



# 10:10 Total Menopause Reset Program Navigation Guide



## 1. Enroll

Complete the Enrollment Form with your details to secure your spot in the 10:10 Program—a foundational step on your journey to menopause empowerment.

## 2. Pay \$99

Once you've enrolled, proceed to payment. Upon confirmation, your membership is activated, and you're ready to move forward.

## 3. Access Your Private Groups

You'll be automatically added to three exclusive groups within MMN University:

- Low Histamine Kitchen – Access clean, nourishing recipes, meal plans, and guidance on the 75/25 Full Plate Method—designed to support metabolic reset and healing nutrition.
- Newstart – Embrace lifestyle transformation with the restorative power of the NEWSTART framework—incorporating Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest, and Trust—under Dr. Purity's expert guidance.
- Reset Lounge – Your safe, supportive space for connecting with fellow Resetters—share experiences, ask questions, celebrate wins, and uphold community privacy and positivity.

## 4. Be part of the MMN University

Your private groups are hosted inside the MMN University—a unified platform where you can:

- Access expert-led resources, tools, courses, and articles focused on menopause, midlife health, and lifestyle mastery.
- Participate in discussions, stay informed about upcoming workshops and webinars, and engage with community members and menopause professionals.
- Experience the global sisterhood and empowerment at the heart of Menopause Momentum Network's core pillars: Mind + Body, Ageless Vitality, Health Mastery, Purposeful Living, and more.

Your subscription lasts for one year, giving you full access to MMN University and its resources throughout that time.

**Begin your 10:10 Journey NOW!**