

Women's Health Issues

Do you know someone suffering from painful periods, pre menstrual tension, hot flushes or other female health concerns? These are very common and most women will experience these or similar conditions at some point in their lives. For example, polycystic ovarian syndrome is a condition that affects 10-15% of women between the ages of 15 and 40. If untreated this can result in irregular cycles and difficulties conceiving.

Naturopathy can provide the appropriate support for your hormonal health. Having your period is not supposed to be painful, just like menopause is not traditionally a time of discomfort. We have become very used to viewing these debilitating symptoms as "normal" and something to simply put up with.

Female Conditions that can be helped by naturopathy:

- _ painful periods
- _ PMT
- _ hot flushes and insomnia
- _ thrush and Candida
- _ endometriosis
- _ polycystic ovarian syndrome
- _ conception problems
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