



The Hormone Sweet Spot™ Course

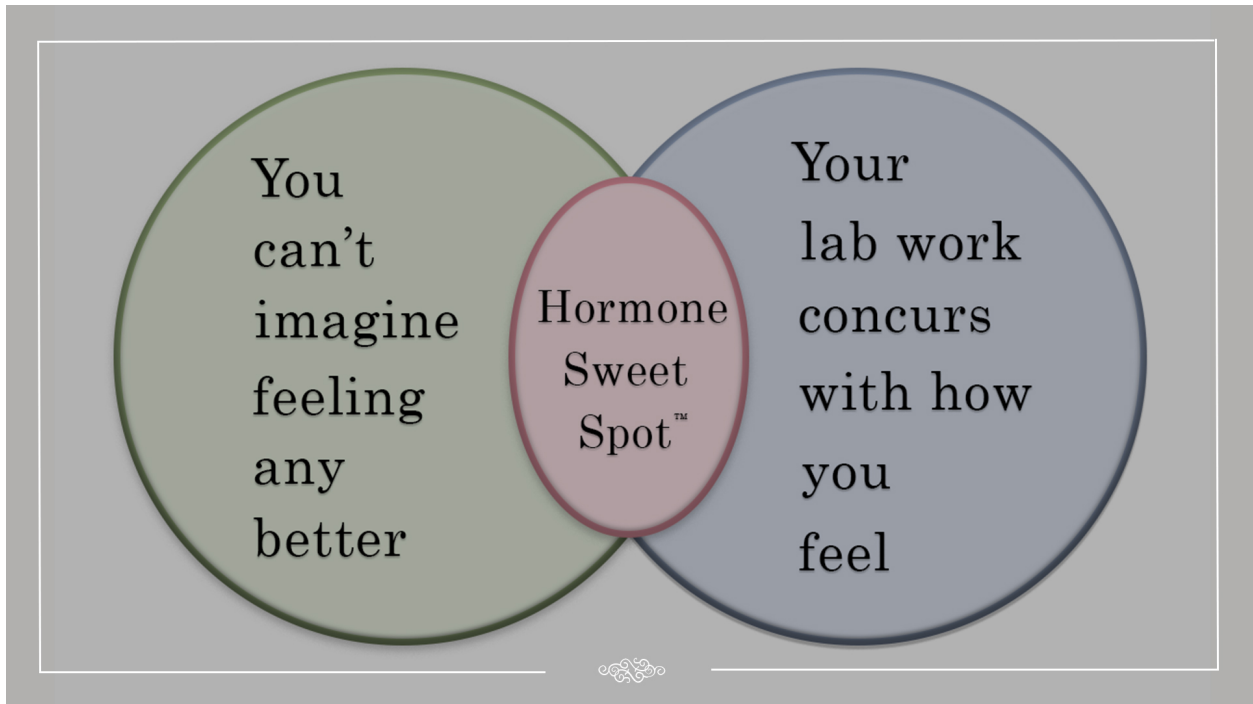


Welcome & Thank You



Thank you for downloading this brochure. In it you will find information on the Hormone Sweet Spot™ Course. I hope you find it helpful.

Moxie.



What Is The Hormone Sweet Spot?

The **Hormone Sweet Spot™** is a place of measurable hormonal balance where a woman cannot imagine feeling any better than she does, and her blood serum lab levels are in the appropriate optimal ranges.

Getting your hormones balanced to your Hormone Sweet Spot™ is a process over a period of time of doing the right things and taking the right things. This course is designed to educate you on what those things are and how they should be done.

This course is for women who are truly serious about getting their hormones balanced.



About This Course

The Hormone Sweet Spot™ is a destination of optimal hormone balance. It is a process dependent upon four supercritical factors:

1. The right diet
2. The right lifestyle
3. The right hormone doctor
4. The right hormone replacement therapy



The Hormone Sweet Spot™ Course is a simple yet comprehensive professional hormone balancing program for women who want to get their hormones balanced and keep them balanced.

This lifestyle medicine course was developed over a decade out of a hormone medicine clinic by female hormone balancing professionals.

It is specifically engineered for generally healthy women between the ages 20-60 who want know what they could do to balance hormones to never experience Menstrual Cycle Dysfunction, PMS, Perimenopause, or Menopause in their lifetime.

This hormone balancing course is also a blueprint for women who want to know what it takes to get their hormones balanced in a manner so they can prevent menstrual dysfunction, PMS, perimenopause and menopause for as long as they wish.

It is the most clinically effective female hormone balancing course offered anywhere by anyone.

This course is not about managing the symptoms of your hormonal imbalance; it is a roadmap to get rid of your hormone imbalances for good.



Course Content

The Hormone Sweet Spot™ Course is filled with information to help you learn and retain information so you can understand what it takes to get your hormones balanced.

The content in this course is under continuous evolution as new hormone balancing information and technology become available .

Below is an outline of content in this course.



- **13 Module Digital Course**—delivered in my online hormone coaching clinic classroom, you can take the course at your own pace and as many times as you want for the life of the course.
- **Tips & Recommendations**—to enhance your learning experience and give you direction to make better choices for optimal hormone balancing.
- **Bonus Material**—you will get hormone balancing and hormone coaching bonus material not offered in other courses.
- **Mentioned Resources**—you will receive links to recourses and recommendations to help you get your hormones balanced and aid the journey to the Hormone Sweet Spot™.
- **PDF Handouts**—there are handouts in most modules to help you navigate your hormone balancing journey and enhance your knowledge on optimal female hormone balancing.



Module Outline

Getting hormones balanced the right way takes concerted effort and is a multi-factorial journey that involves:

- ❁ Doing the right things
- ❁ Eating the right things, and
- ❁ Taking the right things

Each module is in place for specific reasons with the end goal of you getting your hormones balanced.



Below is a rough outline of the 13 module Hormone Sweet Spot™ Course and what you may expect in each module.

- ❧ **Module 0: The Fundamentals**—in the welcome module you will get some basic housekeeping instruction on what you can expect, where we're going, and how to get the most out of this course.
- ❧ **Module 1: The Foundation**—this robust module lays down the foundation of all to come in the course. You will learn how long it may take to get to your Hormone Sweet Spot™, what kind of medical team to put together, and to how to measure results along the process. This is the most important module in the course where everything else you learn in the course is dependent upon your knowledge of the information in this module.
- ❧ **Module 2: Hormones 101**—this module introduces you to the hormones you will focus on balancing including estrogen, progesterone & testosterone, as well as instruction on how to get rid of and avoid estrogen dominance for good.
- ❧ **Module 3: The Fifth Vital Sign: Healthy Periods**—this module addresses the value of a healthy and regular



menstrual cycle, and gives you the information you need to establish and maintain a healthy menstrual cycle for as long as you like, even if you no longer have all your parts.

❧ **Module 4: Lifestyle & Nutrition For Hormone**

Balancing—there is more to balancing hormones than taking hormone therapy. This module goes over what you need to do get your hormones balanced with the right lifestyle and the right nutrition.

❧ **Module 5: The Estrobolome & Gut Health**

Ecology—in this module you will learn about the estrobolome, how the health ecology of your gut microbiome influences hormone balancing, how to establish a healthy gut, and how to prepare your gut for hormone replacement therapy.

❧ **Module 6: Foods That Disrupt, Foods That**

Balance—this module will clear up any confusion on what you should be eating for effective and sustainable hormone balancing. You will learn what foods help you balance your hormones, foods that cause hormonal imbalance, and what supplements you should take and avoid.



- ❧ **Module 7: Female Stress & Hormones**—in this module you will learn the impact stress has on your hormones and your ability to balance your hormones, adrenal fatigue, and how hormones will increase your coping skills and stress tolerance.

- ❧ **Module 8: Fitness & The Physical Body**—this module address physical fitness in hormone balancing, and how hormones impact the female physical body when maintained in optimal ranges.

- ❧ **Module 9: Hormones, Sleep & Rest**—this module covers the importance of sleep, how sleep and lack of sleep influence your hormones, and the importance of relaxation in hormone balancing.

- ❧ **Module 10: Relationships, Hormones & You**—this module discusses the impact relationships have on hormones and hormone balancing; and how hormones impact you, your friends, your co-workers, your pets, and and your family.



❧ **Module 11: The Mind, Spirit, Hormone**

Connection—this module addresses how hormones impact your brain, your mind, mental illness, your spirit, and your spiritual connections.

❧ **Module 12: HRT, Labs & Doctors**—this module covers hormone replacement therapies, labs & what they mean, optimal levels for hormones, and hormone replacement therapy doctors.

❧ **Module 13: Optimal Hormone Maintenance**—this module discusses the establishment of your Hormone Sweet Spot™, how to keep your hormones balanced, what happens when hormones become out of balance, and how to get them back into balance.



You Will Learn

This is a comprehensive course. That doesn't mean it's overwhelming. It is delivered in a simple and understandable way so you can do what you need to do to get your hormones balanced.

Below are just some of the things you will learn in this course.

- The causes of hormonal imbalance.
- The Four Stages of Perimenopause, the causes of perimenopause, and how to reverse and prevent perimenopause indefinitely.



- The causes of the menopause, the four stages of post-menopause, and how you may reverse it and/or prevent it for as long as you wish.
- The causes of PMS, PMDD, painful periods, menstrual cycle dysfunction, and how to reverse and prevent these conditions for as long as you wish.
- The health benefits of a regular period, and how to establish and maintain a healthy period for as long as you wish.
- The Fifth Vital Sign and how to use it to keep your hormones balanced.
- Hormones; estrogen, progesterone, testosterone, thyroid, cortisol and others.
- The truth about estrogen and why your brain and body require plenty of it.
- The truth about estrogen dominance, the cause of it, and how to reverse and prevent it for good.
- What it means to balance hormones.
- What it takes to balance hormones.



- Why the hormone replacement therapy you are taking now isn't working.
- How to know when your hormones are out of balance, what to do to bring them back into balance, and how to never be hormonally out of balance again.
- [The Panacea Protocol™](#) and how to use it to get to your personal Hormone Sweet Spot™.
- The Four Generations of Hormone Replacement Therapy (HRT), how they work, what you can expect from each, the clinical efficacy of each, and which one might be right for you.
- The Five Clinical Categories of HRT patients, which one you may be, and how it may impact your hormone balancing journey and goals.
- How to put together an effective Hormone Health Team, who should be on it, and how to successfully lead your team.
- How to find the right HRT doctor for you.
- How to talk to your hormone doctor about HRT, and how to articulate what you want to achieve.
- Endocrine disruption, what it is, how it affects your hormones, and how to avoid it.



- Ovarian dysfunction and hypoestrogenism, their side effects, and what you can do about it.
- How to find out if your ovaries are working, and what you can do about it if they are not.
- Lab work; how & where to order them, what to order, when to take them, how to read them, how to use them as a tool to get to your personal Hormone Sweet Spot™, and how to speak with your HRT doctor about them.
- Optimal hormone lab ranges for each hormone and how to obtain those levels.
- The Estrobolome; why it's important, how to optimize it, and how to use it to balance your hormones.
- Which foods aid in hormone optimization and which foods cause hormonal imbalance and chaos.
- How to heal your gut with right foods and the right hormone therapy.
- How to create a personal diet and lifestyle regimen that optimizes hormone performance, and enhances the HRT you're taking.



- What nutritional supplements to take for optimal hormone and gut performance, and which ones cause hormonal imbalances.
- Steps to get your hormones balanced to your personal Hormone Sweet Spot™.
- How to increase your self-esteem, self confidence, and happiness by way of optimal hormone balancing.
- How to lose weight by way of optimal hormone balancing.
- How to have a healthy libido for life.
- How to adjust to your new self after achieving optimal hormonal balance.
- How to never be hormonally out of balance again.



Common Benefits

Getting hormones balanced the right way has many benefits. In fact, it's life changing for most women.

Below are just some of the many benefits of getting your hormones balanced.

- 🌀 **Weight Loss**—enhanced ability to lose weight, lose 10-20+ pounds just by balancing your hormones the right way.



- ☯ **Increased Energy and Metabolism**—sustainable organic energy that lasts throughout the day.
- ☯ **Better Sex**—increased libido, enhanced sensuality, better orgasm, increased sexual response, enhanced pheromone output.
- ☯ **Increased Self Esteem**—increased self-worth, self-confidence, self acceptance, and an increased overall sense of well-being.
- ☯ **Regular Periods**—incident-free and timely periods become normal and healthy, with little to no PMS symptoms.
- ☯ **Quality Sleep**—Easier to fall and stay asleep, wake up feeling rested and ready to take on the day. Better quality sleep.
- ☯ **75% Happier**—depression, anxiety, loneliness, and isolation diminish, increased sense of well-being and feeling alive.
- ☯ **Increased Beauty**—Hair grows and gets healthier, nails stronger, skin smoother, acne and disease free.



- ☯ **Enhanced Brain Function**—increased executive function; cognition & memory increases, brain fog goes away.
- ☯ **Increased Executive Function**—problem solving abilities increase, ability to dream, create, and carry out tasks enhances.
- ☯ **Mental Clarity**—clearer mind. Consistent, sharp, more confident thinking, rationale, and focus. Better decision-making.
- ☯ **Healthier Gut**—better gut microflora balance, gut symbiosis, healthy estrobolome, increased gut function.
- ☯ **Stable Moods**—No more crazy. Moods swings gone. Responses appropriate to situations. Emotionally dependable.
- ☯ **Healthy Relationships**—Communication skills increase, ability to make emotional connections enhances, and like your kids again.



- 👤 **Avoid Menopause**— Reverse and prevent PMS, Early & Premature Menopause, Perimenopause, and Menopause.
- 👤 **Inner Peace**— Increased spiritual connection, inner peace, contentment, emotional freedom, and personal acceptance.

There are many benefits to getting your hormones balance that the list is much too long to list here. Keep in mind, there isn't one function in your body or thought in your head that isn't influenced by your hormone levels.

True hormone balancing leads to true happiness.

The Hormone Sweet Spot™ Course is designed for you to take charge of your own hormone health.

It will teach you what to eat, how to live, how to find a good hormone doctor, and what kind of hormone replacement therapy you need to take to make your Hormone Sweet Spot™ a reality.

The Hormone Sweet Spot™ Course is the most clinically effective female hormone balancing program available anywhere by anyone.

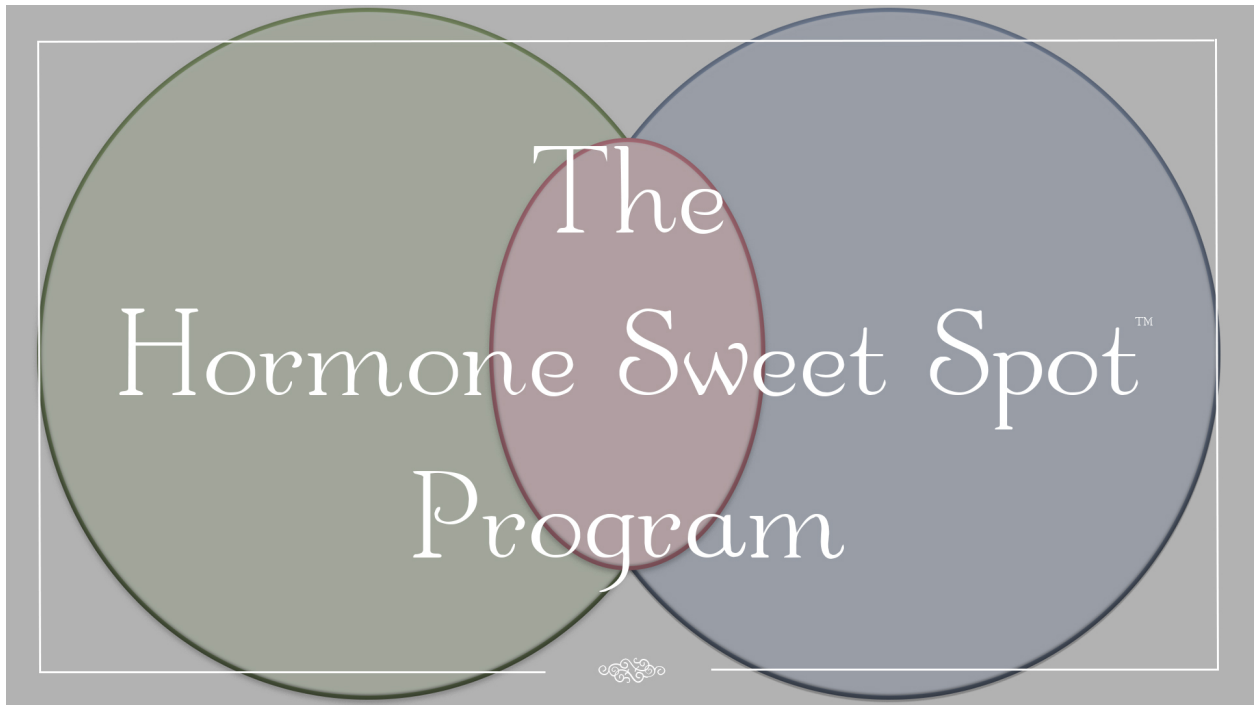


Course Accessibility

At this time, the Hormone Sweet Spot™ Course is currently only offered in my Hormone Sweet Spot™ Program.

It takes more than taking a course to learn how to get your hormones balanced. Guidance and direction from someone who has balanced hormones and helps other women balance hormones enhances your hormone balancing success.

It takes a guided walk-through of the information in the course by a hormone coach experienced in using the course to help clients balance hormones.



The Program

The Hormone Sweet Spot™ Program is a 12 week group immersion designed to help you kick-start your hormone balancing journey to your personal Hormone Sweet Spot™.

Below are three main components of the program:

- 1. Personal Hormone Coaching**—Once you have purchased the program, you will receive a link to schedule a one time one-on-one hormone coaching session with me. This session is conducted in my online professional hormone



coaching clinic. In this session, I will go over your hormone history, current situation, and any lab work. This session allows me to get to know you and your personal hormone balancing goals, and provide direction on what you can do to get you on your way to your personal Hormone Sweet Spot™.

2. **13 Module Digital Course**—The Hormone Sweet Spot™ Course is delivered in my virtual classroom The Moxie Academy on my main website. The course contains thirteen modules delivered every Saturday for 12 weeks. This gives you time to view the content and ready for group hormone coaching later in the week.
3. **Group Hormone Coaching**—Along with personal hormone coaching, you will be a part of a hormone coaching group. These virtual group coaching sessions are conducted in my online hormone coaching clinic platform each week of the program. Every week I will conduct a 45-60 min Zoom group session broken down into three segments:
 1. Key highlights of the weeks' module/s
 2. Hormone coaching tips & recommendations
 3. Question and answer



The goal of the Hormone Sweet Spot™ Program is to give you all the information you need to get you on your way to optimal hormone balancing and your questions answered.

This isn't a program about managing the symptoms of your hormone deficiencies. It is a program to help you fix your hormone deficiencies.

Isn't it time you took your hormone health into your own hands? Find out what it takes to never be hormonally out of balance again. Apply for a spot in the next cohort and start living your dream life only balanced hormones can offer.

The Hormone Sweet Spot™ Program is only offered twice a year. Though open enrollment is two weeks prior to the start of the Program, you may pre-apply to be added to the VIP list which bumps you to the top and considered before anyone else.

To learn more about the Hormone Sweet Spot™ Program, click on button below.

Find Your Hormone Sweet Spot.™

[Click To Learn More](#)



Are You A Health Coach?

Are you a health coach with an interest in getting your hormones balanced and helping other women balance their hormones? If so, becoming a **Clinical Hormone Coach** may be of interest to you.

The Hormone Sweet Spot™ Program is the prerequisite course you need to take to be considered for the clinical hormone coach apprenticeship program.

If becoming a clinical hormone coach interests you, get started with this program now. [Click here](#) to learn more about our Clinical Hormone Coach Apprenticeship Program. Enrollment opens soon.



About Moxie



Marie Hoäg, MBA is a clinical hormone coach, menopause speaker, and HRT practice consultant who has been working in the female hormone medicine industry for nearly two decades.

She has personal experience as a patient and clinical experience as a practicing clinical hormone coach, with all forms of female hormone replacement therapies, and over 15 years of professional education in functional, anti-aging, and female hormone medicine.

In addition to her clinical experience, Marie has a comprehensive background in research in female hormone medicine, estrogen, and estrogen deficiency diseases. Her current areas of professional focus include:

- ♀ Advanced Female Hormone Medicine
- ♀ HRT Clinical Protocol Development
- ♀ The Estrobolome
- ♀ Estrogen & Hypoestrogenism



- ♀ Menses Establishment & Maintenance
- ♀ Perimenopause & Menopause Prevention & Reversal
- ♀ Hormone Practice Consultant
- ♀ HRT Practice & Business Consultant
- ♀ Advanced Female HRT Educator
- ♀ Clinical Application Coach For Prescribers
- ♀ Hormone Coach Training

She is also the founder of [MeNoPause Moxie](#) and [Panacea Sciences](#).

Connect with Moxie on social media. [Facebook](#) [Instagram](#)
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