

Your Cycle OPTIMIZED

Why Choose Our Program?

Tailored Nutrition Plans: Get a customized nutrition plan that adapts to the different phases of your menstrual cycle, ensuring you're eating the right foods at the right time.

Expert Guidance: Receive step-by-step coaching from experienced nutritionists specializing in hormonal health.

Holistic Approach: Learn how your cycle affects every aspect of your health—from fitness and mental clarity to emotional well-being—and how you can optimize each phase.

Ongoing Support: Access our community of like-minded women, and weekly check-ins to keep you motivated and on track.

Who Is This Program For?

- Women who want to understand and harness the power of their menstrual cycle.
- Anyone struggling with hormonal imbalances, fatigue, or mood swings.
- Those looking to enhance their overall health through tailored nutrition strategies.

New Nutrition Group Starting Soon!

Text Nikki 515-732-5744



www.aptitudedsm.com