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VA EMPOWERMENT



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**April 15th 2021: Understanding Your Period with  
The Period Lady, Nicole Jardim**

Where can you start when it comes to figuring out period problems? Lots of us grew up believing that birth control pills are the silver bullet to fix your period. Unfortunately, by preventing ovulation, hormonal birth control only masks the underlying issue, potentially delaying the diagnosis of serious conditions. On top of that, whether you want to get pregnant or not, consistent ovulation is important for hormone production, which is critical for so many areas of our health from cognitive function to heart health, sleep regulation, and more. The period fixer, Nicole Jardim, wants us to u

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### Featured Guest



#### Nicole Jardim

Nicole Jardim is a Certified Women's Health Coach, writer, speaker, mentor, and the creator of Fix Your Period, a series of programs that empower women to reclaim their hormone health using a method that combines evidence-based information with simplicity and sass. Her work has impacted the lives of tens of thousands of women around the world in effectively addressing a wide variety of period problems, including PMS, irregular periods, PCOS, painful & heavy periods, missing periods and many more. Rather than treating problems or symptoms, Nicole treats women by addressing the root cause of what's really going on in their bodies and minds. Nicole is the author of Fix Your Period and the co

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