



**Vital**  
Nutrition

# Female Balance

In this workshop we'll talk you through some ideas to help you take back control of your hormones, so that you feel and function better, no matter what age or stage of life you are at.

**Your group will discover:**

- Eating a hormone balancing diet
- Signs and symptoms of imbalance
- Key nutrients and foods to help with PMS, PCOS, endometriosis and peri-menopause
- Dietary and lifestyle strategies that make a difference.
- Advice on the best supplements to use

**Get in touch**

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