

FREE DOWNLOAD

Health and Wellness Simplified.



**A
SIMPLIFIED
GUIDE**

KNOW YOUR BODY AT EVERY STAGE

A RESOURCE BY SIMPLY PRE'FER

WELCOME TO THIS SIMPLIFIED GUIDE!

Here's a sneak peek into some of the information you'll receive in every info session, course, and guide! There's nothing that should be off limits to us girls knowing our bodies and how they function. I put together some great info about what our bodies can do during different stages and cycles in our lives. Enjoy this free guide and stay in the know about upcoming courses, sessions, and new material coming soon!

~Denechia, Your Favorite Coach



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Menstrual Phases:

CYCLE SYNCING @HER_RED_DOT

Menstrual Phase

3-7 days. Low energy and all hormones levels drop (low estrogen and low progesterone); low oil production. Do light exercises and eat warm, iron-rich foods (soup etc).

Follicular Phase

7-10 days. Increase in estrogen and other hormone levels ; skin rebalances. Increase in energy levels (increase in creativity, tasks, and brainstorming). Do cardio-based workouts (light running, dancing etc) and eat foods that are high in protein, leafy greens and foods high in Vitamin E.

Ovulatory Phase

3-4 days. Estrogen peaks; skin recalibrates (strong and plump). High intensity/high impact workouts; mood increases. Consume foods such as cruciferous veggies and magnesium rich foods that support the liver.

Luteal Phase

10-14 days. Progesterone increases. There is high oil production; more prone to breakouts with reduced skin barrier function. Energy levels drop with increase in metabolism. Low impact workouts with consumption of Earthy foods/soups/root veggies and foods high in Vitamin C.

Birthing Time

MATERNITY AND PREGNANCY COACHING

1

How to prepare before pregnancy; first time pregnancy; trimesters; body morphia and more



Learn about your pregnancy hormones; nutrition; vitamins needed and more.

2

Maternity leave coaching; healthcare decisions, birthing options and more.

3



4

Preparing for labor; complications, childbirth, medications, and how to consult your physician

5

Postpartum, breast-feeding, health check ups, returning back to work, next steps and more.





FERTILITY COACH



1

Both men and women can be infertile. Black women have higher rates of infertility and lower rates of utilization service. Why?



2
Debunk cultural stigmas that surround minority infertility. Holistic and evidence-based research to create YOUR plan

2

3

3
Become educated on your hormones, nutrition and lifestyle changes that can support your fertility journey



4
Faith, Medicine and Healthcare can coexist for treatment plans #knowledge and #miracles

4

5

5
The hopeful goal is to conceive and carry full term



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