

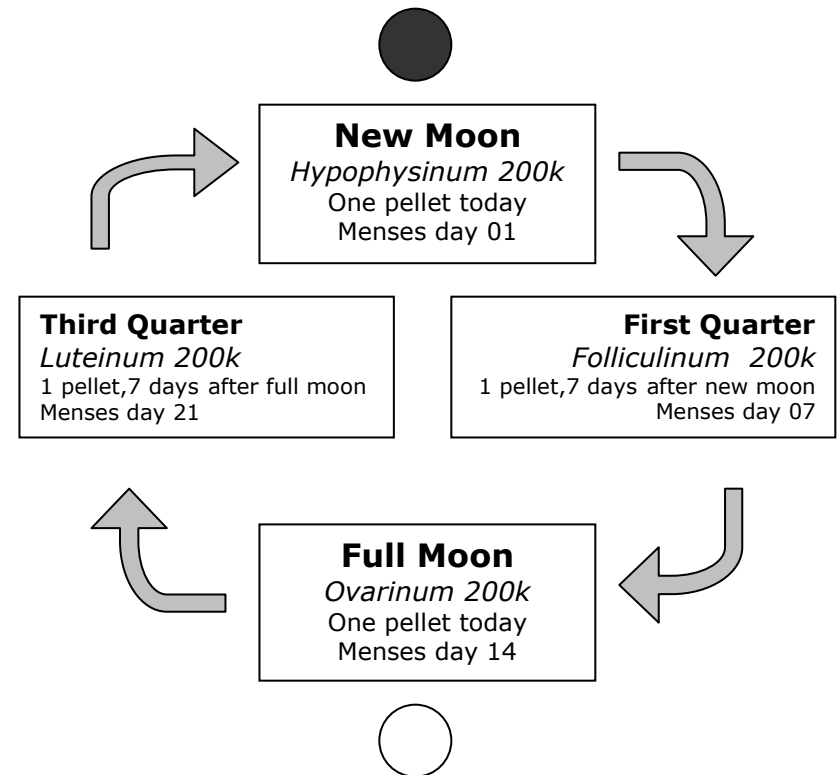


Shelby Worts ND

Moon Cycle Calendar

In order to regulate your cycle or to support hormone levels, use the following homeopathic protocol according to the moon / menses cycle.

New Moon <i>Hypophysinum 200k</i> One pellet	Full Moon <i>Ovarinum 200k</i> One pellet
Saturday Dec 24th 2011	Monday Jan 9th 2012
Monday, January 23rd	Tuesday February 7th
Tuesday February 21st	Thursday March 8th
Thursday March 22nd	Friday April 6th
Saturday April 21st	Saturday May 5th
Sunday May 20th	Monday June 4th
Tuesday June 19th	Tuesday July 3rd
Thursday July 19th	Wednesday August 1st
Friday August 17th	Friday August 31st <small>blue moon</small>
Saturday September 15th	Saturday September 29th
Monday October 15th	Monday October 29th
Tuesday November 13th	Wednesday November 28th
Thursday December 13th	Friday December 28th



Additional Hormonal Support:

1. Drink plenty of filtered water; half your body weight (lb) in ounces (oz).
2. Add fiber-rich foods to your diet or a supplement to help support bowel excretion of hormones.
Eg. Psyllium, ground flax, oat bran, guar gum, glucomannan, etc
3. Make sure you are having an easy bowel movement, at least once daily.
4. Eat ample cruciferous vegetables (broccoli, cauliflower, rapini, cabbage, bok choy, kale, watercress, etc)