

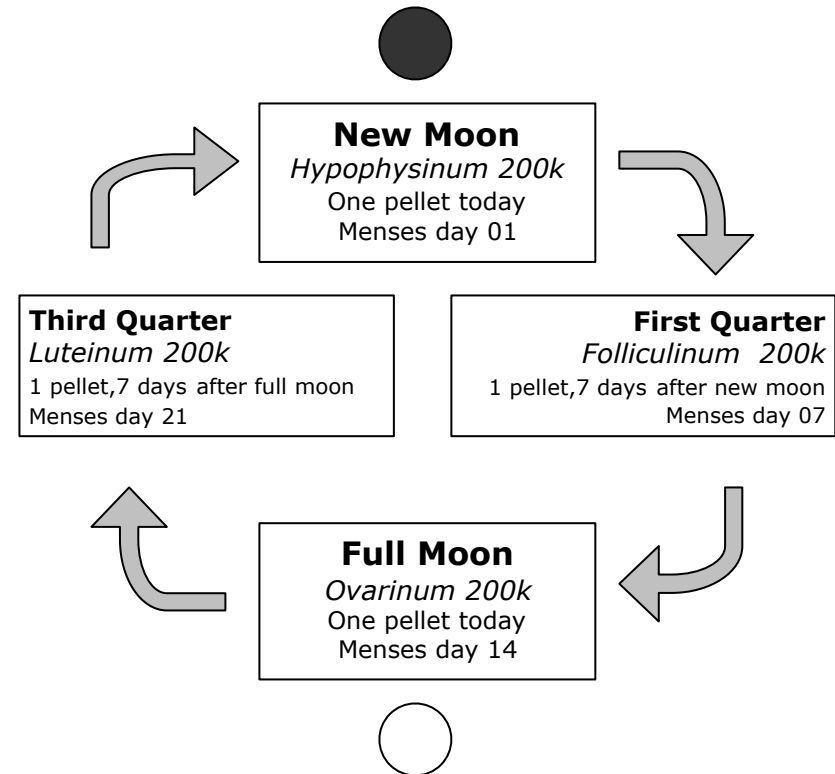


Dr. Shelby Worts, ND

Moon Cycle Calendar 2016

In order to regulate your cycle or to support hormone levels, use the following homeopathic protocol according to the moon / menses cycle. Take pellets at least 20 minutes away from food or flavour. Dissolve under your tongue.

New Moon <i>Hypophysinum 200k</i> One pellet	Full Moon <i>Ovarinum 200k</i> One pellet
February 8th 2016	February 22nd 2016
March 8th	March 23rd
April 7th	April 22nd
May 6th	May 21st
June 4th	June 20th
July 4th	July 19th
August 2nd	August 18th
September 1st	September 16th
September 30th	October 16th
October 30th	November 14th
November 29th	December 13th



Additional Hormonal Support:

1. Drink plenty of filtered water; half your body weight (lb) in ounces (oz).
2. Add fiber-rich foods to your diet or a supplement to help support bowel excretion of hormones.
Eg. Psyllium, ground flax, oat bran, guar gum, glucomannan, etc
3. Make sure you are having an easy bowel movement, at least once daily.
4. Eat ample cruciferous vegetables (broccoli, cauliflower, rapini, cabbage, bok choy, kale, watercress, etc)