Women often take care of everyone else but themselves. This leads to sleep deprivation, poor earing habits, gut issues, and increased stress which in turn can all cause a compromised immune system and other health issues. Frequently a woman’s lifestyle may need modification as it relates to nutrition, physical activity, sleeping habits, and endocrine disruptors. We will look at common root causes of illness in women including the impact that trauma and ACE’s may have on well-being.

Register online at bit.ly/47WAPoN or by scanning the QR Code

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