

THE JOURNEY FROM PRE-MENOPAUSE
TO POST-MENOPAUSE

JOIN ME FOR AN 8-
WEEK EXPLORATION
TO REGAIN CONTROL
OVER YOUR LIFE

Price: \$295 with dry needling
\$160 for ear seeding

Includes: 4 in-person meetings from 6-7:30pm May 14,
May 28, June 4, & June 18th.

**Customized Herbal Formulas that can be modified through
the programs, so you feel your best.**

**Herbal discussions and testing throughout the program. A
chance for your body to adjust to therapies and address
your unique hormonal imbalance.**

**Methods to address the stress and sleep problems, by
directly accessing the Vagas Nerve. This can be done by dry
needle placement or ear seeds.**

**Modifications can be made at each meeting directly
addressing how you are responding to these therapies.**

**Activities and resources to manage your symptoms. Topics
to be discussed are sleep, hot flashes, irritability, and weight
changes. Friendships, knowing that you are not alone on
this journey.**

Earlybird25 code saves \$25 if you register by 4/26/2024

May 14 & 28 June 4 & 18 6:00- 7:30

901-B Marshall Rd. Cranberry Twp 16066

www.atotalhealingsolution

atotalhealingsolution@gmail.com

