

## 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 Weight

\$54.99

[Buy now](#)



#### MSP | Magnesium | Sleep | Pain

\$54.99

[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.

### Premenstrual fluid retention

You indicated bloating or fluid retention. For this question, we're referring to bloating that occurs for several days, rather than just after eating.

Fluid retention is a sign of oestrogen dominance. Oestrogen which is not well-balanced causes fluids to accumulate in a range of tissues, making you feel uncomfortable and unhappy with your appearance. One of the best short-term remedies for fluid retention - apart from **balancing your hormones** - is **vitamin B6**, which helps the body to quickly breakdown excess oestrogen.

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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

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### Happy Weight

\$54.99

Buy now



### MSP | Magnesium | Sleep | Pain

\$54.99

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Peri/Menopausal mild



## Peri/Menopausal Profile

This section of the Report relates to your answers concerning any symptoms or signs of perimenopause and menopause, such as hot flashes, irregular periods, aches & pains, etc.

### Hot flashes

You indicated that you suffer from hot flashes. They are a typical symptom of menopause and often dramatically affect the quality of one's life.

Hot flashes occur both in women approaching menopause (peri-menopause) and those already in menopause. Usually, the severity of hot flashes is linked to the amount of stress someone

has experienced over the past 10 years. The reason being that the adrenal glands - which take over sex hormone production during this time - are busy prioritising the production of cortisol rather than oestrogen.

Whilst **Happy Hormones** assists with reducing hot flushes, it's still very important to engage in regular **exercise, yoga** and **meditation** while avoiding triggers like sugar, caffeine, alcohol, spicy foods, antibiotics and dehydration. We often recommend taking **Happy Hormones** twice a day in powder form, or 4 capsules per day, to start to get the flushes under control.

This article explains how to manage hot flushes during menopause:

<https://hhy.link/managde2f3>

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## Aches & Pains

You indicated some level of joint pain. Aches and pains are a characteristic symptom of people suffering from conditions like fibromyalgia, rheumatoid arthritis, osteoarthritis or any other joint associated condition.

Joint pain is also very typical in women going through perimenopause and menopause. As your hormones balance, so too will your joint pains.

This article explains how Turmeric can help reduce inflammation and joint pain:

<https://hhy.link/turmeb79fc>

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## 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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## 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

Mindfulness/Sleep mild



## Mindfulness/Sleep

This section of the Report relates to your answers concerning any symptoms or signs of poor sleep, stress and general mindfulness.

### Stress

You've indicated the presence of stress.

Chronic stress is one of the most common disruptors of our hormonal balance. Although it is common and pervasive throughout our society, it's important to take it seriously and recognise the impacts upon your health.

**Yoga, meditation, exercise, adequate sleep, and avoiding stimulants** help to manage your levels. It's essential to make your health a priority, rather than always looking after everything and everyone else. Life will always throw stressful situations at us - it's about how we cope and manage the stress that determines our health outcomes.

This article may give you some more ideas on how to manage stress:

<https://hhy.link/impor3d0f>

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### Quality of sleep

You mentioned you're not sleeping well. Sleep is one of, if not the most important factors for balancing your hormones.

Your whole circadian rhythm is linked to your endocrine system in a complex play. Hormonal imbalance will result in poor sleep quality or insomnia, and a lack of sleep will contribute to hormonal imbalance. Sleep is integral to well-balanced hormones.

Begin by engaging in daily exercise; avoid all stimulants such as caffeine, and consider **yoga** and **meditation** to move you towards sleeping soundly.

Read this article for more useful tips on improving your sleep:

<https://happyhealthyyou.com.au/search?q=quality+sleep>

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## Our Recommendations

Mindfulness and sleep are two of the four pillars of health which are vital to lead a healthy and vital life. You have indicated a number of symptoms and actions which can be affecting your sleep patterns or mindfulness. In addition to breathing exercises, meditation, moving your body regularly and being aware of how stress can impact your health. We encourage you to spend time to refocus yourself on healthy sleep practices and being aware of the impact of stress on your overall health. We have a range of products which can be helpful support tools in combination with the right diet and lifestyle choices. We know it can be difficult, yet spending that time focusing on this area can often mean the difference between getting improvements in your health or not.



### MSP | Magnesium | Sleep | Pain

\$54.99

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### Happy Calm

\$59.99

[Buy now](#)

## Weight Management moderate



## Weight Management

This section of the Report relates to your answers concerning any symptoms or signs relating to weight gain.

### Weight loss

You indicated that you need to better manage your weight. Sustaining a healthy weight is more complicated than calories in, calories out. There are many blocks which can prevent us from achieving our goals. Hormonal imbalance is the most common one, and this is where **Happy Hormones** can help.

Other blocks include insulin resistance, environmental toxins, inadequate exercise, medical interventions, thyroid function, nutrient deficiencies, adrenal insufficiency, and poor gut health. Combining **Happy Weight** with our **28 Day RESET Program** addresses some of the blocks, and paves the way for sustainable weight loss.

You can sign up for the **28-Day RESET Program** here:

<https://hhy.link/reset-d1s>

You can read more about some of the blocks to weight loss here:

<https://hhy.link/whati27c40>

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## Sugar cravings

You mentioned you have sugar cravings. Whilst these can be a sign of hormonal imbalance occurring at certain times throughout your menses, other factors can also be at play. These factors include nutrient deficiencies, blood sugar fluctuations, poor bacteria in the gut, stress & inflammation. All of which further contribute to a state of hormonal imbalance.

One of the keys to successfully treating hormonal imbalance is to minimise sugar intake since blood sugar fluctuations influence hormonal imbalance. For those who find they need extra support, supplementation with **Chromium Picolinate, Magnesium, Lipoic acid, Berberine** and **Bitter Melon** can be useful.

You can find out how to beat your sugar cravings in this article:

<https://hhy.link/sugar5d829>

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## Our Recommendations

You have indicated that you may have some issues maintaining your weight. You certainly are not alone. We can assist you to manage your weight in a healthy and sustainable manner. Our approach is not a quick fix, but focusing on the principles of the Happy Healthy YOU book which are Sleep, Diet, Exercise and Mindfulness. When you get these 4 elements working in the right balance, weight loss is a natural effect. A healthy body with the right diet and lifestyle selections naturally regulates your weight. We also have many tools you can use to manage your weight.

\*Include a link to the Happy Weight Program.

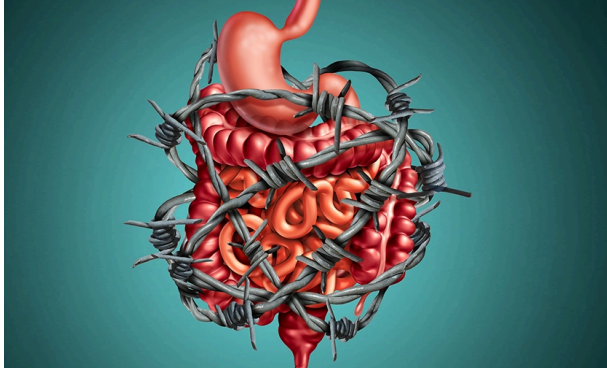


Happy Weight

\$54.99

Buy now

Inflammation **mild**



## Inflammation

This section of the Report relates to your answers concerning any symptoms or signs associated with elevated inflammation which is a primary driver of chronic illnesses.

### Aches & Pains

You indicated some level of joint pain. Aches and pains are a characteristic symptom of people suffering from conditions like fibromyalgia, rheumatoid arthritis, osteoarthritis or any other joint associated condition.

Joint pain is also very typical in women going through perimenopause and menopause. As your hormones balance, so too will your joint pains.

This article explains how Turmeric can help reduce inflammation and joint pain:

<https://hhy.link/turmeb79fc>

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Skin, Hair & Nails **moderate**



## Skin, Hair & Nails

This section of the Report relates to your answers concerning any symptoms or changes in your skin, hair or nails.

### Itchy skin

You indicated you have itchy skin. An overburdened or sluggish liver and poor digestive function can result in itchy skin. Itchy and sensitive skin are also both very common during perimenopause and menopause. A new area of science which may explain why your skin may be itchy relates to the bacterial balance in your skin and is called the skin microbiome.

We explain more about the skin microbiome in this article:

<https://hhy.link/thesk87add>

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## Our Recommendations

You have indicated a number of symptoms associated with your skin, hair and nails. Generally, the healthier your internal body, the better the quality of your skin, hair and nails. We have a range of options that can assist you to improve the quality of your skin, hair and nails. Our Optimal Skin Program contains all the foods you should be consuming for skin wellbeing and anti-aging. You can incorporate these foods into your everyday diet. Then we suggest a combination of internal skin nutrients in Happy Collagen with the Happy Skin range which is a cosmeceutical range with probiotics for optimal skin health.



### Happy Liver

\$34.99

Buy now



## Happy Collagen

\$65.99

[Buy now](#)



## Happy Digestion

\$65.99

[Buy now](#)