



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 use the phases of the moon as your guide, using the new moon as day one (setting a reminder on your phone can be helpful)

Top tip: It can be helpful to freeze the fruit into portions so that you always have it ready to go.

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