

Workshop 6:

Topic: **Balancing Hormones naturally-For females only**

Number of participants: **25(max)**

Time duration: **08 hours(one day)**

Speaker: **Dr.Archana Choudhry**

Exposure to household chemicals, stressful lives, processed foods, skipped meals, hormone replacement therapy, hysterectomies, and more are all factors that can add more estrogens to the female and male body, causing hormone imbalance symptoms. Do you experience allergies, depression, PMS, fatigue and anxiety, endometriosis, headaches, dizziness, foggy thinking, weight gain, water retention, or bloating? If you answered yes to any of these, then don't miss the indispensable tips provided in this session. Learn how food and hormones interact and affect your emotions and wellbeing

