



SUMMIT GUIDE

PMDD HEALING SUMMIT

2022

WELCOME

APRIL 25-
APRIL 29

IT'S YOUR TIME TO HEAL!

Welcome to the PMDD Healing Summit! THE virtual summit for people with PMDD.

Over the next 5 days we're going to show you how you can find relief for your PMDD symptoms.

Get ready to take your PMDD healing journey to the next level.

IMPORTANT LINKS:

Registration Page: <http://PMDDHealingSummit.com>

Facebook Group: <https://www.facebook.com/groups/pmddhealingsummit>

Summit Schedule: <https://PMDDHealingSummit.com/Schedule>

Support: Charisma@PMDDHealingSummit.com





WHAT TO EXPECT

Each day you'll be emailed a link to that day's Expert Talks. You'll have until the end of the summit to enjoy these expert talks.

Once a day we'll have live movement and meditation classes: (Check the schedule for times)

We also have several live workshops and a Q&A planned, please check the schedule on page 9 for exact days and times.

Time Zone Converter:

2am Los Angeles:

5am - New York
6am - Sao Paolo
10am - London
11am - Berlin

6am Los Angeles:

9am - New York
10am - Sao Paolo
2pm - London
3pm - Berlin

7am Los Angeles:

10am - New York
11am - Sao Paolo
3pm - London
4pm - Berlin

10am Los Angeles:

1pm - New York
2pm - Sao Paolo
6pm - London
7pm - Berlin

11am Los Angeles:

2pm - New York
3pm - Sao Paolo
7pm - London
8pm - Berlin

Noon Los Angeles:

3pm - New York
4pm - Sao Paolo
8pm - London
9pm - Berlin



GET SUPPORT

If at any time you need assistance during the summit or help accessing the expert talks, please try checking your inbox first. Everything is automatically sent out.

The email is most likely sitting in your spam/junk or promotional folder. Try searching for my email and add my email address to your contact list.

If you still can't find it, then send me an email. And please email me rather than posting about it in the group. That way it's easier for me to help you.

EMAIL: CHARISMA@PMDDHEALINGSUMMIT.COM

HOW TO PARTICIPATE

Keep an open mind and show up fully for yourself. Remember that your path to healing is unique to you.

The best way to get the most out of this summit is to show up, participate and be open to new approaches.

Join the live events, post in the group, meet other attendees, ask questions and watch the expert talks.

If you show up fully, you'll walk away from this summit with knowledge, tools and connections to get started on your PMDD relief journey.

Great things happen when you stay curious.

YOU, DO YOU!

PMDD HEALING SUMMIT

There's going to be a lot of information presented to you. We highly recommend having a "Summit Buddy" to go through the summit with you. Reach out to a friend or someone in your PMDD groups to participate with you.

Plan to spend some time each day going through the Expert Talks. You can browse the titles and see which session interests you the most. Watch that one and if you have time, check out the others.

You're bound to get a juicy, golden nugget from an expert, even from one of the talks you might not have picked.

Create reminders for the live classes and workshops.

Check the schedule (page 9) for lives, workshops and Q&A days and times.

***“A healer does not heal you.
A healer is someone who holds space for you
while you awaken your inner healer, so that
you may heal yourself.”***

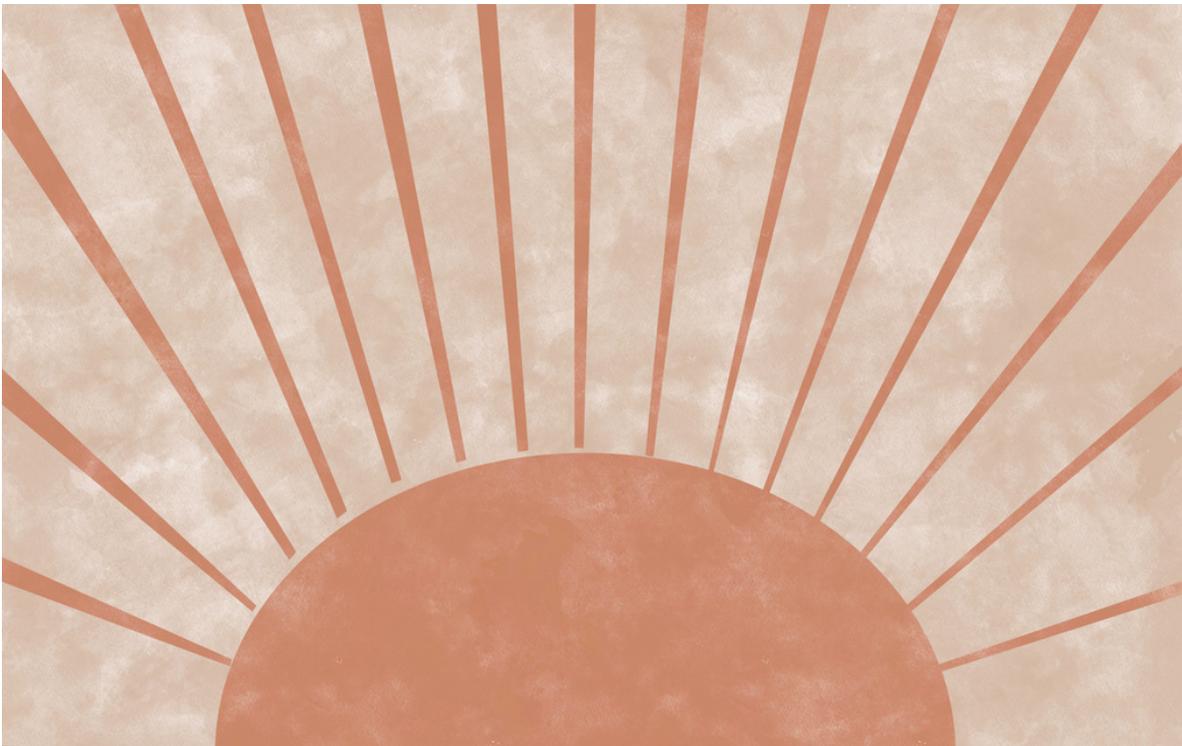
- Maryam Hasnaa

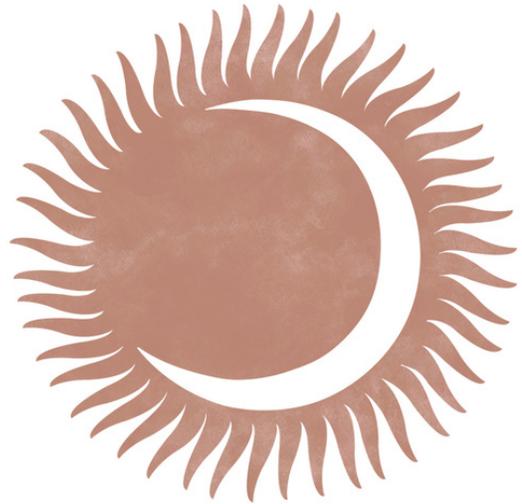
WIN PRIZES

Be sure to post your top insights and aha moments from the expert talks using **#goldnugget** in the Facebook group.

We will be giving out prizes for those who are most engaged and interactive in the group.

The more you show up for yourself, the more you'll benefit.





Hi, I'm Charisma Whitefeather, host and creator of the PMDD Healing Summit.

I've found relief from my PMDD symptoms and now I help other menstruators to do the same.

But this summit isn't about me, this summit is about you!

I invite you to give yourself the chance to soak up the information that the experts share with you.

Have your journal with you while watching the talks and take notes of stuff that comes up. Then share it with us in the Facebook group.

Community and being seen in community is a big part of the healing journey.

This summit is what you make it. Let's make it epic!

Charisma Your Host
Charisma Whitefeather

SUMMIT *Schedule*

	APRIL 25 MONDAY	APRIL 26 TUESDAY	APRIL 27 WEDNESDAY	APRIL 28 THURSDAY	APRIL 29 FRIDAY
2AM PT	DAY 1 VIDEOS ARE RELEASED	DAY 2 VIDEOS ARE RELEASED	DAY 3 VIDEOS ARE RELEASED	DAY 4 VIDEOS ARE RELEASED	DAY 5 VIDEOS ARE RELEASED
6AM	LIVE: KUNDALINI YOGA		LIVE: KUNDALINI YOGA	LIVE: KUNDALINI YOGA	LIVE: KUNDALINI YOGA
7AM		LIVE: YOGA WITH CATHERINE			
10AM		WORKSHOP: THRIVE IN BUSINESS	WORKSHOP: SHADOW WORK		LIVE: CLOSING CEREMONY
11AM	LIVE Q&A: PMDD & LOVE				
NOON				LIVE: YOGA NIDRA	
5PM	PRIZE DRAWING	PRIZE DRAWING	PRIZE DRAWING	PRIZE DRAWING	PRIZE DRAWING

6AM-LOS ANGELES = 9AM-NEW YORK, 2PM-LONDON, 3PM-BERLIN
7AM-LOS ANGELES = 10AM-NEW YORK, 3PM-LONDON, 4PM-BERLIN
10AM-LOS ANGELES = 1PM-NEW YORK, 6PM-LONDON, 7PM-BERLIN
11AM-LOS ANGELES = 2PM-NEW YORK, 7PM-LONDON, 8PM-BERLIN
NOON-LOS ANGELES = 3PM-NEW YORK, 8PM-LONDON, 9PM-BERLIN

MONDAY *Schedule*

EXPERT INTERVIEWS

DR. JORDAN ROBERTSON: SURPRISING ESSENTIALS FOR HORMONE BALANCE AND PMDD SYMPTOM RELIEF

NAOMI JUDGE: THE LAB TESTS YOU NEED AND HOW YOUR THYROID HEALTH INFLUENCES YOUR PMDD

KAYSE GEHRET: HOW TO USE MICRODOSING TO FIND RELIEF FROM YOUR PMDD SYMPTOMS

LISA DE JONG: THE IMPORTANT CONNECTION BETWEEN YOUR NERVOUS SYSTEM AND PMDD RELIEF

ANNA PAPAIOANNOU: HOW TO OVERCOME YOUR ANXIETY WITH SIMPLE AND EFFECTIVE TOOLS

DR. HELENA TUCKER: TOP TIPS ON HOW TO THRIVE IN BUSINESS FOR ENTREPRENEURS WITH PMDD

LIVE EVENTS

6AM - MOVEMENT: KUNDALINI YOGA

9AM-NEW YORK, 10AM-SAO PAOLO, 2PM-LONDON, 3PM-BERLIN

11AM - Q&A: PMDD & LOVE

2PM-NEW YORK, 3PM-SAO PAOLO, 7PM-LONDON, 8PM-BERLIN

TUESDAY *Schedule*

EXPERT INTERVIEWS

ROSE ALKATTAN: CREATE LASTING LOVE AND STOP BREAKING UP WITH YOUR PARTNER EVERY MONTH

DR. MARLIS HUEBNER: ANGER AND RAGE - HEAL YOUR ANGER AND STOP FLIPPING OUT ON THOSE YOU LOVE

ALI MILLER: STOP THE FIGHTS AND CREATE HARMONIOUS RELATIONSHIPS - EVEN IN LUTEAL

TULLY ROSE: IMPROVE YOUR RELATIONSHIP BY SETTING BOUNDARIES AND STOP BEING A PEOPLE PLEASER

ELIZABETH SANTIAGO: CBT FOR PMDD SYMPTOM RELIEF AND HOW TO NAVIGATE RELATIONSHIPS

BRITTANY TACKETT: IMPROVE THE RELATIONSHIP WITH YOURSELF AND WITH THOSE YOU LOVE

LIVE EVENTS

7AM - MOVEMENT: YOGA WITH CATHERINE

10AM-NEW YORK, 11AM-SAO PAOLO, 3PM-LONDON, 4PM-BERLIN

10AM - WORKSHOP: THRIVING IN YOUR BUSINESS

1PM-NEW YORK, 2PM-SAO PAOLO, 6PM-LONDON, 7PM-BERLIN

WEDNESDAY *Schedule*

EXPERT INTERVIEWS

LE'NISE BROTHERS: SURPRISING INSIGHTS ON HOW TO HAVE A CALM LUTEAL PHASE AND PAIN-FREE PERIODS

RACHEL FOX: DEEP AND LASTING RELIEF FROM YOUR PMDD PAINS WITH COMMAND CELL THERAPY

MANDY ROTHER: THE BRAIN-BODY APPROACH TO FINDING RELIEF FROM YOUR PMDD SYMPTOMS

CHARLOTTE POINTEAUX: HOW TO HARNESS YOUR CYCLICAL POWER FOR RELIEF AND INNER HEALING

NATALIE RYAN HEBERT: GETTING TO THE ROOT CAUSE OF YOUR PMDD SYMPTOMS AND HEALING THEM

JES HAGAN: ESSENTIAL COMPONENTS TO RECLAIMING YOUR LIFE AND FINDING RELIEF FROM YOUR SYMPTOMS

LIVE EVENTS

6AM - MOVEMENT: KUNDALINI YOGA

9AM-NEW YORK, 10AM-SAO PAOLO, 2PM-LONDON, 3PM-BERLIN

10AM - WORKSHOP: SHADOW WORK

1PM-NEW YORK, 2PM-SAO PAOLO, 6PM-LONDON, 7PM-BERLIN

THURSDAY *Schedule*

EXPERT INTERVIEWS

JENNA LONGORIA: AN INSIDE APPROACH TO FIXING YOUR PERIOD PROBLEMS AND FINDING PMDD RELIEF

CHLOE JIMINEZ-PETERS: UNDERSTANDING DEPRESSION AND A CUTTING-EDGE APPROACH TO HEALING IT

BARBARA MARTINS: FINDING RELIEF AND SUPPORTING YOUR HEALING WITH FITNESS AND NUTRITION

DR. ERIN ELLIS: HOW TO BALANCE HORMONES, FIX CRAPPY PERIODS AND GET YOUR ENERGY BACK

JYOTI CHADA: HOLISTIC WELLNESS AND ANCIENT YOGIC TECHNOLOGIES FOR MENSTRUAL CYCLE HEALTH

CATHERINE VAN WARMERDAM: THE SURPRISING BENEFITS OF YOGA AND MEDITATION FOR PMDD RELIEF

LIVE EVENTS

6AM - MOVEMENT: KUNDALINI YOGA

9AM-NEW YORK, 10AM-SAO PAOLO, 2PM-LONDON, 3PM-BERLIN

NOON - YOGA NIDRA SESSION

3PM-NEW YORK, 4PM-SAO PAOLO, 8PM-LONDON, 9PM-BERLIN

FRIDAY *Schedule*

EXPERT INTERVIEWS

VINDINA MITHA: LEARN TO RECLAIM YOUR SELF AGAIN AND MOVE BEYOND GRIEF AND ANGER

HEIDI HOGARTH: STOP CRAVINGS AND TOP TIPS ON HOW TO MANAGE YOUR PMDD SYMPTOMS - NATURALLY

AMY VIOLA: TAKE YOUR POWER BACK FROM PMDD WITH SIMPLE AND EFFECTIVE MINDSET SHIFTS

BRIANA VILLEGAS: USING THE CYCLE SYNCING METHOD FOR PMDD SYMPTOM RELIEF

MONICA GROHNE: NUTRITION AND SUPPLEMENTS TO FIND RELIEF FROM YOUR SYMPTOMS

LAURA MURPHY: THE IMPORTANCE OF SUPPORT, ADVOCACY AND RESEARCH FOR THE PMDD COMMUNITY

LIVE EVENTS

6AM - MOVEMENT: KUNDALINI YOGA

9AM-NEW YORK, 10AM-SAO PAOLO, 2PM-LONDON, 3PM-BERLIN

10AM - CLOSING CEREMONY

1PM-NEW YORK, 2PM-SAO PAOLO, 6PM-LONDON, 7PM-BERLIN

YOUR PMDD *Experts*



Dr. Jordan Robertson
Naturopathic Doctor & Author
@drjordannnd



Kayse Gehret
Microdosing Coach
@kaysegehret



Lisa de Jong
Wellbeing & Health Coach
@Lisa_deJong_Coach



Dr. Helena Tucker
Clinical Psychologist
@Dr.HelenaTucker



Le'Nise Brothers
Registered Nutritionist & Author
@eatlovetomove



Naomi Judge
Naturopath
@naturopathnaomi



Elizabeth Santiago
Licensed Therapist
[IAPMD Provider Directory](#)



Rose Alkattan
PMDD Relationship Expert
@InLoveWithPMDD



Dr. Marlis Huebner
Life Scientist & Anger Coach
@DrMarlis



Jenna Longoria
Functional Nutrition Practitioner
@ThePeriodGuru



Ali Miller
Couples Communication Coach
@AliMillerCoaching



Monica Grohne
Founder & CEO of Marea Wellness
@MareaWellness



Natalie Ryan-Hebert
Rapid Transformational Therapist
@NatalieRyanHebert



Dr. Erin Ellis
Naturopathic Doctor
@Dr.ErinEllis



Anna Papaioannou
Anxiety Counselor
@AnnaTheAnxietyCoach



Jyoti Chada
Menstrual Cycle Coach
@MyWellnessCompany

MORE PMDD *Experts*



Laura Murphy
Director of Education & Awareness
@IAPMDGlobal



Rachel Lynn Fox
Holistic Hypnotherapist & Coach
@RachelLynnFox



Mandy Rother
Functional Registered Dietitian
@PMDD.Dietitian



Barbara Martins
PMDD Fitness & Nutrition Coach
@RiseAbovePMDD



Amy Viola
Clinical Hypnotherapist & Coach
@NurturePMDDNaturally



Heidi Hogarth
Naturopath & Nutritionist
@HeidiHogarth_Naturopath



Briana Villegas
Cycle Syncing Coach
@BrianaVillegasCoaching



Jes Hagan
Integrative Menstrual Health Coach
@HerMoodMentor



Chloe Jiminez-Peters
RTT & Happiness Life Coach
@ChloeJiminezPeters



Catherine van Warmerdam
Yoga Teacher
@yoganasaska



Charlotte Pointeaux
Certified Cycle Coach
@Charlotte.Pointeaux.Coach



Brittany Tackett
Transpersonal Coach
@HeartFirstEducation



Tully Rose
Certified Coach
@IAmTallulahRose



Vindina Mitha
Self-Reclamation Coach
@SoulFoodFreedom

FREQUENTLY ASKED *Questions*

HOW MUCH TIME DO I HAVE TO WATCH THE TALKS?

You have until the end of the summit to watch the expert interviews.

HOW LONG ARE THE WORKSHOPS?

The workshops are about 1 hour long.

HOW CAN I JOIN A WORKSHOP?

The sign up links will be sent via email & posted in the group. You must register for each workshop to get your Zoom link, plus access to the recordings.

HOW CAN I JOIN THE YOGA AND Q&A?

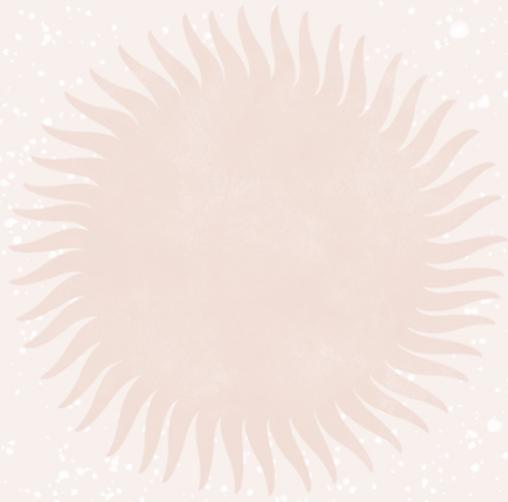
The yoga classes, Yoga Nidra session and the live Q&A will be held in the Facebook group. That's where you can also watch the recordings afterwards.

I DON'T HAVE FACEBOOK, NOW WHAT?

You'll still get the most important element: the expert talks and the workshops. The links will be sent to you in an email every morning.

HOW DO I WIN A PRIZE?

Use the hashtag #goldnugget when you post a takeaway, insight or aha moment in the Facebook group. The winners are announced at 5pm.



Thank you

FOR MAKING THIS EVENT
SO SPECIAL!