



Combat stress while balancing your hormones naturally!

Raising children, having a demanding career, over-exercising, processed food, environmental toxins, and more all wreak havoc on your hormones. Your body views these daily stressors as a threat and triggers the production of cortisol as a means of protecting you. However, over time your body cannot keep up with the demand, so it steals valuable progesterone and converts it to cortisol. When progesterone lowers, it creates an imbalance between progesterone and estrogen, which can result in issues with your weight, mood, sleep, energy, and female health, and can increase in severity with age.



Studies show that the ingredients in our supplementation products may improve:

- Difficulty losing weight
- Mood swings
- Low energy levels
- PMS related issues
- Fluid retention/Bloating
- Hot flashes/Night sweats
- Thyroid issues/PCOS
- Lack of libido
- Headaches/Migraines
- Anxiety
- Brain fog
- Insomnia
- Endometriosis/Fibroids
- Aches and pains



Stay Balanced for the rest of your life.

Our prescription supplementation options contain only the highest quality, natural ingredients including:

- United States Pharmacopeia (USP) standardized plant-based progesterone
- Pregnenolone and DHEA – allow for a healthier stress response

The BeBalanced Natural Hormone Balancing supplementation enables efficient delivery of these ingredients directly into the bloodstream through the skin. This method bypasses the variables in the digestive system that can affect the absorption of ingredients through ingestion.



Why replace your hormones when you can balance them?

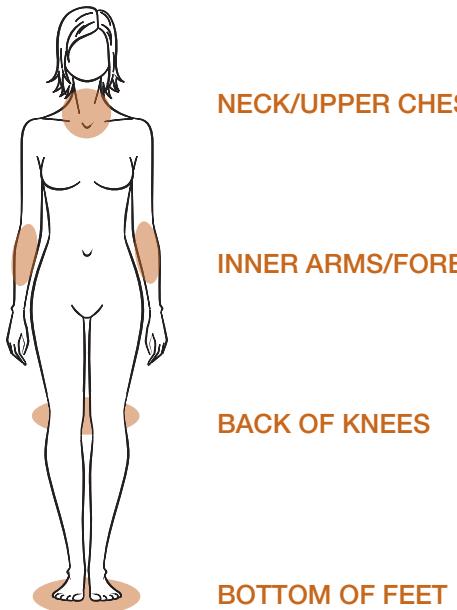
Traditional hormone replacement options fail to address the root cause of hormone imbalances.

Moreover, they often provide no relief for issues many women struggle with related to their sleep, mood, energy levels, mental clarity, and weight. In fact, they can make some of these hormone imbalance issues worse and come with a list of adverse side effects.

We work with your body to balance your hormones naturally without the risk.

Application Directions

- Apply as directed to any of the thin-skinned application sites (shown in the graphic below).
- When showering in the morning or evening, it is best to apply the creams after you have showered and towed off.
- **Consistent use is crucial to your success.** Skipping or ceasing use may put you at risk for the return of negative hormone related issues.
- Those who have not completed the Becoming Balanced Weight Loss program may observe a decrease in their symptoms within a few weeks.



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After losing 42 lbs.,* and then joining Stay Balanced, my hot flashes and night sweats are gone, and I have so much more energy!

- Diane, BeBalanced Client



*Diane completed the Becoming Balanced Weight Loss program prior to introducing our creams to help maintain her weight loss and relieve of her symptoms. Results may vary.

Restore balance to your hormones at any age!