

The image features a background with a vertical color gradient from light pink at the top to dark purple at the bottom. A large, semi-transparent circle is centered on the page, divided into four quadrants by a vertical and a horizontal line. The top-left and bottom-right quadrants are a darker shade of purple, while the top-right and bottom-left quadrants are a lighter shade of pink. In the center of this circle is a smaller, solid red circle. The text 'Flo 28' is written in white, with 'Flo' in a cursive script and '28' in a bold, sans-serif font. Below this, the words 'Period Problem Guide' are written in a white, bold, sans-serif font.

*Flo*28

Period Problem Guide

PERIOD PROBLEM GUIDE

If your hormonal health challenges - like PMS, PCOS, painful periods, etc. - are getting in the way of you getting the most from cycle-syncing, or if you just want to go deeper in supporting your flow, we have a range of options to support you.

Join MonthlyFLO

Using the principles of functional nutrition, MonthlyFLO is a specially-sequenced food therapy program that recalibrates your endocrine function. Over three months, you will be guided step-by-step to make simple, cumulative food and lifestyle changes that balance your hormones naturally.

Talk 1-1 with a FLO Coach

All of our expert FLO coaches have been trained by Alisa on top of being certified health coaches and licensed acupuncturists. Many of them have been in your shoes—dealing with difficult periods and frustrating symptoms — before they became FLO experts. And they are all qualified to help you find the right next step for you in getting out of hormonal chaos and into your FLO.

Start receiving FLO Balance Supplements

These five formulations provide essential micronutrient support that you need to balance your hormones. Think of them as your personal “insurance policy” against endocrine disruptive things that you’re doing (knowingly or unknowingly) that are throwing you off balance. One of each per day can help you get a better period by next month!



Check out all our period-supporting options and take the Period Type™ Quiz to find out what your period is telling you about your hormones.

[TAKE THE QUIZ]