

Female reproductive conditions

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**Natural solutions for restoring
balance to your hormonal system.**



Managing female reproductive conditions

It is estimated that as many as 90% of women of reproductive age experience a menstrual or hormonal disorder, or both, that affects them on a regular basis. This includes conditions such as:

- Painful periods (dysmenorrhoea)
- Heavy periods (menorrhagia)
- Endometriosis
- Uterine fibroids
- Premenstrual syndrome
- Polycystic ovarian syndrome (PCOS)

Restoring balance to your hormonal system

Many women seek natural solutions for the management of hormonal conditions, finding Complementary Medicine extremely effective. Restoring balance, health and vitality to all body systems, including the hormonal and reproductive system, can be achieved through appropriate dietary and lifestyle changes, as well as through the use of specialised natural supplements.

If you suffer from one of these conditions, or perhaps you experience an irregular or painful cycle, there are effective nutritional and herbal combinations available which your Practitioner can recommend depending upon your personal needs.



Lifestyle and environmental tips

Many female menstrual and reproductive disorders arise as a consequence of disturbances in hormonal production, activity or elimination. These disturbances can be caused by internal or external factors, such as environmental toxins, inflammation, stress or lack of exercise. Addressing these factors is an integral part of restoring hormonal balance. Follow the lifestyle modifications below to start.



Avoid endocrine disrupting chemicals (EDCs)

found in plastics, pesticides and household cleaning products, as they have been linked with hormonal disruption in women, men and children.



Detox. To maintain balance, hormones such as oestrogen must be excreted from your body via healthy detoxification. This process occurs primarily in the gut and liver. Impaired detoxification capacity may lead to conditions of excess hormonal activity.



Sleep to de-stress. Poor sleep can significantly influence your reaction to stress during the day and contribute to inflammation in the body, both of which can aggravate hormonal symptoms. If you do not have quality, restorative sleep every night or feel like stress is getting the better of you, speak to your Practitioner regarding the Stress Less Program, which also includes sleep hygiene strategies.



Lose excess fat. Being overweight creates internal inflammation, which is associated with increased oestrogen activity and can aggravate hormonal conditions. Speak to your Practitioner about the clinically effective *Shake It Weight Management Program* to help you achieve your health goals, with their personalised advice.



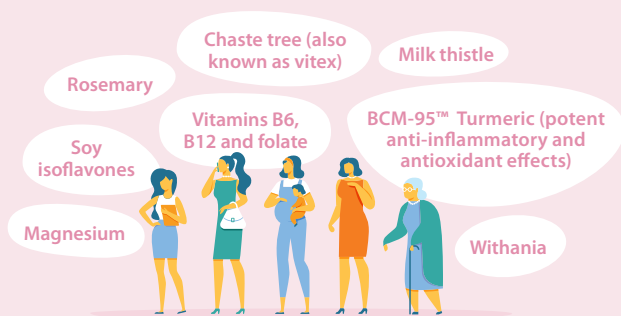
Regular exercise promotes healthy hormone detoxification and also helps you cope better with stress. Establish a routine that includes regular cardio, resistance training and restorative activities, such as yoga or Tai chi. Just three 60 minute sessions of cardio each week can improve both physical and emotional symptoms of PMS.

Oestrogen: The good, the bad and the dangerous

The hormone oestrogen, is essential for healthy female reproductive function in every stage of female life – from early childhood development to puberty, during every menstrual cycle, in pregnancy, and finally through the menopausal years.

Oestrogen is produced mainly by the ovaries, and has a number of different actions within the body. Promoting beneficial oestrogen activity is essential for female reproductive health and strong bones, and has additional benefits for the brain, heart, skin, muscles, sleep and metabolism.

However, excess oestrogen activity has less desirable effects, including an increased risk of endometriosis, uterine fibroids and breast cancer. Optimal reproductive system health requires that a woman's body to be in a state of hormonal harmony, where oestrogen and progesterone, are in balance. Depending upon each woman's situation, the following herbs and nutritionals can be combined to correct imbalance and restore healthy hormone activity, keeping menstrual cycles regular and symptom-free.



Clearing the way

In situations of excess testosterone activity in women (such as PCOS), a combination of the herbs **peony** and **liquorice**, along with **chromium** and **inositol**, may be used to help correct this, assisting with the management of menstrual irregularities, acne and abnormal hair growth.

Female reproductive disorders, characterise by pelvic congestion an pain, such as fibroids or heavy periods, may be helped with the use of warming herbs. These include **red sage** and **cinnamon**, to support healthy menstrual function. The traditional Chinese herbs **poria**, **safflower**, **tree peony** and **peony**, can be very helpful at relieving the discomfort associated with heavy menstruation.

Healthy eating for healthy hormones

What you do and don't eat can have a significant impact on your hormones and overall health. An ideal diet provides optimal amounts of macronutrients (protein, carbohydrates and fats) and micronutrients to promote wellbeing. Choose organic fruits, vegetables and meats where possible, and make the effort to avoid overly processed and refined foods. Drink at least 1 to 2 litres of water each day, and either reduce or avoid caffeine and alcohol consumption.

Food and beverages to support healthy hormones



Herbs:

Ginger, rosemary, turmeric, coriander, dill, fennel, parsley.



Nuts:

Pumpkin seeds, sesame seeds, sunflower seeds, almonds, cashews, Brazil nuts.



Grains:

Soy, chickpeas, quinoa, millet, bulgur, buckwheat, brown rice.



Fruits:

Blueberries, strawberries, oranges, grapes, avocado, banana, figs, blackberries.



Dairy:

Milk, cheese and yoghurt (calcium-rich alternatives may be substituted), deep-sea fish.



Vegetables:

Broccoli, cauliflower, brussel sprouts, kale, spinach, cabbage, mushrooms, celery, onion, alfalfa sprouts.



Beverages:

Water, green tea, dandelion tea, chamomile tea, spearmint tea.



Genetic Potential Through Nutrition

**For more information, speak to your Practitioner
about how you can restore hormonal harmony.**

The supplements selected for you in this clinic have been prescribed for your specific health needs. Products purchased elsewhere may not provide similar results.



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