

HOLISTIC CARE FOR WOMEN'S HEALTH & HORMONES

LISTEN TO YOUR BODY'S WHISPER BEFORE IT BECOMES A SCREAM



When your hormones are out of balance it affects your whole Body/Mind and sadly, too many women are experiencing symptoms like PMS, heavy bleeding, bloating, hair loss, acne, mood swings, hot flushes, weight gain, brain fog, and anxiety... along with a general feeling of not knowing who they are anymore.

But please hear me when I say it's not all doom and gloom, there is hope! There is a way to restore balance to your hormones and your life. And if you journeying through perimenopause & menopause, there is also a better way to transition through it than we are led to believe.

You see, nobody taught us about this! About how our hormones run in cyclical patterns, changing throughout the month affecting the way we feel, move, eat and sleep. In fact, understanding your hormones, and your cyclical body holds such great power and potential for us women to live our lives with better ease, vitality and flow.

And then the menopause, whilst symptoms are common, they do not need to be life-altering! My work involves revealing the true medicine of menopause so that this powerful life transition can move from something that is dreaded to something that is embraced.

Let me help you decode what your symptoms are really telling you (or as I like to call them, expressions). You'll learn what does and doesn't work in order to bring about balance, how to support each cycle or perimenopause with lifestyle medicine e.g. diet, movement, and stress reduction as well as nature's little helpers for improving your hormones, PMS and your menopause experience.

With your newfound knowledge and understanding, you'll be excited to make the necessary shifts that will leave you feeling how you truly want to feel. **Please check my [website](#) for up-to-date details of my Webinars, Workshops, and One to One Sessions.**