



LIVEON WITH LAUREN

OWNER & HEALTH COACH

"WOW. My stomach has never felt better, my periods now have normal length/flow (without BC!), and my hormonal acne and cramping are gone!" TM / Texas

"I was skeptical of seed cycling, but I had nothing to lose, so I went for it and I am so happy I did!" AD / Minnesota

"I had been struggling with these issues for over 14 years. MIND BLOWN!" TS / Michigan

"My menstrual cycle is more regular." AB / Texas

LAUREN'S CREDENTIALS

Masters in Speech-Language Pathology,
Western Michigan University

B.S. in Psychology (Cognitive Science
specialization),
Michigan State University

Health Coach Certification, Hormone
Health and Gut Health Certifications,
Institute for Integrative Nutrition (IIN)

Certified Fertility Awareness Educator,
Fertility Education & Medical
Management (FEMM)

About your Coach:

LiveOn with Lauren was launched as a platform to help women optimize their health through nutrition & lifestyle, with an emphasis on restoring gut health and hormonal balance. Early work as a hospital clinician and Lauren's own health struggles sparked a passion for integrative medicine & bringing awareness to natural and alternative forms of medicine to restore balance within the body.

HORMONE HEALTH COACHING

BY LIVEON WITH LAUREN

Nutrition & lifestyle practices to support ovarian function for healthy menstrual cycles & fertility

What is a Hormone Health Coach (HHC)?

A Hormone Health Coach helps women navigate hormonal imbalances, through nutrition & lifestyle, as a method of preventive care. My holistic approach involves teaching women to learn how their bodies work, observe & identify key biomarkers and implement nutrition and lifestyle shifts that support optimal hormonal health. "Clients are often surprised by how much better they feel after changing just a few aspects of their daily routines. The body wants to heal itself ... I give my clients tools to support it." -Lauren

Who benefits from working with a HHC?

- Women looking to transition off hormonal birth control & prevent pregnancy naturally
- Women planning for a pregnancy
- Women who suffer from:
 - Painful, irregular, or missing periods
 - PMS
 - Hormonal acne
 - Weight gain/weight loss resistance
 - Fatigue or brain fog
 - Menstrual migraines
 - Irritability or mood swings
 - PCOS



SCAN ME

LiveOn with Lauren Signature Hormone Reset Program

Together, we work through specific nutrition & lifestyle practices in a way that works for your body, at your pace. A woman's hormonal system is complex and is affected by, as well as affects, nearly every system in the body. This program removes the guesswork and lays out a roadmap that has proven effective! Sessions can be face-to-face (Miami area) or virtual.

Hormone Reset Program is designed for:

- Tackling period problems
- Transitioning off hormonal birth control
- Helping women identify and restore hormonal imbalances

The program encompasses:

- Teaching the inner workings of the menstrual cycle to use as a biomarker of health & fertility
- Nutrition, movement & lifestyle practices in sync with the phases of the menstrual cycle
- Seed Cycling as a naturopathic method to help balance hormones naturally
- Stabilizing blood sugar, nurturing the adrenal glands, supporting gut & liver health for optimal detox

Contact Lauren for a FREE INITIAL CONSULTATION.

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