

## How to get started

The first step is to sign up for the Basic Nutrition Consult. This is where we take a deep dive into your personal and family health history, environmental exposures, review your health goals, diet and lifestyle habits, and discuss your situation. The Basic Nutrition Consult consists of two 90 minute sessions. During these sessions we will evaluate if the Luna Rhythm Hormone Balancing Program is right for you.

This is approximately a 4 month program where we will work one-on-one. You will get a workbook and all the materials you need. I'll teach you how to make your own herbal infusions and tinctures that are beneficial to women's health and your specific situation.



## Contact me

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whole choice living

LIVE LIFE WELL

luna  rhythm

HORMONE BALANCING PROGRAM

Julie Saalsaa, N.C., R.W.P.  
providing  
Holistic Nutrition Consulting  
& Wellness Classes

# About Julie

## Holistic Nutrition Consultant

I started Whole Choice Living in 2019 with a mission to educate clients on what it means to make healthy, sustainable choices when it comes to their lifestyle and well-being.

Through **nutrition** and **holistic, sustainable life-style practices** I can guide you to your health goals. I provide a safe, confidential, judgement-free space. My programs focus on what whole foods and herbs work best for optimal nutrition and **your** situation. My approach to wellness takes a look at a person's **whole life**: mind, body, spirit, and environment. Each program has a difference focus, but in all of them you will learn about basic nutrition, mindful & intuitive eating, and how to break old habits and replace them with new healthier ones.

I focus on helping women with women's health issues, body acceptance, intuitive eating, blood sugar balancing, gut healing, cancer prevention, & stress management. Take the first step: contact me for your FREE Discovery Session to find out which program may be best for you.

# luna rhythm

## HORMONE BALANCING PROGRAM

Luna Rhythm Hormone Balancing Program helps you as a woman to:

- connect to your inner divine feminine while learning to appreciate the gifts of the female body,
- learn how to connect to your natural lunar rhythm,
- explore how our environment plays a roll in interfering with hormones, and
- learn what to eat for hormone health.

This program arose from my personal health journey and the peace that I finally found after accepting and appreciating what my body is capable of. I stopped referring to my natural biological functions as "a curse", as we most of us were brought up to believe. As a typical female growing up in the US, I heard the same negative words as most others did to describe our womanhood at every stage. I did not have a talk with my mother when I came of age, nor did she. All I knew about menses, perimenopause and menopause was what I heard from my environment. And let's face it, our environment is sorely out of touch with this topic.

Several years ago I attended a webinar talking about loving our divine goddess within. The host interviewed several different women on the subject of loving one's self. These women spoke right to my spirit and what they said made complete sense to me. I felt blessed to have had this "awaking" because it was my turn and responsibility to shape my daughters' views of how they would embrace their divine feminine. Since learning about my cycle and loving the amazing things my female body can do, my PMS went away, I enjoyed the week of my Moon Time every month as I took extra care of my self during this week, and now that I have moved into menopause, I am finding it's not so bad!

This is truly a passion of mine to help other women facing difficulties with their reproductive hormones and guide them to a place of self love. This program is for you no matter what stage in life you are in: maid, matron or crone.

