



FREQUENTLY

ASKED

QUESTIONS

What is included in the Future Female POWER RESET Program?

- ✓ Strategic plan of action of your “WHY” (strategy is SEXY & SMART)
- ✓ High-touch *personalized* and **transformational** experience stockpiled with value to optimize peak performance goals & improve hormone balance
- ✓ Foundation Health and Lifestyle assessment to help “connect the dots” (this is where the **SUPERPOWERS** go to work)
- ✓ Foundation Epigenetic profile with individualized insights (customization tool using your DNA blueprint)
- ✓ **1:1** Power Sessions with Dr. LaReesa
- ✓ Advanced 1:1 Power Sessions with Nutrition & Lifestyle Coach
- ✓ Weekly private “members only” group calls with Dr LaReesa for Q&A and **HOT** topics
- ✓ Self-guided hormone optimization modules to integrate and enhance your experience
- ✓ Actionable tools and worksheets geared toward longevity and lifestyle (**AGE GRACEFULLY LADIES**)

IS THIS A QUICK FIX PROGRAM?

No! This is a sustainable, lifestyle personalized health program. However, you will have Quick wins seen immediately during your journey.

WHAT ARE MY EXPECTATIONS FOR THE POWER RESET PROGRAM?

Accountability, commitment and flexibility. Give yourself grace and POWER

WILL I HAVE TO BE ON HORMONE THERAPY?

Whether you are taking hormone therapy or not, or maybe you are thinking about transitioning off and don't know how, this program is for YOU.

DOES DR. LAREESA ONLY WORK WITH WOMEN?

YES!

HOW DO I KNOW IF THE POWER RESET PROGRAM IS FOR ME?

You are reading this right? That means I have your attention. Now, let's be INTENTIONAL. Book a discovery call, it's **FREE**.

WHAT CAN I GAIN FROM THE POWER RESET PROGRAM?

A transformation. CLARITY IS a huge part of the CONSISTENCY AND CONVICTION REQUIRED during this transitional time of your journey.

What else can I gain from the Power Reset Program?

- ✓ Improve and restore hormone balance for PEAK performance and Productivity
- ✓ Redefine biologic transitions in your life in a secure environment
- ✓ Discover ideal accountability goals, instead of autopilot letdowns
- ✓ Reduce stress triggers to build resilience and uncover the BADASS you are
- ✓ Unlock the potential of DNA expression to individualize your groove
- ✓ Improve sleep routine and habits to rest like the QUEEN you are
- ✓ Identify your specific nutritional needs to optimize hormone function
- ✓ Embrace the 'less is more' mentality and stop the mental hopscotch
- ✓ Eliminate the guesswork and target the best supplements for YOUR body and clear that medicine cabinet of uselessness
- ✓ Help you give up the fads and establish actionable steps and lifestyle tools to last

What if I am not ready to commit to the program and just warming up?

Maybe you are not interested in committing to the program, HOWEVER, You need actionable steps RIGHT now and strategy from a different lens and point of view.

No problem. Sometimes you need a little kickstarter.

The [DEEP DIVE HORMONE RESET CONSULTATION](#) will fit you. This is a complete dive to what is keeping you up at night and you want to [LEAN IN](#) and [LEVERAGE](#) the WHY and WHAT TO DO NEXT? Hey! you are Real Women With Real Choices to make and you need guidance and a better sense of direction. Nothing wrong with that.

What Could that Look Like for You?

ARE VISITS ALL VIRTUAL ?

YES! Virtual or Phone

IS DR. LAREESA, MY DOCTOR?

Any of the product or service offerings doesn't constitute a doctor-patient relationship.

LET'S SEE AM I MISSING SOMETHING?

I want the best for you. And of course, after you have googled, belabored your hormone problems to death.....It is about that time where the rubber meets the road, and you must LEAN IN and make the time, investment, and energy to do this for YOU. Well.....Let's go....Book a call, [HERE](#).

Quality of Life Problems:

- ✓ Fibroids and what to consider
- ✓ Fatigue is it all in my head
- ✓ Natural vs synthetic solutions
- ✓ Unsure about the right health and wellness journey
- ✓ Sleep disturbances.. what am I doing wrong?
- ✓ I don't understand.. my doctor doesn't talk to me

If that sounds like you. Then the 60 minute 1:1 [DEEP DIVE HORMONE RESET CONSULTATION](#) will give you dedicated insight to unplug, push the reset button, and restart with a new vantage point and insight to your next level of action. You don't have time for wasting TIME, ENERGY, or MONEY. Real WOMEN take [ACTION NOW](#).