Dr. Dale's
WELLNESS CENTER

HEAL • OPTIMIZE • THRIVE
A HEALTHIER TOMORROW, NATURALLY

Female Hormone Balance (Topical)

REJUVENATION PROTOCOL PACK

HORMONE HARMONY • METABOLIC SUPPORT • DETOX & REJUVENATION • WHOLE-BODY WELLNESS

PROTOCOL OVERVIEW

The Female Hormone Balance & Rejuvenation Protocol (Topical) is a comprehensive non-HRT program combining the NuFem topical hormone rejuvenation system with sublingual endocrine support and a full body detox kit for whole-body hormone harmony.

KEY BENEFITS

- ✓ Topical homeopathic hormone rejuvenation system
- ✓ Cycle-aligned NuFem 1-2-3 program
- ✓ Supports female endocrine health
- ✓ Includes a complete Full Body Detox Kit
- ✓ Supports healthy aging and vitality

WHAT'S INCLUDED



NuFem #1 Progesterone (Topical Spray)
Transdermal homeopathic progesterone support.



NuFem #2 Estrogen (Topical Spray)
Transdermal homeopathic estrogen support.



NuFem #3 Testosterone (Topical Spray)
Transdermal homeopathic testosterone support.



#13 Female Endocrine (MBM)
Supports overall female endocrine health.



BioAge Reverse
Supports healthy aging, cellular repair and vitality.



Liver Pro
Full Body Detox Kit: liver detoxification and bile flow.



Kidney Pro
Full Body Detox Kit: kidney function and fluid balance.



Whole Body Immune Defense
Full Body Detox Kit: immune function and wellness.



Colon Pro
Full Body Detox Kit: regular elimination support.

DAILY DOSAGE SCHEDULE

PRODUCT	AM (Upon Rising)	BREAKFAST (With Meal)	MID-MORNING (Between Meals)	LUNCH (With Meal)	MID-AFTERNOON (Between Meals)	DINNER (With Meal)	BEFORE BED	NOTES
NuFem #1 Progesterone (Topical)	2 sprays						2 sprays	5 days on, 2 days off. Begin per cycle guide.
NuFem #2 Estrogen (Topical)	2 sprays						2 sprays	5 days on, 2 days off. Begin per cycle guide.
NuFem #3 Testosterone (Topical)	2 sprays						2 sprays	5 days on, 2 days off. Begin on Day 1 of cycle, use all month long.
MBM Female (Female Endocrine)	5 drops						5 drops	Sublingual. All month long, Monday-Friday.
BioAge Reverse	5 drops						5 drops	Sublingual. All month long, Monday-Friday.

FULL BODY DETOX KIT (INCLUDED)

PRODUCT	AM (Upon Rising)	BREAKFAST (With Meal)	MID-MORNING (Between Meals)	LUNCH (With Meal)	MID-AFTERNOON (Between Meals)	DINNER (With Meal)	BEFORE BED	NOTES
Liver Pro		3 capsules		3 capsules		3 capsules		With meals. Monday-Friday, weekends off.
Kidney Pro		3 capsules		3 capsules		3 capsules		With meals. Monday-Friday, weekends off.
Whole Body Immune Defense		3 capsules		3 capsules		3 capsules		With meals. Monday-Friday, weekends off.
Colon Pro		1-2 capsules		1-2 capsules		1-2 capsules		With meals. Daily, all week.

PROTOCOL NOTES

- Eliminate sugar.
- Apply NuFem sprays to thin-skin areas, rotating sites.
- Follow the 5 days on, 2 days off rhythm for the NuFem system.
- The included Full Body Detox Kit runs with meals, Monday-Friday, alongside the hormone program.
- Stay hydrated and support elimination daily.

LAB RECOMMENDATION: SALIVA HORMONE TEST

Assess estrogen, progesterone, testosterone, cortisol and other key markers to identify imbalances and personalize your protocol.

PURCHASE SALIVA HORMONE TEST

JOIN OUR SKOOL COMMUNITY

For education and ongoing protocol support, join the Diana M Drake Natural Medicine Community on Skool.

JOIN NOW

NOURISH • BALANCE
RESTORE • LIVE WELL

PURCHASE PROTOCOL

Wellness Starts Within

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Consult the product label for full ingredient and usage information.