

De'Nicea Hilton

HOLISTIC PERIOD & FERTILITY STRATEGIST | DOCTOR OF ORIENTAL MEDICINE
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Saving *Utterances* and Making *Babies* Holistically

Teens tend to all want to do what the other does and it wasn't any different with De'Nicea being put on hormonal birth control without question just before heading off to college. Things turned when she finds herself withdrawing from a semester at school associated with depression and having two breast lumpectomies for a spreading tumor, both of which she's associated with the use of birth control.

Although, this is a hard pill to swallow, what really shaped De'Nicea was learning just how PASSIVE she was in her own healthcare - not asking questions or being presented with options. And, it's not just her that this is happening to.

After learning that what we accept as "normal" for standards periods and fertility is NOT really healthy, De'Nicea moved into her role of increasing live maternal and fetal birth rates and preserving reproductive health through personalized holistic care, holistic healthcare education, and awareness of options available so women can play a more active role and make more informed decisions.

By holding the space and guiding women to put herself first and actively create the life she desires, De'Nicea has held, cooed and aww'd at babies of moms who were told they were not going to have a baby. She's even done a little "period dance" when she reads texts of how that was the best period she's had without medications in years. Or, she doesn't have to have the hysterectomy they're recommending.

Most Engaging Media Topics of Flow-versation

Increasing Fertility Holistically

Preparing to expand your family proving to take longer or more difficult to do than expected? Learn 3 reasons why this is happening and what you can do about it using a holistic approach.

The Menstrual Cycle, The Messenger of Health

Menstrual cycle conditions are being diagnosed years after complaints from women. Why? Because her complaints were considered normal and "nothing to worry about." Learn how to begin to see that what is happening during the menstrual cycle as signs of physical, mental, emotional and spiritual health.

How the Millennial Lifestyle Impacts Today's Fertility Rates

There are more millennials seeking help from fertility clinics, and yet fertility rates among the group are still low. Review 3 traits of this generation that are impacting their desires to expand their family.

Flow-Monials About Partnering With De'Nicea

"I'm still amazed with my biggest breakthroughs: PAINLESS PERIODS!"
- A. Franklin

Not only did I learn more about my cycle, get a healthier cycle (my cycles are a true 28 days!), but I got pregnant! - Anonymous

After several years of being led to believe I need infertility medication to conceive a baby...I unexpectedly conceived my daughter naturally. - J. Smith

Let's Connect!



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