

Don't Let Menopause Take Control of Your Life!

Empower yourself instantly with Dr. Helen Wood's quick and easy time-tested holistic techniques for getting your premenopausal & menopausal symptoms under control.

Whether it's weight gain, flashes, fatigue, irritability, mood swings, self esteem, body issues, stress, decreased sex drive, and/or hyper-sensitivity, you'll get exactly what you need when you attend this customized group-centered hands-on workshop.

Get the support, guidance, and answers you're looking for.

It's time to get your life back.

See what hundreds of women are raving about...

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Women's Midlife Renewal

A Holistic Approach to Transform
Midlife Mayhem to Magnificence

Are you a Slave to your Hormones?

Stop the Menopause Madness!

**“PreMenopause & Menopause:
7 Simple Steps
to Midlife Renewal”**

This Groundbreaking New Workshop helps you to break the chains of midlife hormonal changes with **PROVEN**, Practical Non-Invasive Holistic Healing Techniques and Strategies.

In this workshop, you'll discover how to:

- Instantly assess what's going on with your body
- Eliminate 'hormone therapy options' confusion
- Read 'the signs' so you know exactly what to do
- Differentiate between Pre- & Full Menopause
- Ease the 'midlife crisis' using this simple system
- Regain control of your life...Now
- Navigate each change & mood with confidence
- Reduce and prevent your symptoms naturally
- Awaken 'inner whole healing' at will
- Boost your sex drive & recharge your passion
- Neutralize your hot flashes sizzling fast
- Vanquish stress and irritability without drugs
- Feel 'juicy' and attractive whenever you choose



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Menopause is a Bitch... But She Doesn't Have to Be

Hot flashing?
Gaining Weight?
Cranky?
Night sweats?
Loss of Libido?

Mood Swings?
Can't Sleep?
Irregular Periods?
Feeling loopy?
Losing Your Mind?

It's enough to drive you insane!

No matter what phase you're in...
Pre, Peri, Meno, Post, and all others in
between...you just want some normalcy and
consistency back in your life.

Heck, you just want to eat a cookie without
gaining 7 pounds and bawling your eyes out.

Get the Answers You Crave

So many women just like you are confused and
overwhelmed about what to do.

With so much information (and misinformation)
out there regarding your 'midlife changes,' you
just don't know who to turn to what to believe.

You just want to cut through all the noise and
get the straight, sure-fire answers you're looking
for...without wasting any more time or money on
unnecessary tests, pills, and appointments.

You deserve a break from all the ups and downs
and hot and cold and crazy-making mood shifts.

Fortunately, now there's someone who KNOWS
exactly what you're going through AND has the
solution to your challenges.

It's time to end all the tears and frustration
related to your body issues, emotional stress,
and mental well-being...and move from

Midlife Mayhem to Magnificence!



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Midlife Mayhem to Magnificence

Finally Get Off The Menopause Merry Go Round

"Pre-Menopause & Menopause: 7 Simple Steps to Midlife Renewal"

When you attend this life-changing experiential
and **Interactive Workshop**, you'll feel...

Inspired	Free	Empowered
Confident	In Control	Vibrant
Re-Vitalized	Sexy	Centered

Choose the Workshop That's Right For You!

6 Week Course... 90 minutes once a week for
the busy working woman and mom.

1 Day Intensive... Total immersion for those
ladies bold enough to get to the core of
menopause and reign it in...in one fell swoop.

Your Choice...Only \$497

*Limited time offer at this price. Maximum class
size 15 women. Spots fill up FAST!

Dates, Times, & Locations Vary
Call NOW to reserve your spot!
972-459-2658



Dr. Helen Wood, MD, one of the country's Top
100 physicians AND holistic practitioners
specializing in women's midlife hormonal and
body changes, has created this customized and
revolutionary workshop just for you.

Helen integrates the best of cutting edge
western medicine with holistic, alternative
techniques...so that no stone is left unturned
when it comes to your health, well being, and
peace of mind.

Dr. Wood excels as *the* national authority on
female health and body issues in all its
manifestations... physical, emotional, and
psychological.

Helen compassionately guides you to harmonize
all facets of yourself...mind, body, heart, soul,
and spirit...with the goal of finding balance and
healing from within.

At last, you'll feel IN CONTROL instead of 'out
of your mind' as you journey through your midlife
transformation.

Want to schedule personal one on one time with
Dr. Wood?

Then take advantage of this 60 minute
**"Menopause Magnificence Discovery
Session."**

Call 972-459-2658 today. Make sure to mention
"Discovery Session" for special pricing.