## Session‑by‑session outlines (in‑person delivery)

Each session follows the same structure: welcome & breath‑work (5 minutes), educational lecture (20 minutes), interactive demonstration or worksheet (20 minutes), Q&A (15 minutes), and wrap‑up with offers (10 minutes). A printed cheatsheet summarizing the session is handed out at the beginning; attendees fill in their own notes during the session.

### Session 1: Follicular Phase

**Slide outline (12 slides)** 1. **Title & objectives** — Introduce the series, outline the four phases, and state session goals.  
2. **Hormone overview** — Visual of estrogen and FSH rising; explain their effects on digestion.  
3. **Symptoms to expect** — Common follicular bloating patterns (mild swelling, water retention).  
4. **Root causes** — Diet, stress, sleep, microbiome changes.  
5. **Food levers** — High‑fibre foods, fermented foods, hydration.  
6. **Lifestyle levers** — Exercise, mindfulness, breath‑work.  
7. **Supplement protocols** — Intro to probiotics and digestive enzymes, dosage guidance, safety notes.  
8. **Red flags** — When to seek medical advice (persistent pain, bleeding, weight loss).  
9. **Activity:** Create your “bloat journal” — attendees fill out a daily log template.  
10. **Case study** — Share a success story from the Bloating Success Collection with cycle‑specific tips (anonymous & faceless).  
11. **Quick wins summary** — Three habits to implement this week.  
12. **Q&A & offers** — Invite questions; present the follicular bundle with QR code and coupon.

### Session 2: Ovulatory Phase

**Slide outline (11 slides)** 1. **Recap & objectives** — Review previous week; set goals for ovulatory phase.  
2. **Hormonal snapshot** — Surge of LH and estrogen; digestive implications.  
3. **Symptom patterns** — Bloating, appetite changes, mild constipation.  
4. **Diet strategies** — Introduce cruciferous vegetables, seeds (flax, sesame), and antioxidant‑rich foods.  
5. **Hydration & activity** — Focus on water intake and gentle stretching/yoga.  
6. **Supplement protocols** — Magnesium glycinate, ginger root (capsules/tea), cautions for drug interactions.  
7. **Demo:** Brew a simple ginger‑lemon tea; taste and discuss benefits.  
8. **Red flags** — Spotting or severe pain; encourage medical consultation.  
9. **Weekly quick wins** — Two small changes (e.g., drink 8 glasses of water, add flaxseed to breakfast).  
10. **Interactive quiz** — Identify your ovulatory triggers; share results anonymously.  
11. **Q&A & offers** — Answer questions; introduce ovulatory kit with QR and discount.

### Session 3: Luteal Phase

**Slide outline (12 slides)** 1. **Check‑in & mood poll** — Quick mood/symptom check on paper; discuss common pre‑menstrual feelings.  
2. **Hormone shifts** — Progesterone rise and drop; effect on motility and serotonin.  
3. **Symptom patterns** — Constipation, cravings, mood swings, water retention.  
4. **Comfort foods vs. triggers** — Discuss sugar, salt, and caffeine impacts; suggest warm, cooked meals.  
5. **Stress management** — Introduce journaling, yoga nidra, and gentle movement.  
6. **Supplement protocols** — Digestive bitters/bromelain, magnesium citrate, herbal diuretics (dandelion); safety notes (avoid if pregnant or on diuretics).  
7. **Demo:** Guided journaling exercise; provide prompts in workbook.  
8. **Red flags** — Severe depression, extreme bloating, or unusual bleeding; encourage professional help.  
9. **Weekly quick wins** — Meal prep warm soup; schedule self‑care time.  
10. **Small group discussion** — Share experiences; keep anonymity by focusing on note cards rather than open sharing.  
11. **Bundle pitch** — Present luteal kit (enzymes + tea + heat patch) with coupon.  
12. **Q&A & offers** — Answer questions; remind about upcoming menstrual session.

### Session 4: Menstrual Phase

**Slide outline (10 slides)** 1. **Welcome & reflection** — Reflect on the series; gather feedback cards.  
2. **Hormonal landscape** — Drop in estrogen and progesterone; prostaglandin effects.  
3. **Symptom patterns** — Cramping, diarrhea, nausea, fatigue.  
4. **Nutrition strategies** — Iron‑rich foods, bone broth, warming spices, hydration.  
5. **Movement & self‑care** — Gentle stretching, walks, heat therapy.  
6. **Supplement protocols** — Iron plus vitamin C, chamomile tea, topical magnesium oil; safety notes (check for anemia or medication interactions).  
7. **Demo:** Prepare an easy menstrual smoothie (spinach, berries, chia seeds); discuss nutrient benefits.  
8. **Red flags** — Severe pain, excessive bleeding, fainting; emphasise urgent care.  
9. **Series recap & next steps** — Summarize key takeaways; encourage joining the roadmap, challenge, or consult.  
10. **Closing & offers** — Hand out “Next Steps” card with short links; thank attendees; collect testimonials (written, no photos).

### Faceless delivery options

* **Option A: Live talk + slides + flipchart:** The facilitator uses a laptop connected to a projector to display slides. They narrate and write key points on a flipchart. Only hands and slides are visible. A portable microphone and speaker help in larger rooms.
* **Option B: Pre‑recorded voiceover:** Record audio narration beforehand and embed it into the slides. During the event, advance slides manually. Attendees watch and listen while the facilitator stands aside, available for Q&A.

### Safety & scope notes

* Remind attendees that the information is for education and not a substitute for professional medical advice. Encourage consulting a healthcare provider before starting new supplements or making significant diet changes.
* Disclose potential interactions (e.g., magnesium supplements may interfere with certain medications; herbal diuretics can affect blood pressure).
* Emphasise that severe or persistent symptoms (blood in stool, unintentional weight loss, chronic pain) require medical evaluation.