

GET REAL, GIRLFRIEND

CYCLE TRACKING

MASTERCLASS

GETREALGIRLFRIEND

BAROMETER OF HEALTH

Our cycle is one of the biggest advantages we have over men and I know that sounds ridiculous if you still have a painful or irregular period but let me tell you, your cycle is a clear window into your metabolic and hormonal health. The W.H.O. classifies women's menstrual cycle as a VITAL SIGN. As in, just as important as heart rate and blood pressure but IMO it's far more useful to tell us more than just one of the other vital signs.

YOU CAN PREVENT PREGNANCY OR PLAN IT

When you have healed your cycle and inadvertently your overall health, you will be able to monitor the fertility signals so that you know when you're fertile or not fertile so that you can naturally avoid pregnancy or consciously plan it. In this workshop, I will go into detail about how to track your cycle and use it to either plan or prevent pregnancy. I have been using this as my personal birth control for years and it's extremely effective when done CORRECTLY. So let's get into how to confidently use it yourself.

RAW WOMAN POWER & ENHANCED AWARENESS

HER

What better way to tune into your body than to heal your cycle, get balanced and be able to interpret the data your body is constantly giving so that you can be your own best doctor. It feels so damn powerful to be in sync with your body. Your intuition gets stronger. You become more confident. The veil is lifted and your reality becomes vibrant again. You're better able to take control of your health and entire life because you are deeply connected to your feminine life force.

AVOID SYNTHETIC HORMONES

FOR
HER

Hormonal birth control is a well known group 1 carcinogen which can cause issues from autoimmunity, nutrient depletion, depression, anxiety, liver cancer, cervical cancer, breast cancer, IBS and other digestive issues, you name it. So why wouldn't we women want to use fertility awareness methods to prevent pregnancy instead of synthetic hormones? Well, we're not taught in school.



COST EFFECTIVE & SUSTAINABLE

No insurance co-pays or weird drug inserts. No prescriptions. Just a basal body thermometer, your diligence and a free app to keep track. The basal body thermometer I recommend is literally \$15 and will last you for years (as long as your dog doesn't chew it up lol). Not only is this method super cheap but it's **INVALUABLE**. Such powerful information has women walking through life with more mindfulness and confidence which will subsequently lead to more success.

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[RECORDING LINK](#)



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This is not meant to be medical advice or treatment of any kind. Always do your own research and if you need immediate medical help, contact your medical provider.

