

JUST JESS on HEALTH:



### **Hormone balancing in females**

When female hormones are out of balance it can contribute to a host of conditions and symptoms including, but not limited to; pre-menstrual syndrome (pms), endometriosis, polycystic ovarian syndrome (pcos), infertility, depression, anxiety, acne, irregular menstruation, heavy menstruation etc.

### **How do we go about balancing these hormones?**

My first point of order with my patients who are suffering from hormone imbalance includes nutrition. This is because a diet high in processed carbohydrates, sugar, alcohol, grains, dairy, meat and animal fat not only increases inflammation, but it also increases oestrogen, as well as directly impact the liver. The liver plays an important role in the removal of excess oestrogen (yes everything is connected!).

Once we have determined which hormones are out balance, through blood work and a thorough case taking, we can start natural therapies to target these specific hormones and organs involved. Hormones that are often out of balance include; progesterone, oestrogen, testosterone, DHEA, pregnenalone and cortisol. These can be beautifully balanced with the right protocol according to your specific needs.

Thank you for your continued support in practice, I am so passionate about homeopathy and your healing!

**Do you have questions? Drop me some topics you would like discussed in my upcoming articles.**

Kind regards  
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