

Creams - Tips for improving your success



Although the creams are designed with all-natural ingredients to help keep your body balanced and feeling great, there are a few tips to help improve your success.

Nutrition:

If you have completed the Becoming Balanced Program, you know how much better you feel with quality nutrition! So, the creams will continue to support you as you transition to other foods. If you have not done the program, we encourage you to focus on foods that support your nutrition and hormone health. Talk with your BeBalanced coach for more information!

Apply at the same time every day:

We find that the clients who experience the best results are ones that apply the cream at the same time each day and do not miss doses. This will support the body and balance hormone levels so that you experience benefits and decreased symptoms as quickly as possible!

Make sure you are following the correct protocol:

Your BeBalanced coach has discussed your symptoms and hormone imbalances with you and together you have selected a protocol to get you started. Sometimes this can change, depending on how you respond to the creams. So, make sure that you stay in contact with your coach regarding any questions or issues that you may experience. Together you will figure out the best protocol for your maximum success!