

Women's Reproductive Health, Hormones & The Menstrual Cycle: Handout

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Purchase a copy of my Align Your Cycle Journal

A cycle syncing journal for aligning your nutrition, mindset & self-care practices with your menstrual cycle phases.

Use the code: Teach&Learn for a \$3 Coupon

<https://www.ashemilkovicntp.com/store/p2/align-your-cycle-journal.html>

Book a Strategy Session with Me:

This virtual 2hr session is an opportunity to dive deep into your unique situation and formulate a complete nutrition, lifestyle & wellness plan that you can manage all on your own. It includes an additional complementary 30-minute follow up session to answer any lingering questions and to ensure your longterm success. To book, please schedule a discovery call by visiting the link:

<https://www.ashemilkovicntp.com/contact.html>

To learn more about the programs & services I offer please visit:

<https://www.ashemilkovicntp.com/programs.html>

- Books/Additional Learning:

- *Period Repair Manual* by Lara Briden
- *The 5th Vital Sign* by Lisa Hendrickson-Jack
- *Taking Charge of Your Fertility* by Toni Weschler
- *Beyond the Pill* by Dr. Jolene Brighten
- *Period Power* by Maisie Hill
- *Hormonal* by Martie Haselton

- *It Starts with The Egg* by Rebecca Fett
- *Wild Power* by Alexandra Pope & Sjanie Hugo Wurlitzer
- *Her Blood is Gold* by Lara Owen
- *WomanCode* by Alisa Vitti
- *Our Stolen Future* by Theo Colborn, Dianne Dumanoski, & John Peterson Myers
- *The Fertility Friday Podcast* by Lisa Hendrickson-Jack
- The DUTCH Website Webinars & Podcasts: <https://dutchtest.com>
- The Association of Fertility Awareness Professionals:
<http://www.fertilityawarenessprofessionals.com>