



**naturally  
anew**

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## **Treatment Goals (short-term)**

1. Support HPA Axis (stress) and Reduce Cortisol
2. Support Liver Detoxification Processes (Phase 1 & 2)
3. Support balanced Blood Sugar and Insulin Sensitivity

## **Treatment Goals (long-term)**

1. Reduce inflammation
2. Support hormonal balance & regular periods
3. Reduce 'allergic' reactivity
4. Reduce gut symptoms: bloating, inconsistent stool
5. Support sleep & mood