

DISCOVER
THE TOP 3
NATURAL
REMEDIES
FOR WOMEN
IN MID-LIFE

VIBRANT
MID-LIFE | *Revolution*

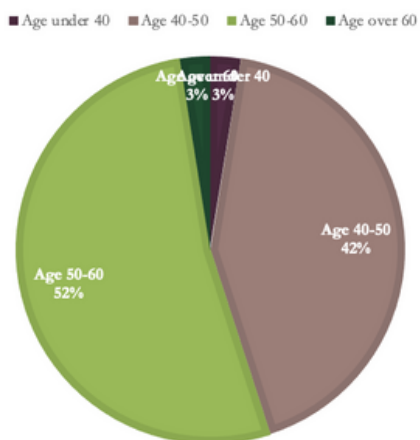
From Miserable Menopause to Marvelous Mid-Life, Naturally



DISCOVER THE 3 BIGGEST CHALLENGES AND SOLUTIONS FOR NATURALLY MINDED WOMEN WHEN IT COMES TO MENOPAUSE

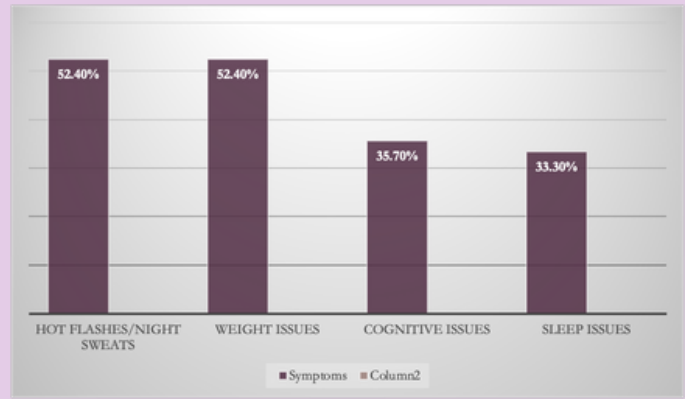
Helping women empower themselves with the tools they need to transition through the mid-life phase of life with health and vitality is my passion. Learning to harness the gifts of natural medicine so they can regain control of their wellness is the key to experiencing a vibrant and juicy life for decades to come.

A recent survey I conducted revealed that most women experiencing menopausal symptoms are in their 40's and 50's and have tried dealing with their symptoms on their own, without much success. They read books, blogs and articles about menopause and try natural remedies they have heard about, but don't feel confident in achieving the results they are looking for without further guidance.



The top menopausal symptoms women are experiencing

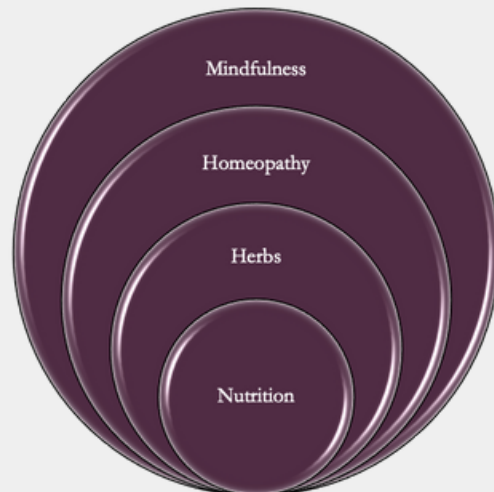
- Hot Flashes and Night Sweats
- Weight Gain
- Cognitive Issues
- followed closely by Sleep Issues

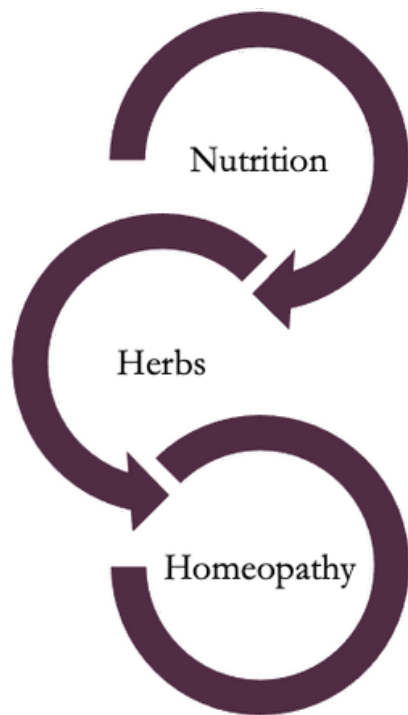


By far, the most important outcome women are looking for is feeling healthy, vital and a sense of wellness throughout this time of life. In addition to symptomatic relief, they are desiring the confidence to know how to handle health issues that may arise.



And, they are interested in doing this through nutrition, herbal medicine, homeopathy and mindfulness techniques with trusted guidance and a small community of women to support them.





The good news is that all these symptoms can be addressed effectively with natural methods. The fluctuating hormone shifts that result in menopausal symptoms respond readily to these 3 solutions in particular:

- **Nutrition**

- Start with the gut, as my mentor used to say
- Additions of probiotics such as fermented foods really help here
- Phytoestrogen containing foods can be key, including tofu, miso and flaxseeds

- **Herbs**

- Adaptogenic herbs such as Ashwaganda, Milky Oats and Tulsi help you body deal with stress more effectively
- Liver herbs such as Dandelion, Burdock and Nettle support your liver to process hormones efficiently, thereby helping to regulate them

- **Homeopathy**

- Homeopathic remedies are highly individualized
- They help the body return to homeostasis
- They have a proven track record of efficacy and safety

In response to the survey results, I am creating a small, intimate program for women just like you, who are looking for natural ways to reclaim your vibrant health and step into your power during these years of transition.

Click the button below to find out more!

VANESSA NIXON
TRADITIONAL NATUROPATH

Professional credentials:

Doctorate in Traditional Naturopathy

Master's in Herbal Medicine

Certificate in Aromatherapy

Certificate in Nutrition

Certificate in Homeopathy

Certificate in Reflexology

Certificate in Iridology

Professional Middle Eastern Dance Performer and Instructor

Founder and CEO of Natural Look Mineral Makeup



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