Dr. Dale's
WELLNESS CENTER

HEAL • OPTIMIZE • THRIVE
A HEALTHIER TOMORROW, NATURALLY

Ovarian Cysts & Cycle Irregularities Protocol Pack

90-DAY CYCLE SUPPORT

REGULATE • DETOX • REBALANCE • RELIEVE

PROTOCOL OVERVIEW

Designed to support women who suffer from painful menstrual cycles, ovarian cysts, irregular cycles, negative symptoms before and during the cycle, excess dark facial hair, insulin resistance and stubborn belly fat.

KEY BENEFITS

- ✓ Supports balanced blood sugar and excess androgen levels
- ✓ A full 90-day detox of the liver, kidneys, colon and immune system
- ✓ Homeopathic hormone rejuvenation with NuFem #1, #2 and #3
- ✓ BioAge Reverse and the female emotional remedy for cycle-timed support
- ✓ Complete cycle-based schedule plus diet and lab recommendations

WHAT'S INCLUDED



Skin Naturopathics Hormonal Breakouts
Supports balanced blood sugar and excess androgen levels.



Liver Support & Detox Formula (Liver Pro) x2
Liver support and detox balance.



Kidney Support & Detox Formula (Kidney Pro) x2
Kidney support and fluid balance.



Whole Body Immune Support Formula x2
Immune support during the detox.



Colon Support & Detox Formula (Colon Pro)
Regular elimination support.



NuFem #1 Progest (Topical Spray)
Homeopathic progesterone support.



NuFem #2 Estro (Topical Spray)
Homeopathic estrogen support.



NuFem #3 Testos (Topical Spray)
Homeopathic testosterone support.



BioAge Reverse
Cellular repair and healthy aging support.



MBM/NER Female (#13 Female Endocrine)
Female endocrine emotional remedy.

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
Hormonal Breakouts		2-5 capsules		2-5 capsules		2-5 capsules		With meals, 3x daily.
Liver Pro		3 capsules		3 capsules		3 capsules		With meals, 3x daily. 90 days, then quarterly.
Kidney Pro		3 capsules		3 capsules		3 capsules		With meals, 3x daily. 90 days, then quarterly.
Whole Body Immune Support		3 capsules		3 capsules		3 capsules		With meals, 3x daily. 90 days, then quarterly.
Colon Pro		1-2 capsules		1-2 capsules		1-2 capsules		With meals, 3x daily. 90 days, then quarterly.
NuFem #1 Progest	1-2 sprays						1-2 sprays	AM and PM on the second half of the cycle only.
NuFem #2 Estro	1-2 sprays						1-2 sprays	AM and PM from day 1 of the cycle. 5 days on, 2 days off.
NuFem #3 Testos	1-2 sprays						1-2 sprays	AM and PM from day 1 of the cycle. 5 days on, 2 days off.
BioAge Reverse	5 drops						5 drops	AM and PM from day 1 of the cycle. 5 days on, 2 days off.
MBM/NER Female	5 drops						5 drops	AM and PM from day 1 of the cycle. 5 days on, 2 days off.

PROTOCOL NOTES

- If cycle days are unknown due to abnormal cycles, day 1 of the calendar month counts as day 1 of the cycle. Follow until the end of the month and repeat on a new month using the first day as day 1.
- After 90 days on the detox (Kidney, Colon, Immune and Liver products) you can take a break. Repeat the detox once quarterly.
- Avoid processed sugar and anything that spikes blood sugar (high-glycemic foods), caffeine, and processed carbs like bread, pasta, crackers and baked goods.
- Focus on protein to balance blood sugar.

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.