective members. This safe, private space allows members to ask questions and share experiences, ensuring hormone struggles are never faced alone.

*Everything inside The Fix Your Period Collective is conveniently organized in an easy-to-navigate **Dashboard format**, and there's an **app** available on both Apple and Android devices as well for added accessibility.*

Valued
at
\$171

Get
**3 months
FREE**

Use Code
**"VIP" at
Checkout**

Start
with the
**Period
Quiz**

[Click
here to
access](#)

