

De'Nicea Hilton

PERIOD BYPASSING™ FOUNDER | HEALTH & LEADERSHIP SPEAKER | HOLISTIC
PERIOD & FERTILITY STRATEGIST | DOCTOR OF ORIENTAL MEDICINE

Your Audience Experience

Inviting audiences to the flow-asis anywhere she speaks, De'Nicea creates a space for girls, teens and women to believe they can be themselves - allowing their Authentic Whole Beings to shine. To walk around exuding confidence and love for themselves.

Audiences go quiet and jaws drop when they learn that what they've been perceiving and taught about menstrual health has been misleading...filled with myths about "normal" periods (vs. what's healthy), fertility conditions or even the callous use of birth control. Creating the circumstances where she's grown up to be internally dissociated and fragmented, mental development stunted and passively allowing things to control or be done to her. Unfortunately, these are the effects of Period Bypassing™.

De'Nicea takes her on a journey of loving and accepting who she is, gaining confidence and awareness of herself. From that space, her world expands and she feels like she's flowing home - to herself.

Your audience is given Inspired Action Steps she can implement that day to increase self-awareness and confidence to begin to consciously create a life experience that's done FOR her instead of TO her. By being guided into embracing and embodying the totality of who she is, she realizes her power.

The power in the ability to lead with her natural rhythms, establish healthy boundaries and integrate herself to expressing her Whole Being. And, to think this all started with reframing her perception of her menstrual cycle...

Most Engaging Topics of Flow-versation

- **Period Bypassing™: The Silent Epidemic Affecting Women's Health and Well-Being**
- **FI*w That! Dispelling Harmful Myths About Menstrual Health**
- **Embracing Cyclical Leadership: How Your Leadership Style Affects Your Health**
- **Improving Teen Confidence & Awareness Through Menstrual Health Education**
- **Stop Wasting Your Time Balancing Hormones**
- **Parents, You Can Teach Menstrual Health and Not Talk About Sex**
- **Most Forgotten (Yet, Most Insightful) Concepts in Fertility**
- **Improving Relationships and Compliance with Your Patients and Clients By Understanding the Menstrual Cycle**



What's It Like Having De'Nicea Speak

"As a natural health practitioner of 18 years, I found this presentation inspiring, intuitive, informative and uplifting. Her flow in the area of women's health brought to light a beautiful paradigm which should be taught and shared with all women. Well done." - Stephanie J.

"I learned so much information about our reproductive system and how it intersects with so many other aspects of my body. Amazing job! Please keep sharing this information with other women!" - Colette G.

Let's Connect!



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