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**The Womb Happy Hour Archives Available**  
**March 8th 2017: Let Go of Stress and Enhance Your Hormonal Balance**

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Dr. Alison Grimston - The Hormone Success Doctor - joins as a guest on this week's episode of The Womb Happy Hour. Dr. Alison is an inspirational holistic doctor who empowers professional and entrepreneurial women to manage their energy and stress, allowing them to live life fully. Doctor Allie suffered adrenal fatigue, underactive thyroid, and of course perimenopause herself so knows where many women are coming from! She'll share her expert advice on ways to relieve stress and understands the mind-body connection as a medical doctor and energy shifter. She'll share ideas to help women of all

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**Featured Guest**



**Dr. Alison Grimston**

Dr. Allie Grimston graduated as a Medical Doctor from Charing Cross and Westminster Medical School (now Imperial College School of Medicine) in 1994. She was awarded honours in Gynaecology.

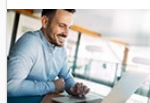
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