

# ***Are You Riding the Hormone Rollercoaster??***

In this enlightening session we will travel through the peaks and valleys of the various causes of hormone conditions related to **PMS, Thyroid, Insulin Resistance, Serotonin, Peri-Menopause, Menopause and Andopause**. This lecture is for all ages...the knowledge helps you tackle energy issues, body fat, weight gain, emotional imbalances, stress, sex drive and so much more!

- Identify ways to increase your energy and sex drive.
- Explore what influences weight gain as we age.
- Leave this session ready to take command of your male and female well-being!
- Learn about the **RIGHT** testing and individualized treatments!

## **Valerie Early, R.D., L.D.N**



**Author, International Motivational Health Speaker,  
Registered & Licensed Dietitian,  
Registered Pharmacy Technician,  
Certified Medical Exercise Specialist &  
Reiki Master & NMD**

Valerie has a private practice in Schaumburg, IL. She is the Mom of two boys and specializes in hormone balancing, energy medicine and sports nutrition. She is committed to helping people make long-term lifestyle changes.

Her current book is on amazon.com, “**8 Ways to Lose Your Blubber through Hormone Balancing and Lifestyle Changes**” and on her practice website: [www.nutritionconnectionbalance.com](http://www.nutritionconnectionbalance.com) you can find articles, her audio CD, “Renew Your Life Through Hormone Balancing” and 3 newly recorded live video speeches on a drive.

**Learn how to have vitality or get your energy and stamina back!  
Learn how to assess your hormone levels the best way!  
Get your lean muscle and strength back!  
Experience lubrication and have a strong sex drive!  
Feel happier! Experience endless energy!  
Sleep sounder! Have the body fat you want!  
Intimacy keeps the fun in your relationships!**

**Date: Tuesday, February 16, 2016  
Time: 7:00-8:30 pm**

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**Location: Midtown Athletic Club  
1760 N. Hicks Rd., Palatine, IL  
RSVP: 847-985-1200 or**

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