



De'Nicea Hilton

PERIOD & FERTILITY STRATEGIST | DOCTOR OF ORIENTAL
MEDICINE | SPEAKER | WOMEN'S HEALTH ADVOCATE

About De'Nicea

Period and Fertility Strategist, De'Nicea Hilton helps women have regular, pain-free periods and optimized fertility by learning how to use her period as a message about her overall health and well-being. Trained as a Doctor of Oriental Medicine and coach, De'Nicea guides her clients and offers a strategy to using a holistic approach of nourishing their bodies through herbal therapy, nutrition and lifestyle changes. Women come to her with painful periods, fibroids, PCOS, fertility challenges, endometriosis, amenorrhea, and menopausal symptoms.

She is an expert at creating better period experiences naturally, because she was able to stop missing work and school due to painful cramping by incorporating lifestyle changes, acupuncture, herbal therapy and nutrition.

De'Nicea Hilton is a Doctor of Oriental Medicine and NCCAOM Board Certified Diplomate of Oriental Medicine certified in Oriental Reproductive Medicine (ABORM) and practices in Temple Terrace, FL.

Speaking Topics

- Living In a Shell: The Missing Diagnosis of Period Disorders & Infertility
- Holistic Care for Irregular, Painful Periods & Fertility Challenges
- Strategic Planning Using Your Cycle
- Feed Your Period: Eating for Your Period Type and Harmonized Hormones

"The period is the best sign of her health & well-being."



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