



Hello,

Let's dig in !!!! Who is excited for today's challenge?!

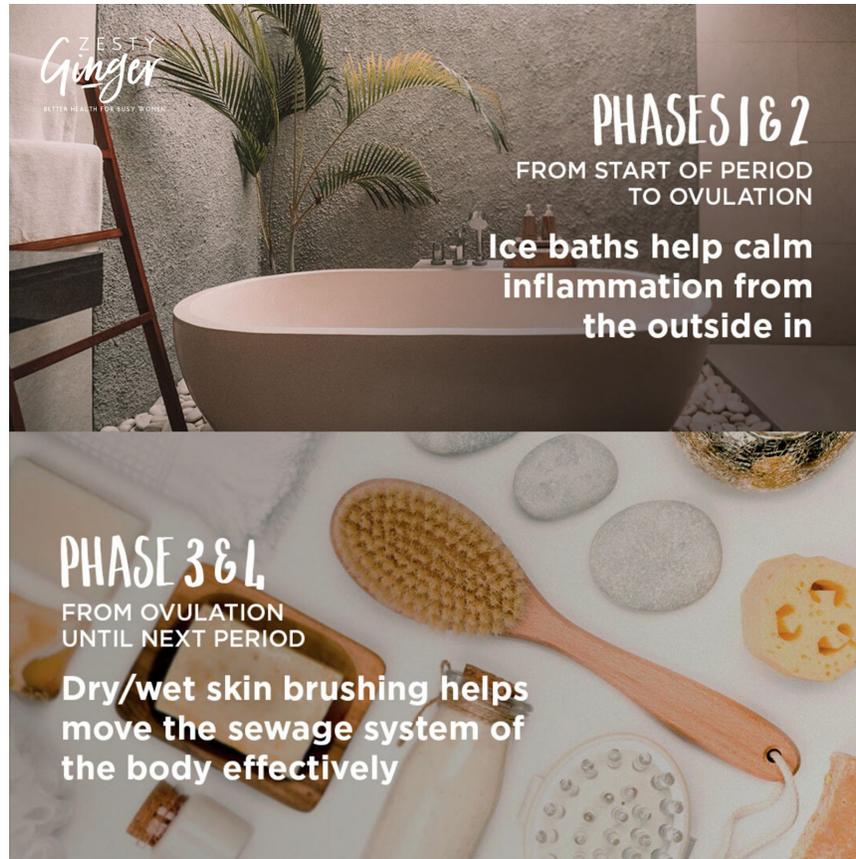
Want to have a smoothly running menstrual cycle all month? Focusing on inflammation in the first half of the cycle and detoxing in the second is the broad strokes way to do this!

Having your period is basically a controlled inflammatory response in the body. For this process to work well, the body needs adequate levels of vitamins, minerals, and cofactors to power important biochemical reactions.

Building up the body with sufficient nutrients to power cellular activity and lowering inflammation so that the hypothalamic-pituitary-adrenal-ovarian axis are the keys to the first 2 weeks of the cycle.

Today we will talk about how to apply this with some simple lifestyle upgrades that can make a big difference.

**Challenge Day 3: Lifestyle TIPS!**



### **Ladies in Phase 1 & 2 - It's ice bath time!!**

Out of control inflammation is one of the most common reasons women don't ovulate normally. And as you know, ovulation is the main event that controls how you feel for the whole cycle! Short ice baths or cryotherapy can be used in the first half of the cycle (phases 1&2) to help soothe inflammation from the outside in.

### **Ladies in Phase 3 & 4 - It's dry brush time!!**

Dry or wet skin brushing is cheap and easy to do! Our lymphatics are the sewage system of the body but it doesn't have a heart to pump it...that why we have to do the pumping through physical activity or dry skin brushing.

**Want to hear more about this?! Want to understand WHY and shift this from something you "have heard of" to something that you start doing?**

**Go watch today's video inside the program!**

Make sure to take notes on how to enter to win the \$100 Visa gift card! Stock up on supplements for every phase with 30% off on Fullscript.

**Here is how you participate:**

1. Take a picture of yourself participating in Day 3 of the challenge
2. Share on [Instagram](#) and use #Zestier
3. Tag us [@zesty\\_ginger](#)
4. **5 Bonus entries** for referring a friend who joins Zestier. Just email us the name of your friend after they have joined.

We are so excited to have you join us in this challenge!

Have you been filling out your workbook each day of the challenge? Studies show that when we put pencil to paper and write down our goals we are more likely to follow through!

XOXO,

*Dr. Alex & Megan*