

Awkward & Awesome

The BalanceHER Girlhood Journey



Amanda Lan

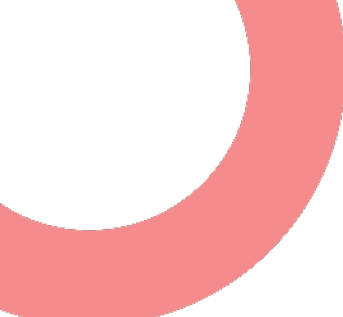


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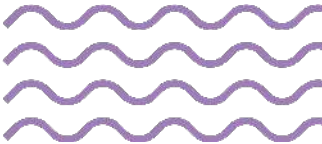


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Awkward & Awesome: The BalanceHER Girlhood Journey

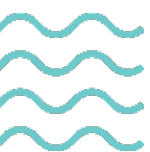
Hey there, superstar!

☀️ Growing up is like an adventure through a mysterious jungle—exciting, a little scary, and full of surprises.

Sometimes, it feels like your body and mind are throwing a surprise party... and you didn't even know you were invited! Don't worry—BalanceHER is your guide to help you navigate all the twists and turns of girlhood. Let's turn those "What's happening?!" moments into "Wow, I'm amazing!" moments.

You're about to discover that all those awkward changes are your secret superpowers in the making.

Ready to embrace your awesome journey? Let's dive in!





01

Biological Awesomeness





Your Body's Superhero Training

So, your body's going through some pretty wild changes, huh? Growth spurts, new hair popping up in unexpected places, and other things you didn't see coming—it's all part of the adventure! Think of it like this: your body is upgrading to superhero mode. Here's what's happening:

Growth Spurts: One day, your jeans fit. The next, they're high waters! That's your body stretching into its power.

New Hair: Armpits, legs, maybe even a moustache cameo—it's totally normal. (Pro tip: you decide how to handle it—shave it, leave it, rock it. Your call!)

Hormone Takeover: Your body's making tiny chemical messengers that might make you feel like laughing, crying, or shouting—all in five minutes. It's okay.

This is part of your superpower training. Every change is part of the story that makes you, you. Embrace it like the rockstar you are!

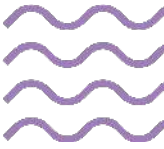


Feelings 101:

Navigating the Rollercoaster

Have you ever felt like your emotions are throwing a party and forgot to invite chill? Totally normal. Growing up brings big feelings—sometimes they'll confuse you, but BalanceHER is here to help you sort them out.

- **Feeling All the Things:** It's okay to cry at cute puppy videos one minute and laugh at a silly meme the next. Your emotions are like weather—they change, but they're all part of nature.
- **Building Confidence:** Start with small steps. Look in the mirror and say, "Hey, I'm pretty awesome!" (Bonus points if you throw in a superhero pose.)
- **Friendship Fun:** Making and keeping friends might get tricky, but here's a secret: being kind and listening goes a long way. Oh, and if someone doesn't like you? That's okay—it doesn't mean you're not amazing.



Social Superpowers:

Awkward Moments Turned Awesome

Let's face it: life can get awkward. From saying the wrong thing at the wrong time to tripping over your own feet—been there, done that. *But guess what?* Those moments are just proof that you're human—and humans are awesome!

Here's how to turn the awkward into awesome:

- **Laugh It Off:** Trip in front of your crush? Spill spaghetti on your shirt? Laugh about it. Nothing's cooler than someone who can laugh at themselves.
- **Ask for Help:** Whether it's about school, friendships, or figuring out why your hair won't cooperate—never be afraid to ask someone you trust.





- **Be You:** The best way to shine is by being yourself. Not everyone will “get” you, and that’s okay. You’re not meant to fit in—you’re meant to stand out!

Your Awkward = Your Awesome

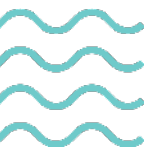
Every stage of growing up brings new adventures, challenges, and surprises. Some days will feel like you’ve got it all figured out, and others... not so much. That’s okay!

The **BalanceHER** journey is about learning, laughing, and loving who you are—awkward bits and all. So, grab your metaphorical cape (or don’t—it’s your call) and step into this amazing journey of becoming you.

Because no matter what, you’re totally, 100% AWESOME.

Are you ready to

New Hair: Armpits, legs, maybe even a moustache cameo—it’s totally normal. (Pro tip: you decide how to handle it—shave it, leave it, rock it. Your call!)





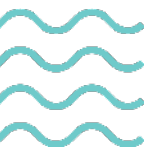
02

Your Body, Your Rules:





Body Boundaries & Smart Choices





Consent is Key: You decide who touches you and how. If something feels off, say “NO” firmly. Your comfort matters more than someone else’s “joke” or pressure.

Empowerment Through Knowledge

Life’s adventure means sometimes facing tricky situations—but you’ve got the power to steer your story! Let’s chat about staying informed and confident in your choices.

Body Boundaries & Smart Choices

Your body is yours—and understanding it is your superpower!

• **Reproductive Health 101:** Periods, ovulation, and contraception might sound like a science class, but they’re key to knowing your options. Birth control (like pills, IUDs, or condoms) helps prevent unwanted

Pro tip: Talk to a doctor

- **C** Support a Girl’s Wellness Journey. Pay What You Want to fuel:
 - ✓ Creative apps for girls to shape their stories.
 - ✓ Animated videos celebrating diverse cultures.
 - ✓ Free resources + translations for underserved communities.

Aw





- **Trust Your Gut:** If a situation feels weird, it probably is. Exit calmly or shout for help if needed.
- **Speak Up:** Practice phrases like, “That’s inappropriate,” or “I need space.” You’re not rude—you’re respecting yourself!
- **Find Your Squad:** Tell a friend, teacher, or family member if someone crosses lines. You’re never alone!

Social Savvy: Navigating Friendships & Pressure

Peer pressure and mixed messages can feel like a maze. Let’s light your path!

Logic Over Hype

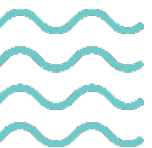
- **Myth Busting:** “Everyone’s doing it” is rarely true. *Pause and ask:* Do I want this? Your choices define YOU, not trends.
- **Media Smarts:** Ads/TV often glamourise risky stuff. *Question it!* Real life ≠ filters.

Talk It Out

- **Role-Play Scenarios:** Practice saying, “Nah, I’m good,” or “Let’s do something else.” Friends respect confidence!
- **Grown-Up Guidance:** Need advice? Teachers, counsellors, or parents want to help—no judgement!

Self-Care Shields

- **Affirmation Station:** “My body, my rules. My voice matters!”
- **Safe Spaces:** Identify spots (like a club, park, or friend’s house) where you feel 100% you.





Remember, Superstar: 🌟

Awkward moments don't define you. Every challenge is a chance to flex your courage and wisdom. BalanceHER has got your back—you're the hero of this journey! 💖

Need quick tips?

Flip to these BalanceHER hacks:



Emergency Exit: Text a code word to a friend if you're uncomfortable.



Resource Radar: Apps which offer discreet health info.



Feelings Journal: Write it out, then let it go.

You've got this! Ready to own your awesome?

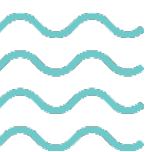
The world's waiting for your sparkle! ✨

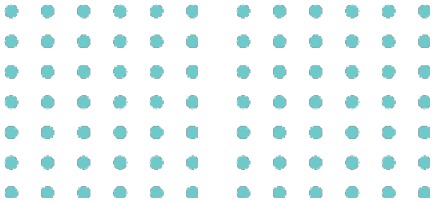


TURN "I WISH" INTO "I DID."

P.S. Every rand/dollar helps
turn "I wish" into "I did."

🌟 Thank you for being part of
the BalanceHER movement!

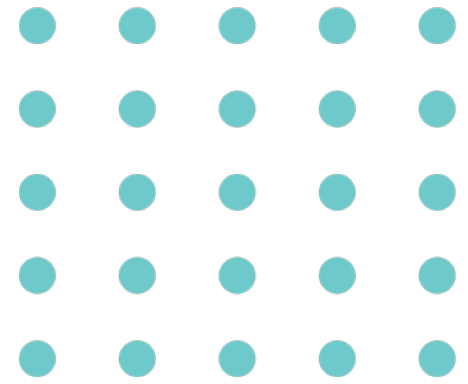




03

Expanded BalanceHER Guide:





Navigating Wellness with Superhero Swagger

Social Pressure: Your Confidence Compass 🌟

Life's jungle comes with opinions—from friends, social media, or even your inner critic. But your compass? That's YOU. Let's keep your confidence glowing brighter than peer pressure!

- **“Should I...?” Moments:** “Should I dress like them?” “Skip homework to fit in?” Pause. Ask: Does this feel true to ME? Your values > trends.
- **Boundary Power:** “Nah, I’m good” is a full sentence. No excuses needed. Practice it in the mirror like a mic drop! 🎤
- **Squad Goals:** Surround yourself with friends who hype your real self—not a filtered version. If they dim your light? Time to upgrade your crew.



Remember: *Social pressure fades when you stand tall in your sparkle. You're the CEO of you!*

Party Smarts: Safeguarding Your Superpowers

Parties = fun, but safety is your invisible cape. Here's how to protect your energy and keep the vibe 100:

- **Exit Strategy:** Plan ahead! Text a trusted adult if things get weird, or code-word a friend like, "Did you feed my pet iguana?" 🦎 = Help!
- **Sip Smart:** Always hold your own drink (non-alcoholic = no side-eye here!). If pressured: "I'm good—this lemonade's my vibe tonight."
- **Substance-Free Superpowers:** Skip drugs/alcohol to stay sharp, in control, and remember the epic memories. Your brain's still levelling up—protect its growth!

Why it matters: *Your body's a temple, not a trash can. Respect it, and you'll glow from the inside out.*

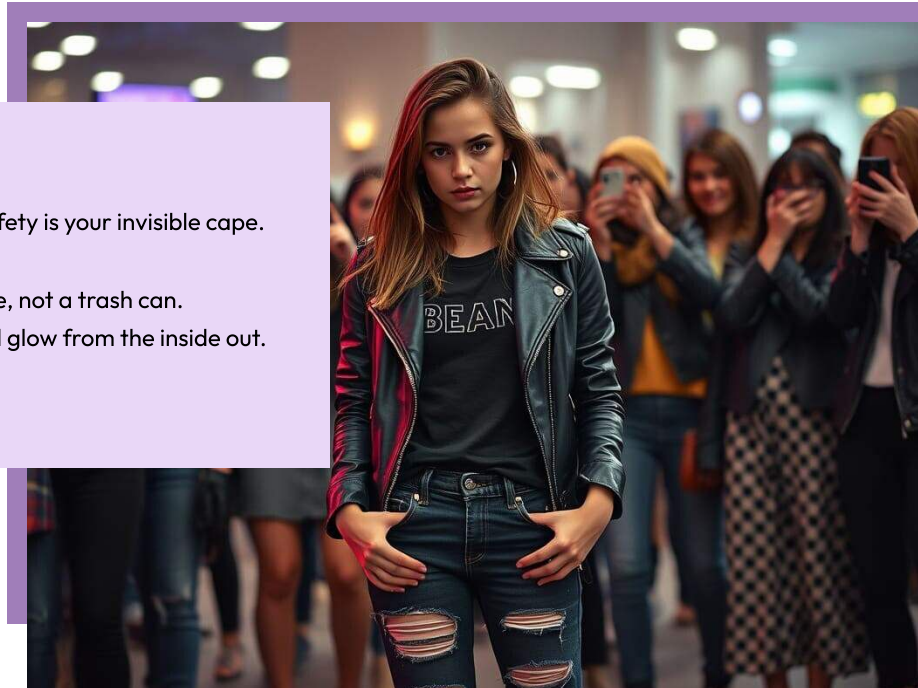
Party Smarts

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Building Youthful Wisdom

Awkward convos about bodies, crushes, or stress? Let's flip scripts with logic, kindness, and zero cringe.

- **Active Listening:** Nod, ask questions, and avoid interrupting. "Wait, you felt left out? That sucks—tell me more."
- **Boundary Boss:** "I'm not comfy talking about that" = OKAY. Your comfort > someone's curiosity.
- **Fact > Fiction:** Heard wild rumours about vaping or birth control? Pause. Google together (trusted sites only!) or ask a pro (nurse, counsellor).

Pro tip: Laugh it off if things get awkward. "Well, this convo's weirder than pineapple on pizza... anyway!" 🍕



Awkward convos about
bodies, crushes, or stress?

Let's flip scripts with logic,
kindness, and zero cringe.



Awkward & Awesome Cheat Sheet

AWKWARD:

“Why’s everyone staring at me?!”

Peer pressure to try vaping

Unsolicited advice on your body

AWESOME:

“I’m owning this outfit.”

“Nah, I’m allergic to bad decisions.”

“Thanks, but I’m my own expert.”

Final Boost: You’re not just growing up—you’re levelling up. Every boundary set, every “no” said loud, every honest convo? That’s your superhero origin story. **BalanceHER** has got your back, but you’ve got the power. Now go slay the jungle! 🌿💥

P.S. *Throw on your favourite playlist and dance like nobody’s watching. Confidence is your best filter.*

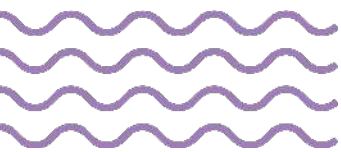


Summary

Feel free to write down any after-reading insights and thoughts

After reading this, I feel right now...

1. _____
2. _____
3. _____
4. _____
5. _____



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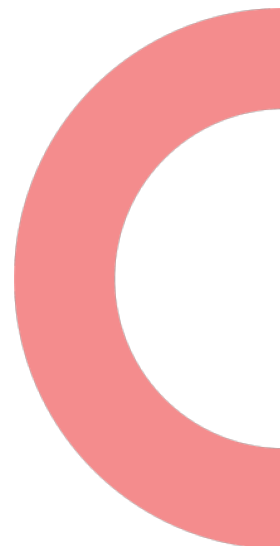
Not Yet a Woman: The BalanceHER Generation

Hey There, Young Wellness Warriors! 💖

So, you've just started your period. Maybe you're thinking, "Now what? Am I about to transform into some magical, mystical being?" Well... kind of. You're still you, but now with a few extra quirks and some new adventures ahead. Let's chat about this, shall we?

Welcome to Team Period! Congratulations!

You've joined the ultimate (and let's face it, slightly chaotic) club. Nobody exactly asked to join, but here we are. Think of it as a secret society—except instead of secret handshakes, we bond over chocolate cravings, hilarious mood swings, and random crying sessions over cute puppy videos. You're in great company.





What's Happening to My Body?

Here's the scoop: Your body is levelling up, like a superhero origin story. Except instead of laser vision, you get a monthly visitor named Aunt Flo. She's not the most subtle guest (a bit dramatic, really), but she's here to help your body practice for someday growing a tiny human. No pressure, though—this is just a long rehearsal.

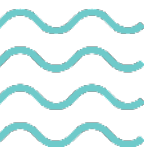
What to Expect:

- **Cramps:** Like your lower belly throwing a mini tantrum. Grab a warm water bottle, cosy up, and claim the best spot on the couch.
- **Mood Swings:** Laughing one minute, crying over spilled cereal the next? Totally normal. When someone asks, just give them your best “It’s called being complex” look.
- **Energy Levels:** Some days, you’ll feel like climbing a mountain; other days, even brushing your hair feels monumental. Listen to your body—it knows best.

What Can I Do?

Short answer: Anything you want! Periods don’t come with a “sit this one out” rule—unless you need to, of course.

- **Sports & Activities:** Yes, you can still run, dance, swim, or master that handstand. In fact, movement can help tackle cramps (take that, Aunt Flo!).
- **Laugh Until You Cry:** Highly recommended. *Bonus:* it confuses your cramps.
- **Eat What You Want:** Sometimes broccoli, sometimes ice cream (maybe skip the freezing cold stuff; it will increase cramps). Just sneak in a few veggies to keep your body from staging a revolt.





What Should I Avoid?

There's not much you can't do, but a few things might make life a little easier:

- **White Pants:** Brave? Sure. But it's a risky move when Aunt Flo's in town. If you love to live on the edge, go for it!
- **Ignoring Your Feelings:** Feeling meh? Take a break. Feeling overwhelmed? Talk to someone. Roller coasters are more fun when you don't ride them alone.
- **Being Hard on Yourself:** Your period might gatecrash your plans, like showing up before a pool party.

Annoying? Absolutely. But remember, this is just one part of being human with a uterus—you're still a superstar.

Some Fun Tips for Period Pros:

- **Pack a Period Kit:** Keep a cute pouch with pads, tampons, pain relief, and a chocolate bar. Chocolate = happiness. It's science.
- **Embrace Cosy Time:** Periods are the perfect excuse for bubble baths, fuzzy socks, and binge-watching your favourite show. Self-care mode: activated.
- **Channel Your Inner Ninja:** Periods might be messy, but you're in control. Own it.



What's Happening to My Body?
Channel Your Inner Ninja:
Periods might be messy, but
you're in control. Own it.





Let's Bust Some Myths!

Because we've all heard them, and it's time to set the record straight.

Pads: Change every 4–6 hours. Yes, they can feel like wearing a small mattress, but they're reliable and risk-free for TSS (toxic shock syndrome).

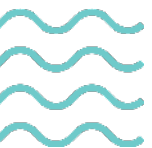
Tampons: Change every 4–8 hours. Perfect for active days, but make sure to insert them correctly—because nobody needs that kind of drama.

Myth: Wearing a pad or tampon too long isn't a big deal.

Fact: Hello, bacteria! Change regularly to avoid infections.

Myth: Tampons will “steal” your virginity.

Fact: Virginity is a social construct—tampons don't steal anything (except maybe your patience sometimes).





You've Got This!

Periods might not always be convenient (seriously, Aunt Flo, why now?), but they're just one part of your amazing, complex, and totally capable body doing its thing. Embrace the awkward moments, laugh at the bloopers, and remember—you're not alone. We've all got a funny Aunt Flo story to share.

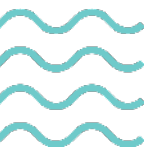
Through it all, BalanceHER is here to guide you, laugh with you, and empower you to own your journey. From your first period to menopause and beyond, we've got the tips, moves, and humour to make it all a little easier—and a lot more fun.

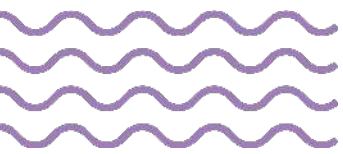
You're doing great, Warrior! ✨

Hey there, girls! Let's chat about you—your health, your happiness, and yes, even those moments where life feels like a hilarious juggling act.

Spoiler alert: We're here to make it all easier, more fun, and way more you.

Visit us our website: [balance-her.com](https://www.balance-her.com)

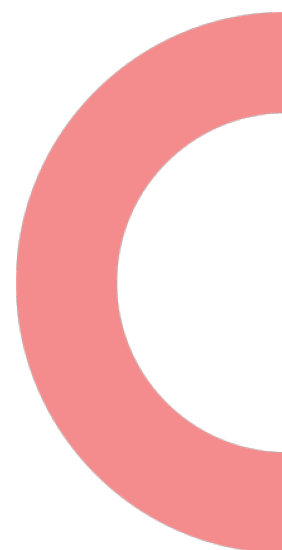




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✨ So, what's the deal with BalanceHER?

Imagine a magical mix of ancient wisdom (like, the kind your cool auntie swears by) and modern know-how (because, hello, Google!). That's what we call ***Harmony Flow Wellness Practices, aka HFWP***. It's like having a superpower to help you feel amazing inside and out. We're talking proactive, habit-forming self-care that doesn't just fix the "ugh" moments—it stops them in their tracks.





“But what does that actually mean?”

Oh, you know, stuff like:

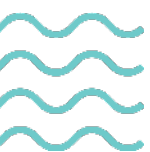
- “Why does my back feel like it’s yelling at me?”
- “Where did my energy go? Did someone steal it?”

We’re here to answer those questions and so much more with practices that are simple, doable, and fun.

Flaws? Bring 'Em On!

Here’s the thing: nobody’s perfect—and that’s what makes this whole self-care journey work. At **BalanceHER**, we embrace every wobble, giggle, and “oops” moment. Awkward dance moves? Check. Hormonal swings? Double check. The important thing is that you keep going.

We’ve built our program with the kind of wisdom only life (and a few incredible women) can teach you. Your aunts, grandmas, and even your besties all have stories to share, and we’re making sure they don’t get lost. This is about strength, confidence, and a little bit of grace... eventually.



Why It Matters

Picture this: You're walking through life, and suddenly, your usual guide (a.k.a. mom, mentor, or older sis) isn't there. Yikes, right? Without that support, life feels like wandering through a maze with no map. That's why we created a friendly, informative, and maybe slightly sassy space where you can find the answers you need—no superpowers required.



Oh, so many things! But let's start here:

1. It's for everyone. Whether you're a teen figuring out life, a busy young adult, or a wise woman with stories to tell, there's something here for you.

2. It's cross-cultural. We bring together cool ideas from different traditions because, honestly, there's genius in diversity.

3. It's fun. Self-care doesn't have to be boring.





What Makes BalanceHER Different?

We're talking interactive games, animated stories, and even laugh-out-loud moments.

✨ How Do You Get Started?

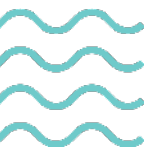
You don't need to know all about Qi / Life energy (it's real, though, and super cool!) or have fancy yoga poses perfected.

BalanceHER is all about honouring your body and laughing at life's chaos. It's about passing down wisdom and collecting funny stories along the way.



Ready to Join the Fun? Start with one small step

Maybe a breathing exercise or a new habit like dancing in your room for five minutes a day (yes, it counts!).





Remember: Life's not about perfection. It's about trying, learning, and maybe tripping over your own feet... as long as you get back up.

So, let's do this! Whether you're finding your groove or just starting out, we're here for you. Flaws and all.

Your BalanceHER Squad

P.S. Don't blame your shoes for tripping—it's totally your feet's fault! 🤪

The Bottom Line

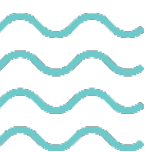
Your body is amazing. Yes, it's a little unpredictable, but that's part of what makes you, you.

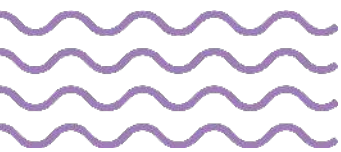
Laugh at the awkward moments, embrace the messy ones, and remember—you're not alone. We've got your back.

So, girl, what do you say? Are you ready to balance life, laugh a little louder, and feel unstoppable?

Welcome to the **BalanceHER** Squad—where we celebrate everything that makes you uniquely YOU.

Let's do this! 💪 ✨





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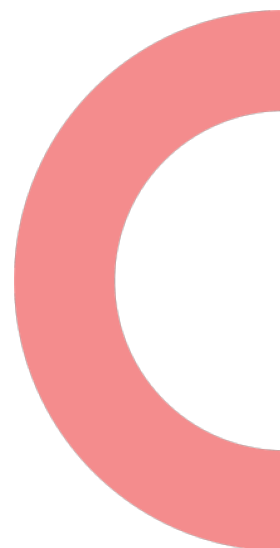
BalanceHER: Embracing Your Reproductive System (Flaws and All)

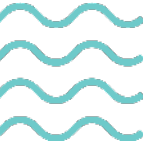
Let's be real—the female reproductive system isn't just a “well-oiled machine.”

Sometimes it's more like a chaotic group chat between your brain and ovaries, with everyone trying to coordinate a group trip... and we all know how that goes.

But hey, even the most complex systems have their off days, right?

BalanceHER is here to help you navigate those quirks, bringing wellness and humour together like besties who laugh about their messy, glorious lives.







The Hormonal Symphony (When It Doesn't Hit a Wrong Note)

1. The Brain: Queen of the Group Chat Your hypothalamus is like that one friend who tries to keep everything on track. She's sending signals left and right, coordinating with the pituitary gland—the “CEO of Hormones.”

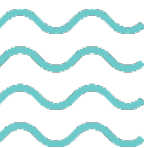
When things go smoothly, your reproductive system does a TikTok-worthy dance of oestrogen and progesterone. When it doesn't? Well, cue the bloating and mood swings.

2. Pituitary Gland: The CEO of Chaos This pea-sized manager runs the show, releasing Follicle-Stimulating Hormone (FSH) and Luteinizing Hormone (LH) with the best intentions. But when stress or life throws a curveball, the pituitary's management skills can get a little... erratic.

That's where **BalanceHER** nurturing practices can step in, calming the storm.

3. The Ovaries: Hormonal Divas Your ovaries are like the divas of the reproductive system—they make the magic happen but can be a little unpredictable. Oestrogen and progesterone are their greatest hits, but when these fluctuate too wildly, it's like a bad karaoke night.

Don't worry, though—**BalanceHER** is here to help you hit the right notes.





Reproductive Wellness: More Than Just Hormones

So, you've got your period. Congrats, you've officially joined the club of rollercoaster rides your body did not ask your permission to start. It's like one day your playlist is "Pop Classics," and the next it's "Experimental Jazz," with zero warning. But hey, don't freak out—you're not alone. Let's have a little heart-to-heart about what's going on, why your hormones are acting like drama queens, and what you can do about it (plus, what you totally don't have to—yay for that!).

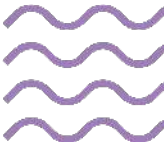
The Wild World of Periods

Here's the deal: periods are unpredictable, and as you get older, they seem to double down on that hobby. One month, they're like a chill text from a friend— "Hey, I'm here." The next, they're all confetti cannons and parade floats, leaving you wondering, what even is this madness?

Blame your hormones—they're the chaotic hype crew behind the scenes. Oestrogen's over here doing the cha-cha while progesterone decides to take a nap. The result? Your mood swings from "I'm unstoppable" to "BRB (be right back), crying over this dog video I saw three weeks ago." Sound familiar? Yep, that's your body gearing up for its next chapter. No, it doesn't mean you're broken—it's just your body trying out a new vibe as it prepares for changes like your "Second Spring" (a.k.a. menopause, but cooler and more poetic).

So, When Does Fertility Kick In?





Here's the science bit:

Girls can usually get pregnant after their first period. This can happen anywhere from age 9 to 16, but everyone's timeline is different. Once your body starts ovulating—when your ovaries release an egg during your cycle—it's game on. If that egg meets sperm, pregnancy can happen.

If you're not ready for babies (which is totally okay—hello, you're still figuring out life!), there are ways to prevent pregnancy. The most effective? Not having sex. But if you are thinking about it someday, talk to a trusted adult or health professional about birth control options. It's all about being informed and staying in control of your choices.

How to Handle the Drama

Now that we've covered the biology, let's talk about how to survive—and thrive—through all these changes.





1. Move That Body No, you don't need to become a fitness guru (unless that's your thing—go, you!). Gentle movement like dancing, walking, or **BalanceHER Harmony Flow Wellness Practices (HFWP)**, like qigong or tai chi, can help keep your hormones balanced. Plus, it's amazing for those “my uterus feels like it's in a wrestling match” days.

2. Eat What Feels Good Craving chocolate? Have it. Just try to balance it with things your body loves too, like nuts, leafy greens, or a smoothie. Staying hydrated is your secret weapon against bloating and fatigue—water is basically your body's MVP (most valuable player). Oh, and avoid super icy drinks during your period. They're like a bad ex—tempting but never a good idea.

3. Rest Is Not Laziness, If your body's screaming for a break, listen. Skipping that workout or taking a nap isn't slacking—it's self-care. Curl up with your favourite series and let yourself just be.





What If My Period Takes a Vacation?

Sometimes, your period might ghost you. Stress, changes in weight, or other big life shifts can hit pause on your cycle.

Don't panic—it happens. But if it disappears for more than three months, it's a good idea to check in with a health pro.

Think of it like a friendly chat, not a lecture. Your body's just sending a little “Hey, I might need some TLC” signal.

You've Got This

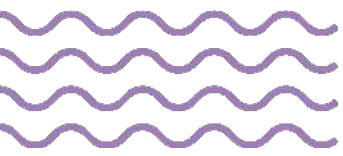
Here's the truth: Your body isn't working against you—it's evolving with you. Hormonal changes might be weird (okay, super weird), but they're also a reminder of how amazing and adaptable you are.

So, take it one day at a time. Laugh when things go sideways, cry if you need to, and know that you are not alone.

The BalanceHER references are there to support you, encouraging you at every step of this tumultuous journey.

And remember: You're not just navigating hormones—you're growing into the incredible, unstoppable woman you're meant to be. 💖





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TCM 101: Ancient Secrets for Modern Glow-Ups

(...and no, it's not just your grandma's tea!)

What's TCM? 🌿 Traditional Chinese Medicine (TCM) is like a 3,000-year-old user manual for your body. Instead of just treating “what hurts,” TCM looks at YOU—your energy, emotions, and how everything's connected.

Think of it as your body's group chat: if one person's offline, the whole vibe gets weird.



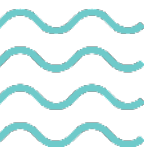


Qi (Chee): Your Invisible Superpower

Qi = Your body's energy. Imagine it like your phone battery:

- **Full charge?** You're unstoppable—dancing, laughing, crushing math tests.
- **Low battery?** You're dragging, cranky, or zoning out during TikTok scrolls.

TCM says sickness happens when your Qi gets stuck or drained (like when Wi-Fi buffers). But don't worry—you can recharge it!





How to “Hack” Your Qi

1. Food = Fuel  **Ginger tea** warms up sluggish Qi (bye-bye cramps!). 

Watermelon cools you down when you’re overheated (literally or emotionally).

2. Move It, Don’t Lose It: HFWP moves stretches, dance, or even walking helps Qi flow smoothly.

3. Chill Vibes Only: Stress blocks Qi like a clogged drain. Try deep breathing or yelling into a pillow (we won’t judge ).

Qigong (Chee-gong): TikTok Dances... But Chill

Qigong (Chee-gong): TikTok Dances... But Chill  

Qigong = Slow, graceful moves + natural breathing to boost your Qi. It’s like yoga’s zen cousin who never stresses about grades.

Try This:

• “Hug the Moon” Pose: Stand tall, soften all joints, arms curved like you’re holding a giant beach ball. Breathe gently. Imagine stress melting away. Feels like a hug from the universe, right? 





TCM's Coolest Ideas (No Textbook Jargon!)

- **Meridians:** Invisible “rivers” where Qi flows through your body. Acupuncture unclogs them (like a plumber for your energy).

- **Yin & Yang:** Opposites that balance each other (like chill nights vs. hype-day energy). Too much yang? You're wired. Too much yin? You're snoozing through class.

- **Herbs Aren't Just for Witches:** Things like goji berries or chrysanthemum tea are like natural emojis for your health—☀️ for energy, ❄️ for cooling rage-crying moments.

Why Should You Care?

- **Periods Suck Less:** Ginger tea > Painkillers? For some, yes! TCM tricks can ease cramps without pills.

- **Stress? Solved:** Qigong beats doom-scrolling when you're anxious.

- **Glow from the Inside:** Balanced Qi = better sleep, clearer skin, and big main-character energy.

Fun Myth vs. Fact

❌ *Myth:* TCM is just weird old potions.

✅ *Fact:* Modern science LOVES studying TCM. Harvard has a whole department for it!

❌ *Myth:* You have to give up fries and iced coffee.

✅ *Fact:* TCM is about balance, not bans. Fries today? Add a green smoothie tomorrow.



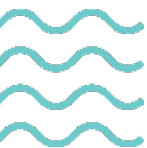


Your Challenge 🌟

Try ONE TCM-inspired thing this week:

- Sip ginger tea during cramps.
- Do 5 minutes of HFWP Qigong (Try it—no one's watching!).
- Eat something “warming” (like cinnamon oatmeal) on a cold day.

Tag #BalanceHER with your experiment! Did it work? Was it meh? We wanna know





Bottom Line: TCM isn't magic—it's just listening to your body and giving it what it needs.

You're basically a Qi superhero already. ✨

(P.S. If your friend says, "Qi isn't real," tell her neither is Wi-Fi... but we all need it.) 😎

Hey Girls! Let's Talk About Food as Medicine!

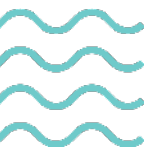
Hi there! Did you know that food isn't just about filling your tummy? It can also help you feel amazing and keep you balanced! Yep, food has some serious superpowers, and today, we're diving into how you can unlock them. Let's explore how food can be your secret weapon for feeling strong, happy, and healthy. Ready? Let's go!

1. Food, Energy, and You:

A Magical Connection Okay, imagine this: your body has a special kind of energy called Qi (say it like "chee"). When your Qi is happy and balanced, you feel unstoppable. Traditional Chinese Medicine (or TCM for short) has been talking about this for thousands of years. It's all about using food to make sure your energy is in perfect harmony.

Here's something cool:

TCM says we should eat foods that match the seasons. In summer, crunchy watermelon is your BFF. In winter, warm soups are like cosy hugs for your insides. It's not just about old wisdom—modern science backs this up too! Eating fresh, whole foods is awesome for your health.





2. Fun Food Lessons:

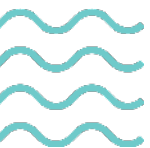
The Power of Starting Young Imagine you're in the kitchen with your mom, making a sweet tea with red dates and Dang Gui (a magical herb for your health). She tells you this tea can help you feel better during your period. Cool, right?

Or picture this: You're sipping on Ginger and Brown Sugar Tea when you have cramps, and it works like magic. These little moments show how food can be your best friend.

Want to make food fun?

Try these ideas:

- **Kitchen Adventures:** Help chop veggies or mix ingredients and learn how they help your body.
- **Story Time:** Ask about the history of a dish or why certain foods are special.
- **Food Art:** Make your plate colourful and pretty—eat the rainbow!





3. Simple Recipes That Feel Like Magic

Ready to try some food-as-medicine tricks? These recipes are easy-peasy and oh-so-good for you.

- **For Period Power:**

- o **Dang Gui and Red Date Tea:** A warm hug in a cup. It helps boost your energy and keep you calm.

- o **Ginger and Brown Sugar Tea:** Bye-bye cramps! This tea warms you up and makes you feel better.

- **For Boosting Energy:**

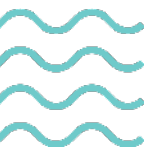
- o **Goji Berry and Chicken Congee:** A creamy rice dish that feels like a cuddle for your tummy.

- o **Black Bean and Fish Soup:** It's super tasty and packed with good-for-you nutrients.

- **For New Moms:**

- o **Chicken and Red Date Soup:** It's like a superhero soup for moms to get their strength back.

- o **Herbal Chicken Soup:** Packed with ingredients that help your body heal and feel amazing.





4. Science Meets Magic: Why It Works Here's the science bit!

These foods and herbs aren't just yummy; they're packed with nutrients that help your body:

- **Dang Gui:** Helps keep your periods regular and your mood happy.
- **Ginger:** Fights inflammation and keeps you warm inside.
- **Goji Berries:** Tiny but mighty—they're full of antioxidants to keep you glowing.

See? Food is not just food. It's science AND magic rolled into one!

5. Let's Make Food Fun!

Remember, taking care of yourself isn't about being perfect. It's about balance. Maybe you start with one new tea or soup and see how it makes you feel. You can even share your recipes with friends—maybe have a tea party! Every small choice you make is like adding a spark to your personal wellness journey. So, sip your tea, enjoy your soup, and let food help you shine bright like the star you are.





Your Challenge: Try It Today!

Pick one of the recipes above or talk to someone in your family about their favourite food-for-health story. Then share it with your besties. Let's start a food revolution where every girl knows how to use food as her superpower.

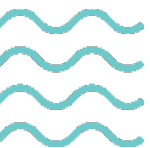
Together, we're unstoppable!

Let's make this the year of feeling AMAZING!

Now, Wonder Girls! Let's Talk Balance, Not Chaos ☀



Feeling overwhelmed by all the crazy trends out there? Fad diets, extreme workouts, life chaos—it's enough to make anyone scream into a pillow! But guess what? There's a way to ditch the stress and find your inner calm while still feeling awesome in your own skin. Say hello to **BalanceHER**—your new BFF for feeling fab, strong, and centered. Let's dive into the fun stuff and see how we can get your sparkle back!





The Scoop on Food & Fad Diets: Nourish, Don't Punish 🍎

Ever feel like every diet is trying to turn you into a hangry zombie?

BalanceHER says: Enough of that! Food is fuel, fun, and all about keeping your energy (aka “Qi”) flowing smoothly.

💬 Let's Chat:

- **Why do fad diets leave you feeling bleh?** They zap your energy and confuse your body.
- **What's the BalanceHER way?** Think yummy, colourful plates filled with fresh veggies, grains, and easy-to-digest proteins.

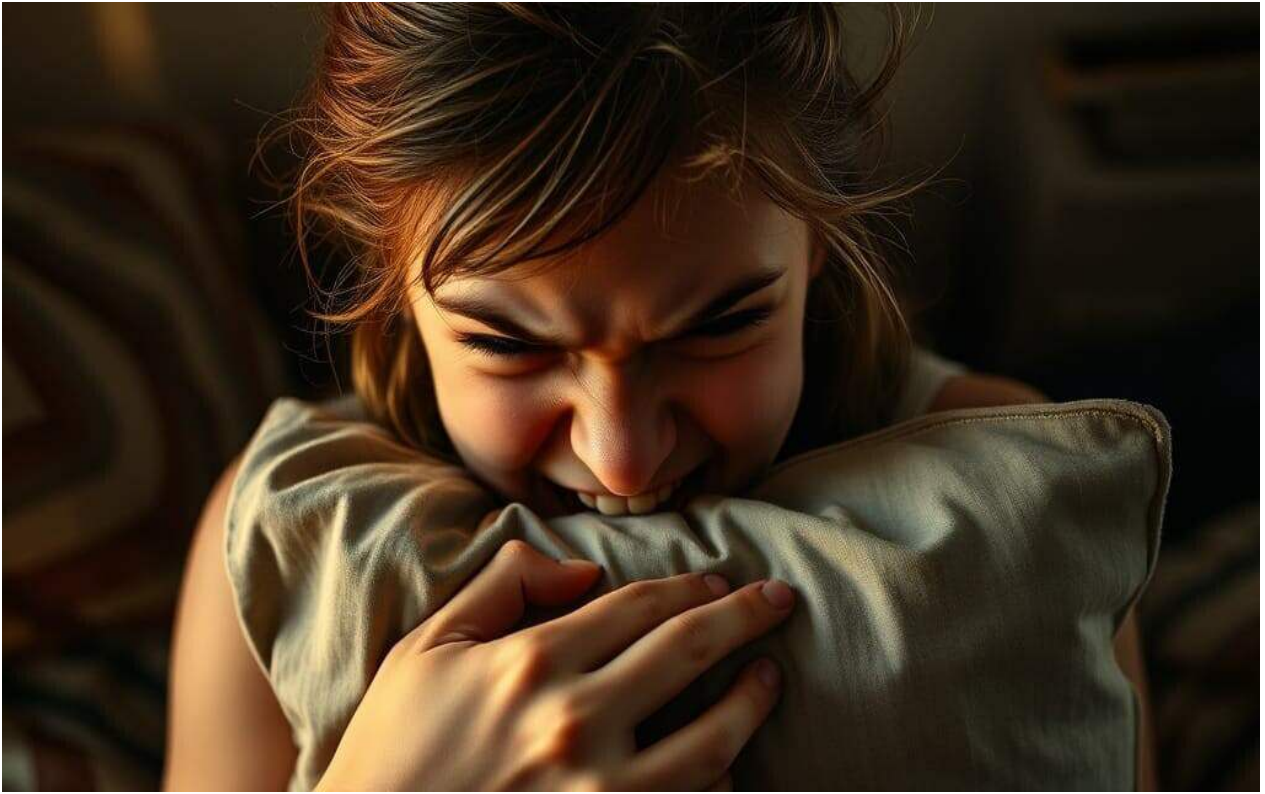
Your body is like a magical garden—it thrives when you nourish it right!

✨ Fun Fact:

In Traditional Chinese Medicine (TCM), your Stomach and Spleen are the "Earth" of your body. Keep them happy, and they'll keep YOU glowing.

Let's make this the year of feeling AMAZING!



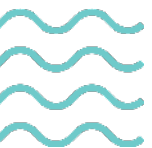


Burnt Toast Vibes? Let's Fix That 🔥

You know those days when you're so tired you feel like burnt toast? (Same, girl!) TCM calls this a sign your "Kidney Qi" (aka your energy bank) is running on empty.

💬 **Here's the Plan:**

- Try gentle movements like prenatal breathing exercises to refill your energy tank.
- Picture this: You're a battery. BalanceHER helps you charge up without overloading your circuits.





Move It, Don't Abuse It! 🧘

Raise your hand if you've ever felt like workouts are a punishment for eating cake. (No shame, we've all been there!) But here's the thing: your body LOVES gentle, flowing movements—ones that feel like a dance, not a drill sergeant yelling.

💬 What to Do:

- **BalanceHER** introduces moves like *Harmony Flow Wellness Practices (aka HFWP)* such as Yuan Qi Qigong, a graceful way to stretch and strengthen without stress.
- **Gentle twists and arm movements** not only stretch your muscles but also keep your energy flowing.

✨ **Bonus:** It's perfect for preventing injuries and keeping you flexible. No more awkward creaky sounds when you bend down!

Oh, Hormones! Why You Gotta Be So Extra? 😩

Whether it's PMS, periods, or perimenopause (say that five times fast!), hormones can feel like they're running the show. **BalanceHER** is here to help you take back control.

💬 Top Tricks for Hormonal Zen:

- Gentle twists and liver-soothing exercises = fewer cramps and more zen mode.
- Add calming breathwork to keep the mood swings at bay.

✨ **Fun Visualisation:** Imagine your energy as a flowing river. **BalanceHER** helps remove those pesky dams, so everything runs smoothly.





Food is Your BFF, Not Your Frenemy 🍲

Let's get real: food should be a joy, not a drama queen. **BalanceHER** is all about eating for you—not a social media trend.

💬 How to Fall in Love with Food Again:

- Use TCM's "food as medicine" philosophy to nourish your body and soul.
- Savour your meals. Yes, even dessert. (Because joy = healthy too!)



Turn Chaos Into Calm With These Superpowers ✨

Fitness Your Way:

Forget high-intensity workouts that leave you wiped out. **BalanceHER Harmony Flow Wellness Practices (HFWP)** are gentle, energising, and won't make you feel like collapsing after.

Rock Solid Routines:

Life can get messy, but **BalanceHER** shows you how to create daily habits that feel like you time. Think of it as a little spa session for your mind, body, and soul—right in your living room.

✨ **Pro Tip:** Five minutes of **BalanceHER** a day is all you need to start feeling like the boss babe you are.

The Real Talk on Weight: It's NOT a Straight Line 📈

Weight gain and loss can feel like a rollercoaster, but don't stress. You're fabulous just as you are! **BalanceHER** blends Western medicine and TCM to make sense of it all.





💬 **What's Really Going On:**

- **Western View:** Hormones, stress eating, and gut health can make weight tricky.
- **TCM Magic:** Issues like “Qi Stagnation” or “Spleen Deficiency” might be throwing off your vibe.

BalanceHER uses ancient wisdom to smooth it all out.

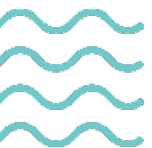
✨ **Moral of the Story:** Perfection is boring. **BalanceHER** is about progress, not pressure.

You've Got This, Girl! ✨

You Are Unique And Authentic! ✨

BalanceHER isn't here to make you fit into someone else's mould—it's here to help you shine YOUR way. By mixing ancient wisdom with real-life practicality, you'll feel radiant, energised, and ready to take on the world. So, ditch the chaos, embrace the calm, and let your inner superhero glow!

💬 **Your Next Step:** Try one small **BalanceHER** habit today. Whether it's a calming breath, a colourful meal, or a gentle stretch, you're already on your way to becoming the best version of *YOU*.



🌟 BalanceHER: Turn Cramps into Confetti! Qi-Powered Moves to Crush Your Mood & Glow 🌟

A Playful Guide for Teens to Crush Cramps, Spark Joy, and Glow Up

🌟 HFWP Yuan Qi Qigong for Cramp-Busting & Mood-Boosting 🌟

BalanceHER Qi-Powered Moves to Crush Cramps & Spark Joy. Your Daily Dose of Magic for Glowing Energy & Unstoppable Vibes!

🌸 Ready to turn your ouch into oh yeah and your blah into BAM ? This is your 8-step glow-up ritual—a mix of ancient TCM wisdom and girlboss energy—to help you conquer cramps, boost your mood, and shine brighter than your phone screen at midnight.



Why you'll love it:

- ✅ Cramp-crushing moves that melt tension like a warm hug for your muscles.
- ✅ Mood-boosting magic to turn grumpy days into “I’ve got this” moments.
- ✅ Glow-getting energy that’ll have your skin and spirit sparkling.

No more:

- 👉 Missing out because of cramps.
- 👉 Feeling drained by puberty drama.
- 👉 Letting stress steal your sparkle.

This is your time.

Your flow.

Your power.

How it works:

Just 10 minutes a day to:

- 1 Unblock your energy (bye-bye, cramp monsters!).
- 2 Boost your Qi (hello, unstoppable vibes!).
- 3 Sync mind + body (you’re a harmony queen now!).

Designed for YOU:

- Busy girls 📚🌟 (yes, even between TikTok breaks!).

- All bodies, all vibes 🌈 (no perfection required!).
- Your secret weapon ✨ for school, sports, and life .

Ready to glow up your routine? Let's make every day a "heck yes" day.

☀️ *P.S. Your future self (with killer confidence and a radiant glow) will thank you.* 💖

☀️ Tap into your inner goddess—start your 8-step BalanceHER flow today! ☀️
(Because you deserve to feel amazing, always.)

Foot Stamping Routine for Young Girls

"Starry Soles Stampede" ☀️👣

Goal: Ground energy, ease stress, and boost circulation (perfect for busy minds and bodies!).

How to:

Stand Tall: Feet hip-width apart, arms relaxed. Imagine you're a starlet ready to dance on clouds.

Inhale & Reach: Breathe in deeply, lifting arms overhead like you're grabbing stars

Exhale & Stamp: Gently stamp your left foot down (like squishing a stress bug 🐞), then right foot. Alternate feet slowly, syncing with your breath. Left stamp = "I release worries!" Right stamp = "I claim calm!"

Add a Twist: After 5 stamps, sway side-to-side (like a playful monkey 🐒), letting arms swing freely. Repeat 3-5x

"This is your TikTok-ready stress-buster! Each stamp shakes off drama, and the swaying? Total vibe check. Your feet are secretly magic wands—wave goodbye to chaos!"

TCM Bonus: Stamping activates the Kidney meridian (boosts energy) and Spleen meridian (supports digestion). It's like a reset button for when life feels extra .

Pro Tip: Do this barefoot on grass or a soft mat for extra Earth energy! 🌱



"Moonflower Unfolds" 🌙🌸

Goal: Stretch tension, boost circulation in the lower abdomen.

How to:

- Stand tall, feet hip-width apart.
- Inhale: Slowly, gently raise arms on either side, overhead like a flower blooming.
- Exhale: Gently sway hips side-to-side (like a hula dance!) while lowering arms to heart level. Repeat 5x.

Teen Logic: "Imagine you're a moonflower melting cramps with every sway. *Bonus:* It's TikTok-worthy!"

"Bamboo in the Breeze" 🌿🌊

Goal: Calm mood swings, balance Qi flow.

How to:

- Stand like a wobbly bamboo tree.
- Inhale: Sway arms/body to the left (think: slow-mo TikTok dance).
- Exhale: Sway right, letting arms flop loosely.
- Add a silly face for stress relief!

Teen Logic: "Your hormones are the bamboo blowing in the wind—bend, don't break! Also, this is your excuse to vibe like a tree."

"Dragon Tail Swish" 🐉🌀

Goal: Release lower back stiffness + stimulate kidney meridian (TCM energy for vitality).

How to:

- Stand with knees slightly bent.
- Inhale: Swing arms behind you (like a dragon flicking its tail).
- Exhale: Swing arms forward, gently tapping lower belly with palms. • Repeat 10x. Speed it up for giggles!

Teen Logic: "Pretend you're a sassy dragon shooping cramps away. Rawr!"

"Warm Panda Hug" 🐼🔥

Goal: Direct warmth to the uterus + soothe cramps.

How to:

- Rub palms together fast (friction = heat!).
- Place warm hands over the lower belly.
- Breathe deeply: Imagine golden light melting cramps.
- Whisper: "Bye, Aunt Flo's drama. 🐼💖"

Teen Logic: "Science says heat helps cramps. You say, 'Panda cuddles > heating pads.'"

"Laughing River Flow" 🌊😄

Goal: Release endorphins (nature's painkillers!).

How to:

- Inhale: Jump lightly, arms up.
- Exhale: Collapse into a giggly squat, arms flopping down.
- Add a fake laugh (it'll turn real, promise!).
- Repeat until you're snort-laughing.

Teen Logic: "Fake laughs trick your brain into happy chemicals. Plus, cramps hate joy."

"Zen Sloth Cooldown" 🦥🧘♀️

Goal: Relax + restore.

How to:

- Sit cross-legged.
- Inhale: Reach arms up like a sloth stretching.
- Exhale: Fold forward, arms dangling. Stay here for 3 breaths.
- Whisper: "I'm a sloth... cramps can't catch me... zzz..."

Teen Logic: "Sloths survive by napping. Your uterus approves."

"Qi Ninja Kick" 🥋⚡

Goal: Boost energy + kick stagnation (TCM's cramp culprit!).

How to:

- March in place, lifting knees high to stamp onto the ball of the foot.
- Exhale: Pretend to punch cramps away. "Hi-yah!" optional but encouraged.
- Speed up for 20 seconds.

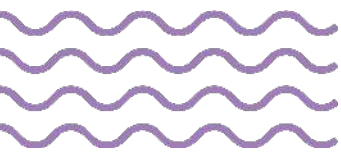
Teen Logic: "You're a Qi ninja fighting period villains. Ninja stars sold separately."

Pro Tips for Fun:

- **Playlist Pairing:** Do these to K-pop, lo-fi beats, or Disney songs.
- **Squad Goals:** Challenge friends to a "Qi Ninja" battle.
- **Emoji Journal:** Track moods pre/post practice (e.g., 🌀➡️🌈).

Why It Works (Teen Science):

- Gentle movement = better blood flow = fewer cramps.
- Laughter + deep breathing = lower stress hormones.
- Visualising warmth = brain sends healing vibes to muscles.



08

Your Body: The Ultimate Squad Goals

(Spoiler: No One Gets Left Behind!)

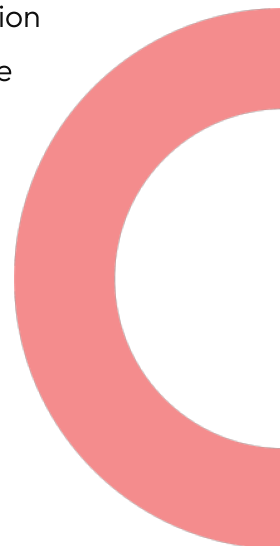
Meet Your 11 Body Systems—The Ultimate Team

Imagine your body's systems as a friend group where everyone's got a role:

- **Nervous System:** The group chat admin (keeps everyone connected!).
- **Endocrine System:** The moody DJ (hormones = playlist chaos).
- **Digestive System:** The snack queen (fuel for the squad).
- **Skin (Integumentary):** The glow-up coordinator (your literal filter!). ...and 7 more besties, each doing their part.

The Problem? If one friend's struggling (cough stress hormones crashing the party cough), the whole vibe tanks. Example: Stress (nervous system) → messes with digestion (gut issues) → hormones panic (breakouts) → sleep suffers (dark circles) → confidence dips.

See? It's a group project—**no one rides solo.**





Why Quick Fixes Flop 🚫

Scenario: You battle acne with a \$50 cream but skip sleep, eat stress-cheeseburgers, and doomscroll till 2 AM. Result? Your skin's like, "Nice try, but I'm still rebelling."

Truth Bomb: Fixing one symptom is like putting glitter on a broken phone—pretty, but it still won't work. Your body craves **balance**, not band-aids.

The "Slow & Glow" Philosophy 🐢✨

Think of wellness like TikTok fame:

- **Overnight success?** Rare (and usually fake).
- **Real growth?** Consistent posts, authentic vibes, and patience.

Your body's the same. Want clear skin, energy, or confidence?

1. Nourish: Eat foods that fuel all systems (greens for digestion, protein for muscles, water for... everything!).

2. Move: BalanceHER Dance (HFWP), yoga, walks—whatever keeps your Qi (energy) flowing.

3. Rest: Sleep isn't lazy; it's your body's software update.

4. Chill: Chillaxing Stress management > cramming for a test you didn't study for.



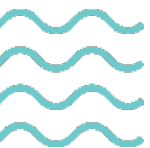


BalanceHER “Adulting 101” Cheat Sheet

For the girl who’s like, “But HOW?!”

- **Hormonal Breakouts?** Don’t just slay skincare—check sleep, stress, and sugar.
- **Weight Worries?** Ditch crash diets. Focus on strength (mental and physical) and joy-driven movement.
- **Exhausted?** Your body’s screaming for rest, not another iced coffee.

Pro Tip: Track how one change (like 8 hours of sleep) improves multiple areas (mood, skin, focus). #Winning





Why Time is Your Secret Weapon ⌚

Puberty's a marathon, not a sprint. Your body's literally remodelling itself—like living in a house under construction. Annoying? Yes. Temporary? Absolutely.

Real Talk: That influencer who claims, “7 days to perfect skin!” is filtering reality. True wellness is layers:

- Layer 1: Fix the easy stuff (hydration, sleep).
- Layer 2: Tackle habits (stress, movement).
- Layer 3: Deep healing (self-love, boundaries).

Self-Care = System-Care 💖

BalanceHER Mantra: “You’re not a robot—you’re a rainforest.” 🌴

- **Rainforest Logic:** Everything's connected. Pollute one river? The whole ecosystem suffers.
- **Your Body Logic:** Neglect sleep? Your immune system (lymphatic) weakens, skin (integumentary) freaks out, and brain fog (nervous) rolls in.

Translation: Treat yourself like the complex, magical ecosystem you are.

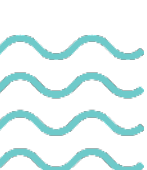
Your Challenge 🌟

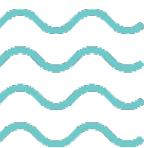
System Check: Pick one habit this week that helps **TWO** body systems.

Examples:

- **Walks:** Boosts mood (nervous) + strengthens muscles (muscular).
- **Veggie Omelettes:** Fuels digestion (digestive) + supports skin (integumentary).
- **Journaling:** Lowers stress (endocrine) + clears mind (nervous).

Tag #BalanceHER with your win!





To do list

Start to plan your goals based on the tips you learned

In 6 months from now I want to achieve...

☐

☐

☐

☐

☐

What do I want to accomplish?

What is important to me?



Closing Note: You're Already Enough

So, in closing, Dearest Radiant Soul,

Thank you for spending time with BalanceHER and trusting this journey—even if it's just for a moment. ✨ This isn't a guide about "fixing" yourself. It's a love letter to the girl who's learning to navigate a world that sometimes forgets her magic. To the ones raising themselves, rebuilding traditions, or healing generational gaps: you are seen. You already hold wisdom in your bones—this is just a map to help you rediscover it.

Final Wisdom: Your body isn't a problem to solve—it's a lifelong ally. Some days, you'll sparkle like a disco ball at a unicorn party. Other days, you'll curl up like a cinnamon roll in a blanket fort. Both versions of you? Perfect. 🌟

Remember: Wellness isn't a straight line. It's a dance party where you can salsa, stumble, or snooze in the corner (hello, self-care!). You don't have to "earn" your worth. You don't need permission to take up space.

📧 **P.S.** Tell that voice in your head (you know the one) that you're not a "mess"—you're a rainforest. Wild, layered, and teeming with life. 🌿

With so much love and moonbeam vibes,
Amanda Lan BalanceHER Creator & Your Virtual Big Sis

P.P.S. If this resonated, get *The Book; BalanceHER: Journey With Harmony Flow Wellness Practices* is packed with tools, stories, and rituals to help you bloom. Consider it your go-to BFF for the messy, magical work of growing into yourself. 🌸

For every girl, no matter her story. You belong here. 🌍✨





Amanda Lan - BalanceHER

Design & Wellness Integration Strategist

Editor's Note:

Hey, girl!

Navigating the wild ride from “awkward” to “awesome”? You’re not alone! Awkward & Awesome is your BFF-guide, blending ancient wisdom (think warrior moves + moon cycles) with modern-day “OMG, same!” vibes. Packed with fun tools—like foot-stomping stress busters and breathwork that’s actually cool—it’s here to help you slay doubts, own your magic, and laugh through the chaos of growing up. 🧘✨ Life’s messy, but guess what? You’re built for this.

Amanda Lan (she’s like a martial arts sensei and your hype woman) gets it. This isn’t about “fixing” yourself—it’s about celebrating every cringe, glow-up, and everything in between. Ready to crush challenges with grace (and maybe a few ninja breaths)? Let’s go. **P.S.** This free intro’s just the first sip—dive into the full BalanceHER guide for 300 pages of squad goals, self-love rituals, and secrets to thriving your way. You’ve got this.

🌟✨ #BalanceHER #AwkwardToAwesome

