

JUST:START Balancing Hormones
My Wish List

I am not a qualified nutritionist or medical professional. I have combined my personal research and experience with advice from a best friend, Suzi Smith (who knows far more than I do about this whole hormone balancing game!) to bring you a useful wish list of vitamins, supplements and everyday swaps to JUST:START balancing your hormones (like we've been doing). Links to products are included for ease and it may be worth noting that we both have everything here (it took a while!). Use information in the challenge videos to JUST:START figuring this stuff out and finding your way... the videos will give you the WHY DO I BOTHER? info you'll need. Please consult a medical professional for advice before undertaking any new exercise, supplement or diet regime if you are at all unsure of anything I have shared – your health and safety is my priority.

Our Top 5 Supplements (maybe JUST:START with first 3):



Our favourite everyday swaps and/or additions:



Love Kelly x