

## Summary and Recommendations

Thank you for taking the time to complete our Comprehensive Health Assessment. We have taken into consideration all your selections and chosen the most appropriate products to act as tools to manage your symptoms. At the same time we strongly suggest you get a copy of the Happy Healthy YOU book which is a reference point to start to implement the health philosophy which has helped over 200,000 people over 10 years. In addition to these products you may also want to focus on specific areas of your body. We have provided additional product options and advice for each of these areas below.

### Your Prescription

Based on your results here are our top recommendations



#### Happy Hormones

\$114.99

[Buy now](#)



#### Happy Liver

\$34.99

[Buy now](#)



#### Happy Period

\$87.99

[Buy now](#)

## Assessment Results

Menstrual mild



## Menstrual profile

This section of the Report relates to your answers about your monthly cycle, the regularity of your cycle, and whether you have any associated symptoms.

### Painful periods

You noted that you suffer from painful periods. The first step is to determine any possible pathology such as Endometriosis, Adenomyosis, Premenstrual Dysphoric Disorder (PMDD) or Polycystic Ovarian Syndrome (PCOS).

In most cases though, it's a simple imbalance; and beginning an anti-inflammatory diet while **balancing your hormones**, resolves the pain. Many women comment that their periods arrive without warning, pain-free and with minimal discomfort after starting **Happy Hormones**. This is normal and how all bleeds should be.

Here is a good article on inflammatory foods:

<https://hhy.link/inflamae375f>

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### Tender or painful breasts

You indicated breast lumps and/or tenderness. Tender breasts are usually a sign of excess oestrogen. When oestrogen levels are unopposed by adequate progesterone, then tissues carry more fluids. This also affects breast tissue, giving the characteristic larger breasts leading up to the period. But it can also cause breast lumps or tenderness.

**Balancing your hormones** and supporting proper metabolism of oestrogen removes this sensation.

This article provides more information about breast tenderness:

<https://hhy.link/tender-bre8b70>

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## Our Recommendations

You have indicated that you have a number of symptoms associated with your menstrual cycle. Menstrual symptoms are very common however not normal and this does not mean you need to suffer. We have developed a system to effectively manage menstrual cycle symptoms which is a combination of diet, lifestyle and some natural medicines where needed to assist in regulating hormonal control. Our approach deals with the underlying factors contributing to your symptoms and not just a bandaid approach. We encourage you to work closely with our team of women's health experts to get the best results.



### Happy Period

\$87.99

[Buy now](#)



### Happy Liver

\$34.99

[Buy now](#)



### MSP | Magnesium | Sleep | Pain

\$54.99

[Buy now](#)

### Digestion & Liver mild



# Liver & Digestive System

This section of the Report relates to your answers relating to symptoms of any digestive or liver issues or problems, etc.

## Bloating after meals

You mentioned that you experience bloating after meals. This is a common sign of reduced digestive capacity or food intolerances. By following the **8-Week Program**, which has many digestive aids, your digestion will improve and the bloating will subside.

Taking **Apple Cider Vinegar** (ACV) before meals will strengthen your digestive capacity, as will **ginger tea**.

Here are some more ideas on how to overcome bloating:

<https://hhy.link/howto01195>

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## Nausea after fatty foods

You indicated that you can feel nauseous after consuming fatty foods. This indicates poor gall bladder function, and sometimes liver function too. We recommend you start by removing all poor quality saturated fats and trans fats from your diet. Include bitter foods daily which stimulate proper bile production. A gall bladder flush can also be beneficial for some, but must be conducted under the supervision of a qualified Naturopath.

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## Our Recommendations

You have indicated a number of symptoms associated with your digestion and liver function. Both organs work synergistically and optimising digestion and liver function is vital for hormonal health and overall health. When your digestive tract and liver are not working efficiently, your body becomes sluggish and inflammation levels start to increase affecting many systems in the body. We have a range of products and programs which can improve digestive and liver health.



Happy Liver

\$34.99

Buy now



## Happy Digestion

\$65.99

[Buy now](#)