

Mirjam Stein
Certified Coach

Struggling with Perimenopause? You're Not Alone!

Are you experiencing:

- ✓ Unexplained weight gain?
- ✓ Brain fog & forgetfulness?
- ✓ Fatigue & low energy?
- ✓ Mood swings & anxiety?
- ✓ Poor sleep & night sweats?



Perimenopause doesn't have to be a battle.

As a Certified Coach, I help women navigate this phase with science-backed strategies, nutrition, and mindset shifts so you can feel like yourself again.

✨ Get personalized support and regain your balance.

✉ Contact me today for a free consultation!



fem.cycle.flow



+41762009661

Struggling with Perimenopause? You're Not Alone!

Are you experiencing:

- ✓ Unexplained weight gain?
- ✓ Brain fog & forgetfulness?
- ✓ Fatigue & low energy?
- ✓ Mood swings & anxiety?
- ✓ Poor sleep & night sweats?



fem.cycle.flow



+41762009661

PERIMENOPAUSE DOESN'T HAVE TO BE A BATTLE.
AS A CERTIFIED COACH, I HELP WOMEN NAVIGATE THIS
PHASE WITH SCIENCE-BACKED STRATEGIES, NUTRITION, AND
MINDSET SHIFTS SO YOU CAN FEEL LIKE YOURSELF AGAIN.