

# Wellness with Joanna

## Hormone Shake

### Ingredients:

- 1 x scoop of [Soya Protein](#) (Soy Isolate protein)
- 1 x banana
- 1 x pear
- 1 x portion of berries
- 1 x small pot of soya yoghurt - no sugars
- 2 x tablespoons of flaxseed (milled if post-ICV balance)
- 3 x [Omega 3-6-9](#) capsules (to be swallowed whilst drinking the shake)

Blend together all of the ingredients and enjoy! (If too thick water/plant-based 'milk' may be added)

### Suggestion:

Drink this shake once every day for two weeks, then break for two weeks (2 weeks on/ 2 weeks off) continually until the symptoms have gone.

The best time to begin for PMS is on the first day after a period. For painful periods on the 1st day of your cycle.

If you are bleeding all of the time, not at all OR menopausal please just start anytime.

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