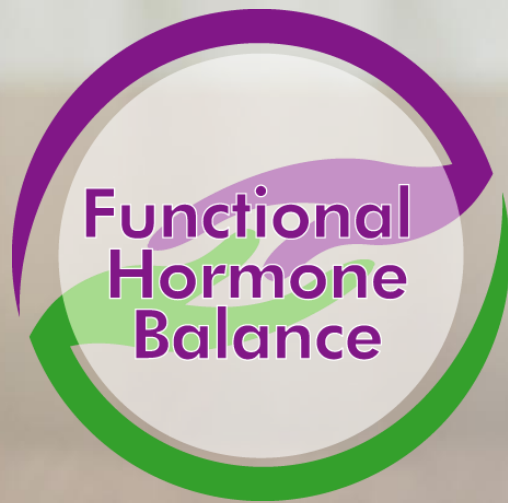


Strategies For Functional Hormones, Emotions & Recovery



Today I'll be sharing a different way to look at the body-mind spirit relationship.

We'll discuss a new approach to emotional responses and what that means for our protocols.

Agenda

My story

What is recovery?

The number 1 factor for longevity

The emotional pathway

Getter better results in protocols

Functional Hormone Balance Program and
the new add-on, the Functional Emotions
Program



My work as a
functional
nutritionist

My hormone story
starts with
endometriosis

Everything I am
today is the result
of having to go
through this
process of being a
client/patient



In 2023, I had a 2.7 kg ovarian tumor removed

I was also given a temporary ileostomy, which was reversed a year ago

That was when my real recovery journey began

And my objective is to prevent further issues and longevity



Does this reflect recovery?

Recovery is required for all health conditions
is someone is going to survive

Think about the clients who don't lose weight

Or the digestive symptoms that won't go
away

Or the runny poops

This is what clients come to us to solve, and
they are not “recovering”

And we have to consider what we're asking
the body to do – what messages are we
trying to override

STAGES OF RECOVERY



Thinking about all this

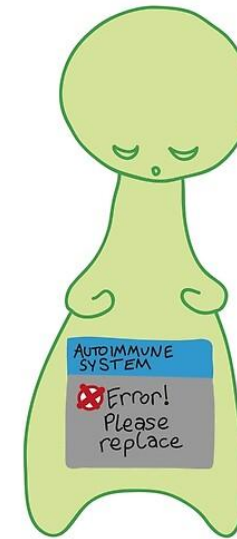
I want a better answer

And I want to know why my body
malfunctioned as it did

- Endometriosis is a factor for Ovarian
cancer

But that was the only factor - diet and
lifestyle were good

Except for stress



Please can I order a
replacement body? This one
is persistently malfunctioning...

Cancer rates are going up

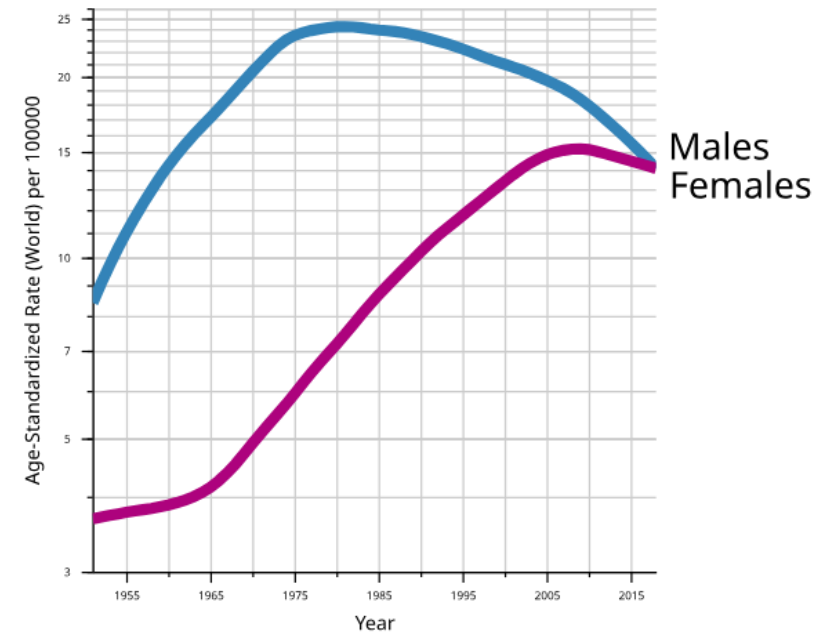
Survival rates are also going up

But at what cost

How a person functions after cancer remission is not considered

This is what I'm finding for myself and others who have had a cancer experience

Trends



Looking at a given person and their recovery, we have to consider all that may be involved in recovery:

- Surgical consideration
- Stress of the experience and fear afterward – how does this affect hormone signaling
- Drug considerations
- Chemo and radiation
- Vagus nerve
- Affects of all this on the gut – how much damage has been done.

Once you have had cancer, every little twitch, itch, and
niggly pain does not go unnoticed

And no one can tell you what these little symptoms mean

A new hobby is born

Endless articles to read

Supplements to try

Assessing my life and what I could do differently

After months of this – I got tired

Bandaging everything that could be out of balance is exhausting

When this is our client – their new hobby becomes ours



Too many conversations with holistic nutritionists and health coaches who have developed cancer& other conditions after they became more aware and changed their diet

There have been too many attempts to simplify “prevention”

Because of my own experience – I look for new connections



I've known that
emotional/psychospiritual issues are
involved with cancer (all health issues)

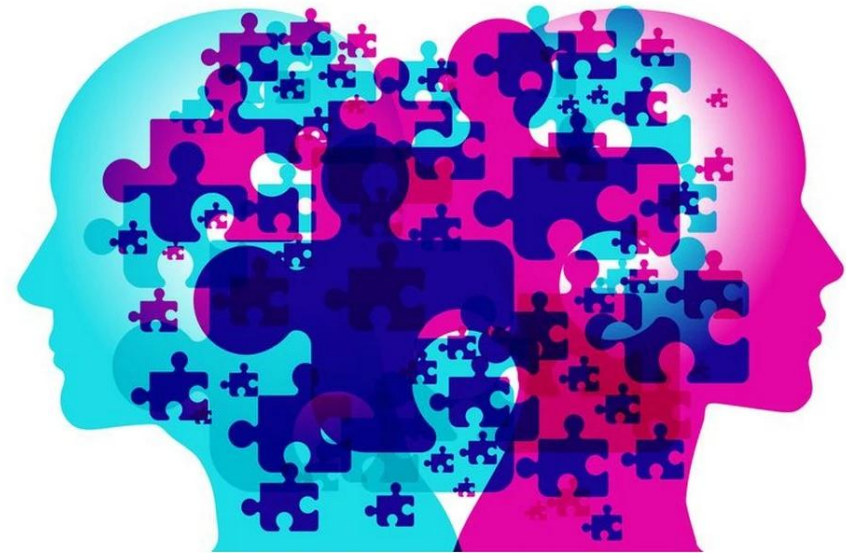
The work on an emotional level is
difficult

It can't be ignored

Otherwise, the role it plays continues

Yet we're not counselors

We need to look at it differently



Recovery vs Prevention

Two sides of the same coin

Prevention is not a helpful term

It's impossible to say something has been prevented

But the goal of recovery is to get back to the “preventive” state in the body – whatever that may be

And prevent reoccurrence or a new issue



The Psychospiritual

Emotion affects the physical

Occurs when someone experiences a health issue

Then emotions have been as much if not more, of a player than other factors

Emotion is part of the cause

Other factors determine where an issue occurs and what the issue does



If emotions are affecting the physical body, then recovery will be difficult

Fixing the emotional issue can make a difference – but that is easy to say

Let's look at this differently

There is a physical pathway that emotions use to affect the physical body using neurotransmitters, hormones, and peptides

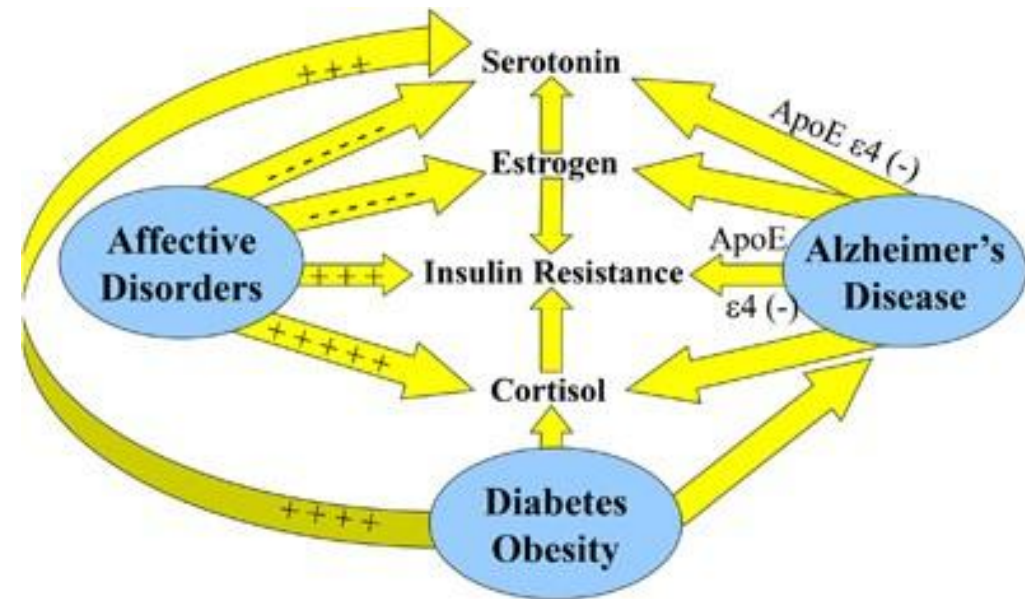
Countering these signals with other neurotransmitters, hormones, and peptides can balance out the emotional state and physical function

A client can have insulin resistance

We can apply what we know about food, supplements, and lifestyle to deal with insulin resistance

But what about the emotional signals that are coming from the brain that contribute to insulin resistance?

Shouldn't this be considered in a protocol?



It also works the other way

Physical body can affect emotions

Physical movement can make us feel emotionally better

Smells can trigger an emotional response, positive or negative

If we understand this connection

- we can create protocols balancing emotions using physical methods
- nutrition and lifestyle



What is the #1 Factor For Longevity?

Resilience!

Manages Stress – Helps adapt to challenges and recover from setbacks.

Boosts Health – Supports mental well-being and physical function.

Enhances Success – Encourages persistence and learning from failure.

Strengthens Relationships – Improves emotional regulation and communication.

But resilience is not physical

– it's a reflection of our emotional state

The Definition of Recovery?

Restoring Resilience

Only way to help the body improve function

Resilience is a skill that can be developed

And it falls within our scope of practice

- there are several strategies that build resilience
- in doing so, emotions will have less effect on the physical body



Physical Body

Diet, Lifestyle, Gut, Hormones



Emotions
(Limbic System)

Counseling, Energy Work

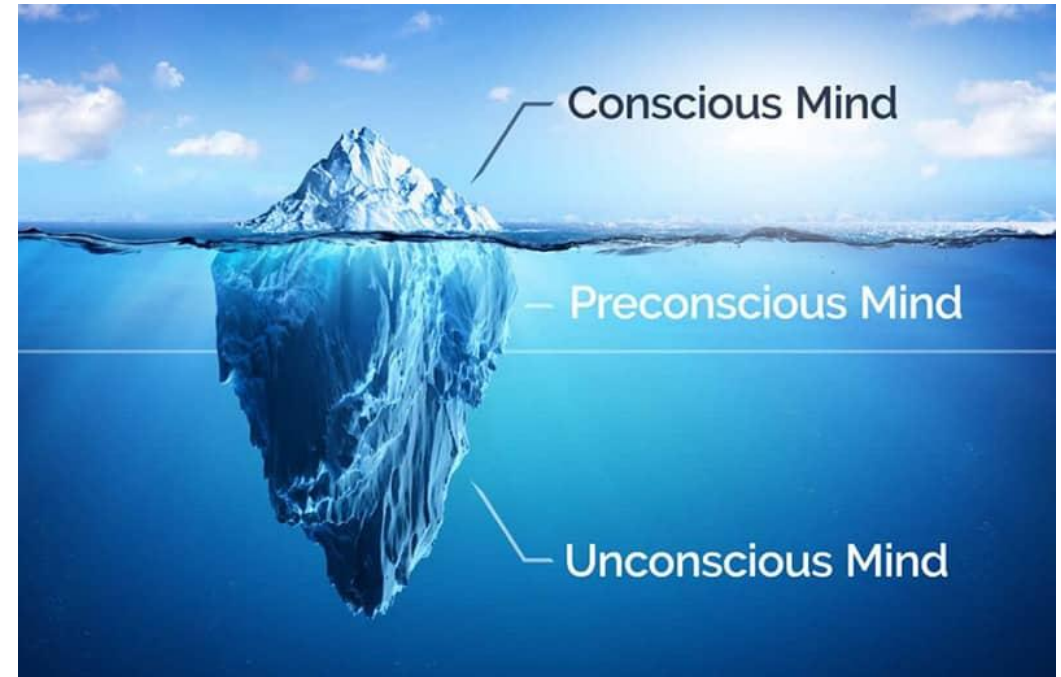
We need to ask: What are the emotions asking
the body to do?

When you create a protocol – what are you asking the body to do?

What if the emotions are not in agreement?

Both the conscious and subconscious can send instructions to the physical body

If we can understand the signaling pathway, we can counter it.



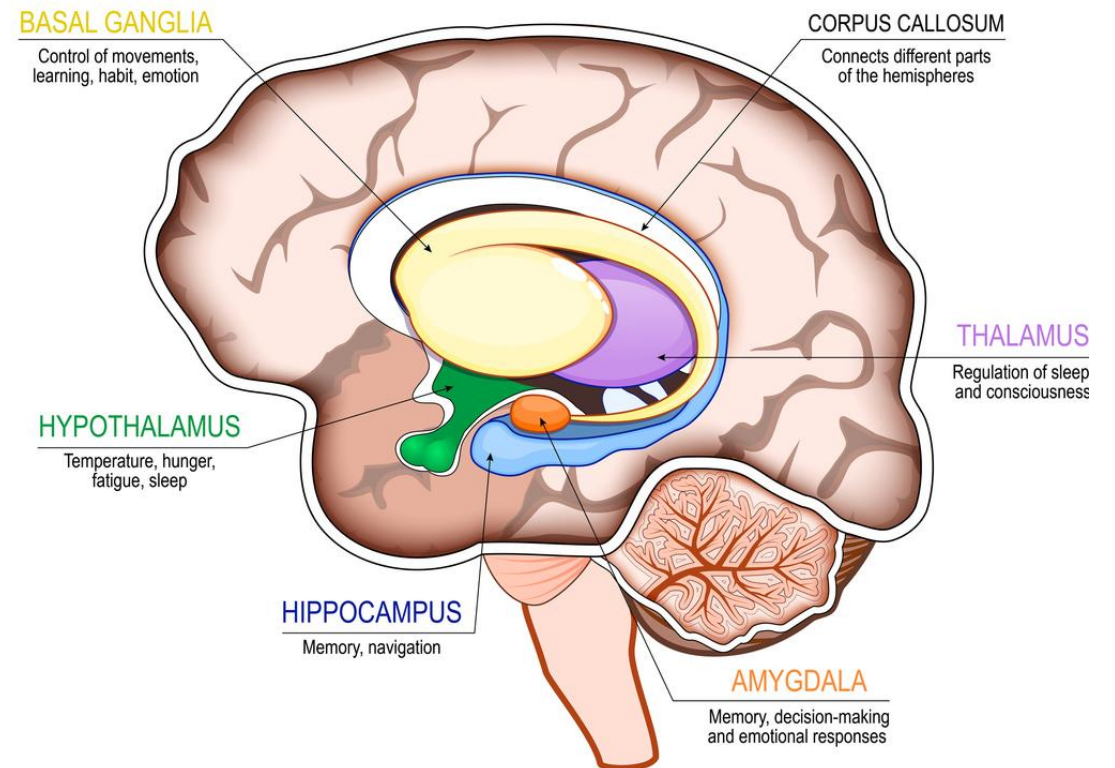
THE LIMBIC SYSTEM

The Limbic System (Amygdala, Hippocampus, Prefrontal Cortex) processes emotions.

Amygdala: Detects threats and triggers stress response.

Hippocampus: Regulates stress and prevents prolonged cortisol release.

Prefrontal Cortex: Controls emotional responses and rational thinking.



An emotion-hormone pathway

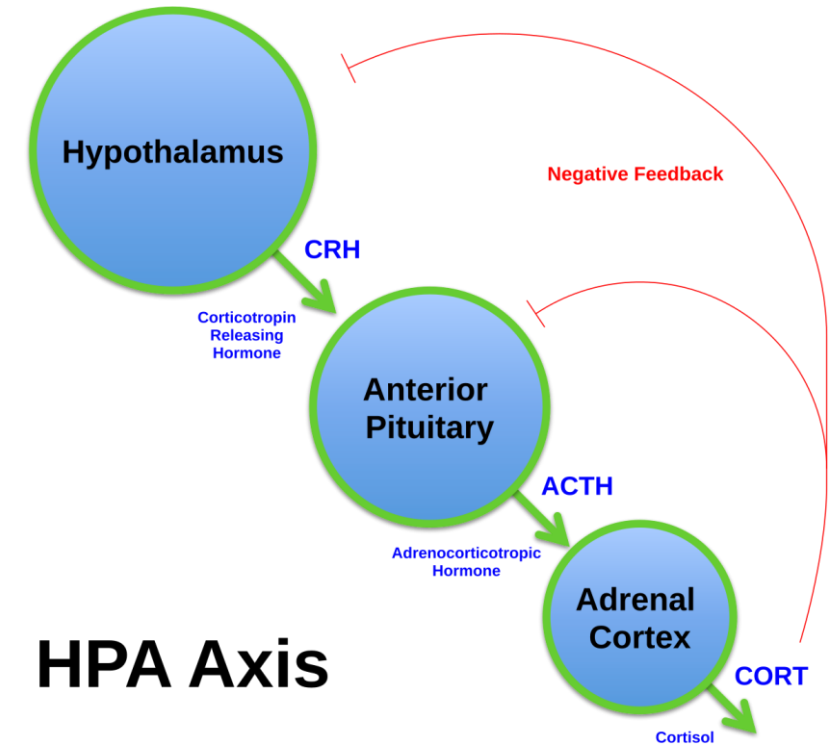
Emotion triggers the Amygdala → Signals the Hypothalamus.

Hypothalamus releases CRH → Pituitary releases ACTH.

ACTH signals Adrenal Glands → Cortisol released.

Cortisol mobilizes energy but suppresses digestion & reproductive hormones.

Chronic stress keeps cortisol high → Hormonal imbalances, inflammation.



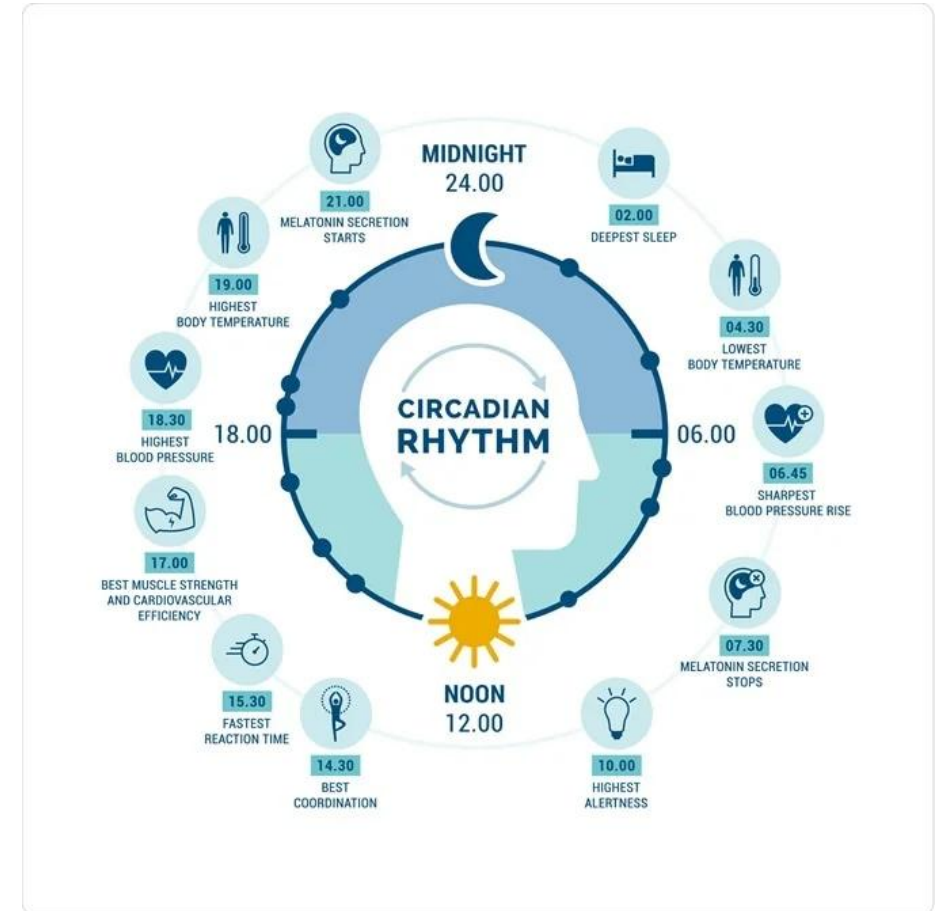
Chronic Stress & Anxiety → High cortisol,
Low estrogen/testosterone.

Depression & Rumination → Low dopamine,
serotonin, and estrogen sensitivity.

Poor Sleep & Circadian Disruptions →
Flattened cortisol curve, hormone
imbalances.

Gut Issues (Leaky Gut, Dysbiosis) → HPA
activation, neurotransmitter disruptions.

Blood Sugar Imbalances & Overtraining →
Constant cortisol spikes.



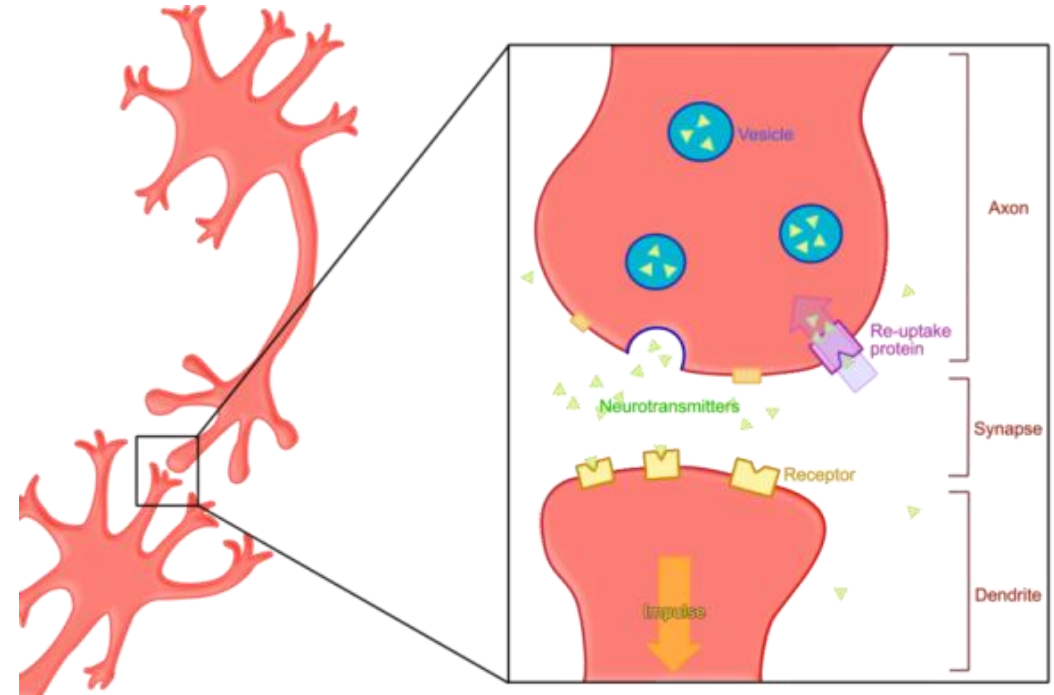
Inhibitory Neurotransmitters (Stress-Calming)

GABA & Serotonin → Reduce stress, support emotional stability.

Dopamine & Oxytocin → Promote relaxation and well-being.

Estrogen Modulates These Chemicals

This is just cortisol – can do this with other hormone relationships, too.



Getting Better Results For Protocols

1. Understand the functional perspective of hormones

- links to health conditions

- links to various areas of the body –ie, gut, endocannabinoid system

2. Understand how emotions communicate with hormones and affect function

- what is the pathway

3. Understand how to restore balance to the emotional signals to help physical function, strengthen resiliency and assist recovery

If you have been frustrated by a client's lack of progress

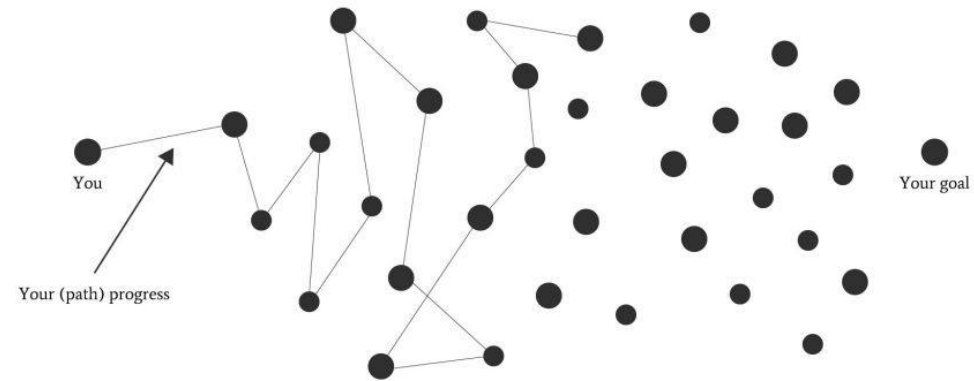
Emotions may be the reason

You may have thought of this

However, we have our limitations

So, let's look at it from a physical perspective

How do we physically balance the emotions



You can understand the signals
that can cause health issues

Understand the signals that can
balance out the negative signals

Do it with diet, supplements,
lifestyle, and exercises

This will make the body respond
in a different way



This saves you from psychoanalyzing the client

Out of scope but we do it anyway in our minds

This new perspective gives you more information than you currently have

It will deepen your knowledge and help you more

Ways to use the information that will be useful to you



What Do We Need To Know

First, we need to understand the hormone relationships that affect the different areas of the body

- Gut health
- Liver Function
- Immunity

This is how you can discover what hormones have been affected emotionally

If you know what counters the emotional pathway, then you can change the client's emotional/physical recipe

Functional Hormone Recovery & Resilience

What do you need to do:

Build a foundation of health that supports hormone adaptability and resiliency.

Recover from hormonal-emotional imbalances using integrative, evidence-based strategies.

Reduce the risk of future chronic diseases through prevention-focused care.



You may be wondering if you'll have all the pieces for how the body functions

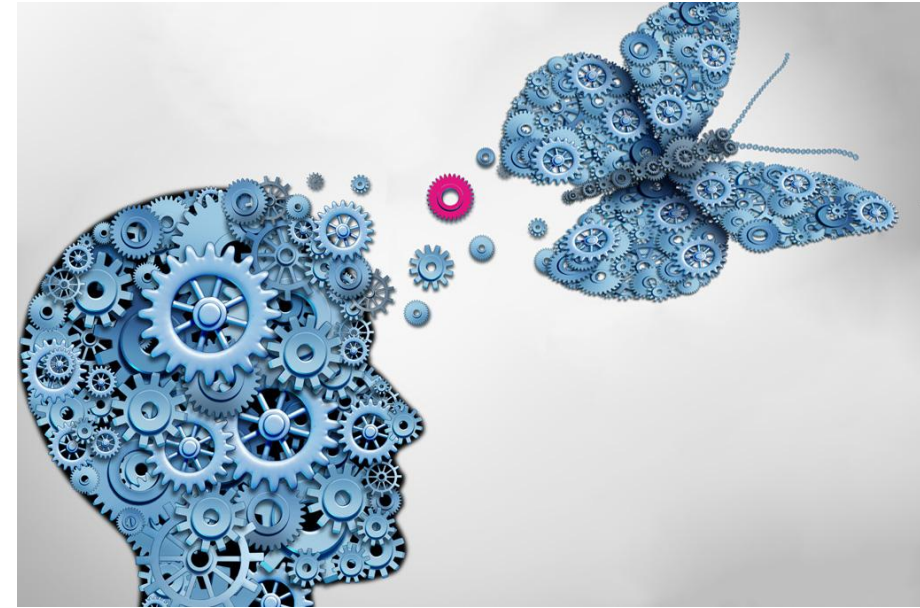
And what solutions are available

But it's constantly evolving – and this should make you feel good

Not frustrated or scared

But you need to have it in a form that makes sense so you can build on it as new information comes along

To help you...



Introducing

Consider this an
investment in you and
your business

Deepen your knowledge

Discover how to add
experiential learning to
your protocols

Adapt protocols to
whatever health
conditions clients may
have



Functional Hormone Balance Program



"I am so, so grateful to Lorene, for your Functional Hormone Balance Program! I've learned so much in this program. It has helped explain my own issues and so many of my client's. I have even launched the 7 day Healthy Hormone Reboot last week - I now have about 65 new people added to my email newsletter in the last week or 2), I've also just launched the 6 Week Healthy Hormone program (I've already sold 4 - which is huge for me!) Oh, and my brand new private FB group is almost at 100 new people in the last two weeks as well! I can't believe how much I've learned and feel like I finally have the answers to figure this all out. So many women (and likely men) need this information.

I'll be forever grateful to you for putting this together for us Lorene. Thank you! Thank you, thank you!"

– Candice Csaky, INHC, Holistic Health Coach



"Lorene always provides a vast amount of knowledge in an easily digestible way. Just as she teaches we should do for clients. The protocols and materials in the Functional Program that Lorene provides have been life changing for many of my clients, making the course materials invaluable! My practice has absolutely bloomed! Thank you Lorene."

- Jennifer Lloyd, CHHC



Here Is What You Are Going to Get...

New functional approach to correcting hormone-emotional imbalances

More confidence when making recommendations

Greater understanding as to how hormones interconnect and why they are all involved

Best ways to add experiential learning into your protocols

Special support and protocol training



3 Important Elements

1. Education
2. Support
3. Tools



Education (Value \$997)

- ✓ 7 modules - Work at your own pace
- ✓ You have full permanent access –
- ✓ **Our program qualifies as continuing education**
 - each module has a quiz to complete
- ✓ Complete discussion of female and male reproduction function
- ✓ Diet and lifestyle factors that affect hormones
- ✓ How hormones are connected to other systems in the body
- ✓ Experiential learning elements
- ✓ References are provided



Bonus: Special Protocol Training (Value \$497)

Special hormone questionnaires that allow you to determine where to focus

Amazing teaching tool for clients

Individual protocols for each area and how to put a functional hormone protocol together

You'll understand why each area needs support and how to do it with full explanation and training

Healthy Hormone Questionnaire for Women

(Place LOGO)

Instructions: Check off each symptom that applies to you in each section.

Section A

☐ Racing from one activity to another or feeling like you are
☐ Feeling tired yet unable to relax or sleep
☐ Feeling nervous or jittery
☐ Inability to calm down at night before bedtime
☐ Getting a second wind late at night
☐ Difficulty falling asleep
☐ A feeling of anxiety
☐ Irritable bowel syndrome (IBS)
☐ Worrying about things, even those you cannot control
☐ Anger issues – finding yourself yelling or snapping
☐ Memory issues and inability to focus
☐ Sugar cravings including wanting something sweet after meals
☐ Weight gain around the middle, not related to bloating
☐ Eczema and thinning of the skin
☐ Bone loss
☐ Rapid heart beat and/or high blood pressure
☐ High blood sugar and possible insulin resistance and diabetes
☐ Feelings of weakness or shakiness between meals
☐ Headaches especially if a meal is missed
☐ Slower recovery from a physical injury than in the past
☐ Pinkish purple stretch marks on belly or back (not related to pregnancy)
☐ Menstrual cycles are not regular
☐ Fertility issues

Section B

☐ Using caffeine to give you energy either in the morning or through out the day
☐ Falling asleep while reading or watching TV
☐ Feeling fatigued or burned out
☐ Loss of stamina especially in the mid-afternoon
☐ Feeling cynical or having a negative perspective
☐ Crying for no particular reason
☐ Lower ability to problem solve
☐ Everything seems harder to do than it used to be
☐ Feeling stressed and having trouble coping with it
☐ Less ability to handle stress
☐ Inability to fall asleep and stay asleep – may wake up at 3:00-4:00 am in the morning and not be able to get back to sleep
☐ Low blood pressure
☐ Standing up quickly and feeling dizzy
☐ Difficulty fighting flus and colds or healing wounds
☐ Issues with asthma, allergies or bronchitis
☐ Blood sugar fluctuations through the day
☐ Cravings for salt
☐ Excess sweating
☐ Feelings of nausea, vomiting or loose stool
☐ Alternating diarrhea or constipation
☐ Muscle weakness especially around the joints like knees or elbows
☐ Muscle and/or joint pain
☐ Hemorrhoids and/or varicose veins
☐ Skin bruises easily
☐ Sudden heart palpitations or irregular heartbeats

Section C

☐ Feeling Agitated
☐ PMS
☐ Headaches that occur at regular times during the cycles including hormonal migraines
☐ Sore and/or swollen breasts
☐ Weight gain
☐ Mood swings, anxiety and/or depression
☐ Menstrual cycles are irregular maybe even becoming more frequent
☐ Heavy, painful periods
☐ Gaining 3-5 pounds before your period
☐ Signs of fluid retention such as bloating around the belly or puffy ankles
☐ Ovarian cysts, fibrocystic breast, or endometrial cysts or polyps
☐ Disrupted sleep
☐ Restless or itchy legs, especially at night
☐ Poor co-ordination
☐ Constipation
☐ Infertility or difficulty getting pregnant
☐ Miscarriage in the first trimester
☐ Thyroid issues
☐ Hot flashes
☐ Increased intestinal issues

Section D

☐ Signs of water retention such as bloating and puffiness
☐ Abnormal Pap smears
☐ Heavy bleeding during periods
☐ Post-menopausal bleeding
☐ Gain weight easily, particularly in the hips and butt
☐ Breast size increase
☐ Swollen breasts
☐ Fibroids
☐ Endometriosis, or painful periods
☐ Mood swings, depression, or feeling irritable
☐ PMS
☐ Trouble sleeping
☐ Memory issues
☐ Cold hands or feet
☐ Hair loss

Complete the program and become a Functional Hormone Educator



Support (\$497)

Live, bi-monthly support meetings

Discuss clients, business or yourself

Plus there's an active Facebook group for more support

Over 500 colleagues

Ongoing live education webinars

And I can be emailed, too



"I listen to every one of the recordings you send, ATE meetings, webinars, monthly reviews... you're my continuing education. You're my inspiration.

My husband feels like he has 2 wives because you're always babbling on in the background LOL"

Kim L'Ecuyer, RHN



Tools

The Healthy Hormones Done-For-You Program (Value \$497)

Everything you need to
get started and work
with clients

Or use as an add-on to
what you're are
currently doing

Lot of freebies for clients
to give them wins

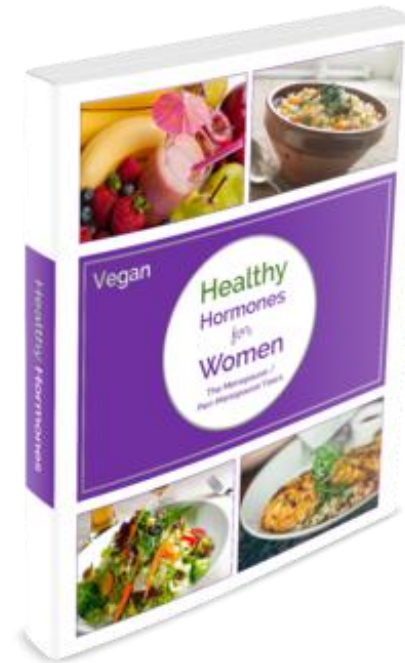
Special Bonus: Complete Done-For-You Program



Healthy Hormone Practitioner Program

Healthy Hormone Done-For-You (Value \$697)

- ✓ Lead magnets including the 7-day Hormone Reboot Challenge
- ✓ Eating Guide with a 28-day Menu Plan for Women, Men and Menopausal Women
- ✓ Regular, Paleo and Vegan Menu Plans
- ✓ Business tools – email funnels, handouts, sales page template
- ✓ PowerPoints



“This is literally the BEST done-for-you program I've seen. I was so nervous to bite the bullet as I've been disappointed in others. This is excellent. It's far more professional than anything I've seen. I'd buy more of your programs anytime. I'll be proud to add my name and branding to it!!! Thank you for sharing your gift!!”

- Vickie Dickson, RHN, RYT



Bonus: Upload and Go DFY (Value \$497)

The Upload and Go DFY is literally that – a 6-week or 12-week program for one-on-one clients, group programs or an online program

Just record the PowerPoint, and add your logo and contact info to the materials and it's ready to go. Upload it on your choice of platforms like Practice Better, Thinkific or just email clients as needed

It's adaptable to your niche, contains experiential exercises and can speak to them as they need

Full instructions and training provided

The Gut-Hormone Connection & Emotional Resilience

Microbiome imbalances impact dopamine, serotonin, estrogen, and stress hormones.

Mood and energy are shaped by neurotransmitters, peptides, and metabolic hormones.

Emotional stability goes beyond cortisol—oxytocin, GABA, and serotonin play key roles.



Non-Diagnostic Functional Testing –
Learn to interpret hormone, gut, and
neurotransmitter test results.

Key Mood & Energy Markers –
Identify peptides, neurotransmitters,
and hormones affecting resilience.

Metabolic Hormones & Mood – How
leptin, ghrelin, insulin, and thyroid
hormones impact cravings, energy,
and emotions.



In-Depth Protocols – Ready-to-use strategies for neurotransmitter, peptide, and hormone balance.

Food, Supplement & Lifestyle Approaches – Support oxytocin, dopamine, GABA, leptin, and more.

Who Is This For? – Ideal for wellness practitioners integrating hormone, gut, and neurotransmitter support into their protocols.

Why It Matters – Influencing emotions supports recovery and resilience.

Program begins March 3rd



When we look at things from a different angle, we get more answers and have more success.

Staying focused on building your knowledge and using new information to build your business or your well-being is a good thing.

Don't waste time watching what's going on around you – stay focused on what you're learning and what you can do with it

What you do with your time determines your success!

- Functional Hormone Balance Program (Value: **\$997**)
- Bonus #1 Protocol Training(Value: **\$497**)
- Ongoing Support (Value: **\$697**)
- Healthy Hormone Program DFY(Value: **\$697**)
- Bonus #2: Upload and Go DFY Add-on (Value **\$497**)
- Functional Emotions Program (Value **\$697**)

Total Value: **\$4082**





Total Value: \$ 4082

Regular Price: \$1,997

Special Price Today:

~~\$1,997~~ \$957

FUNCTIONAL HORMONE BALANCE PROGRAM WITH HEALTHY HORMONES
DONE-FOR-YOU PROGRAM

\$ 957

One Time Payment - US Dollars

FUNCTIONAL HORMONE BALANCE PROGRAM WITH HEALTHY HORMONES
DONE-FOR-YOU PROGRAM

\$ 247 x 4

US Dollars

BUY NOW FOR ONLY \$957

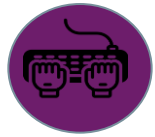
BUY NOW FOR Only 4 x \$247

Canadian dollar buttons are available
Special price available until February 27



3 EASY WAYS

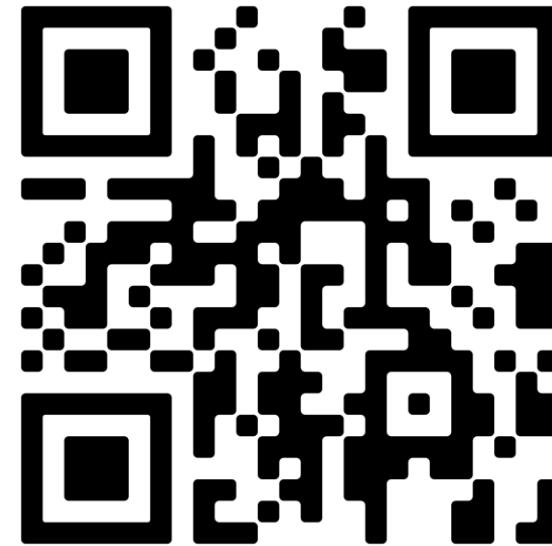
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Visit www.lorenessauro.com/hormone-program



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