

COMPLETE NIGERIAN WOMEN'S HORMONAL HEALTH MASTERY GUIDE - PCOS, IRREGULAR PERIODS & NATURAL BALANCE SOLUTIONS

Tired of irregular periods, unexplained weight gain, and hormonal chaos ruining your life? This comprehensive guide reve...

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COMPLETE NIGERIAN WOMEN'S HORMONAL HEALTH MASTERY GUIDE

01

PCOS, IRREGULAR PERIODS & NATURAL BALANCE SOLUTIONS

Stop letting hormonal chaos control your life

By Oluwaseun Adesanya

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WHAT'S INSIDE

Welcome - Why most "solutions" fail Nigerian women

Chapter 1: Understanding Your Hormonal Chaos - The real reasons your body feels out of control

Chapter 2: The Nigerian Diet Factor - How local foods either heal or harm your hormones

Chapter 3: PCOS Without the Medical Bills - Natural management strategies that actually work

Chapter 4: Fixing Irregular Periods Naturally - Get predictable cycles without expensive drugs

Chapter 5: Weight Control and Hormonal Balance - Why dieting fails and what works instead

Chapter 6: Sleep, Stress and Your Nigerian Lifestyle - Managing modern pressures that wreck hormones

Chapter 7: Herbal Solutions and Local Remedies - Traditional Nigerian plants that balance hormones

Chapter 8: Creating Your Personal Health System - Your sustainable daily routine for long-term balance

Final Word - Your next steps to hormonal freedom

WELCOME

I'm Oluwaseun Adesanya, and I've spent the last eight years helping Nigerian women take control of their hormonal health without emptying their bank accounts on endless medical appointments.

I started this journey because of my own nightmare with PCOS. At 26, I was dealing with periods that showed up whenever they felt like it, stubborn weight gain despite eating less than my friends, and mood swings that made me unrecognizable to myself. The gynecologist in Lagos wanted NGN 180,000 for tests alone, then prescribed medications I'd need to buy monthly at NGN 45,000 each. I couldn't afford it, and honestly, the side effects scared me more than my symptoms.

This book gives you what I wish I'd had then - a complete system for understanding and naturally balancing your hormones using methods that work with our Nigerian lifestyle, diet, and budget. You'll learn why your body responds the way it does, which local foods are secretly sabotaging your progress, and how to create lasting changes without imported supplements or expensive treatments.

This is NOT another generic "eat clean and exercise" guide written by someone who's never lived in Nigeria. I'm not promising miracle cures or overnight transformations. Hormonal healing takes time and consistency. What I am giving you is a proven roadbook based on working with over 400 Nigerian women, combined with my background in nutritional science and traditional medicine.

READ THIS FIRST

Your hormones didn't get chaotic overnight, and they won't balance in a week. Give this process at least 3 months of consistent action. Quick fixes don't exist, but sustainable solutions do.

You deserve to feel in control of your body. Let's make that happen.