

Hi, I'm Cathy, and I'm here to help you sail through peri-menopause and menopause with ease.

You're probably clicked here because you're not enjoying your body's new normal, like hot flashes, night sweats, anxiety issues, weight gain, brain fog and overall moodiness.

I've been right there, right where you are, and I'm here to help.

There is a road to healing your menopause challenges and I'm your guide to go down that road.

I've been helping women balance their hormones and successfully conquer menopause for over 20 years.

See so many of my patients have experience all the menopause symptoms that you're probably experiencing and I've taught them

this step by step process. Now I'm making this information available to you.

I'm calling it the "Rock Your Menopause - 7 Day Challenge".

I Challenge you to do this for 7 days, starting now, & I promise by next week at this time you will have learned key strategies and you'll be a week into your menopause transformation.

In fact, I'm going to give you the first step right here. There are no drugs in this Challenge, there are only simple steps that I guarantee work for everyone, but you must do them in the correct order, to start your road to menopause bliss.

I've been where you are and I've personally put into practice all the steps in this challenge. Thankfully, I'm on the other side and celebrating the freedom from monthly cycles hormonal craziness.

JOIN ME, LET'S DO THIS TOGETHER and create a new you, starting today.

Once you commit to transforming your body and will also transform your life.

For years my patients asked me to write a "Menopause Survivors Guide!" So I finally wrote one!

This is your guidebook, the no one ever gave you before. It will help you transition from having lots of hormones to having a lot less.

It includes lots of fun stuff like yoga pants, dark chocolate, a pool, a full time masseuse, and this information in the "Rock Your Menopause Challenge!"

Just kidding about the pool and masseuse, well those could get pretty pricey but luckily, the Menopause Challenge is totally affordable So Don't miss this opportunity.

Louise Hay, the author of [You Can Heal Your Life](#), use to say, “Changes that are loved into existence are the only ones that are sustainable.” That’s why the journey I’m offering you here, is one that you will love.

You will love how much better you sleep, you will love your new found energy, and clear

thinking and you will love not having hot flashes.

I guarantee that you will want to make the changes last, because you will LOVE the way you feel.

So, let’s get started. The beginning to your transformation starts now.

A wise old doctor, teacher of mine whom I’m most grateful for once told me, removing the source of toxins is just as important, if not more important than nutrition and supplementation.

Yes, removing the source of toxins is more important than your food or supplements.

I've seen a lot of women who try and fix their menopausal symptoms by adding hormones to their bodies. And certainly there are many benefits to natural hormones, but if we ignore things like the toxins we're putting in and on our body everyday then adding hormones to fix the problem is like covering your cars dashboard warning lights.

The problem still exists; you've just covered it with a bandied for a while.

The easiest way to start your body to balanced hormones and menopause bliss is by **detoxing first**. And We've got to make sure all your detox pathways are open and functioning to their best ability.

Now you might have done some detoxing before and hopefully you cleansed at a cellular level and you didn't simply reabsorb toxins. Don't worry, I'm here to help you through all of that.

These are the first things I walk you through in the ROCK YOUR MENOPAUSE 7 Day Challenge. This is just a small part of what makes this information so very different.

SEE, I've been trained in East Asian Medicine and my training is to treat the root cause first and then what we call the branch problems (the symptoms) will begin to resolve themselves.

Start now, the first video is Free. Just click below. The info is the beginning to you stepping into menopause bliss and leaving all those crazy hot flashes in your past.

See YOU in the Challenge!