

September 19, 2009

[WOMENS'S GUIDE TO BALANCING HORMONES
NATURALLY]

Women's guide to balancing hormones naturally

Sick of being
tired? Tired
of being sick?

NATURAL RELIEF FOR:
MENOPAUSE • PRE-MENSTRUAL TENSION
IRREGULAR MENSTRUAL CYCLE • INFERTILITY

Katherine Sabathie

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This book has been created for educational purposes and does not intend to replace professional medical consultation.
If your condition persists please seek the advice of your trusted health professional.

For all those wonderful women who make the conscious decision to choose the gentle natural path, and seek to gather information on how their body functions naturally and as nature intended.

It is to you I devote this book.

Women's Guide to Balancing Hormones Naturally

Natural relief for Menopause, Pre-Menstrual Tension, Irregular Menstrual Cycle and Infertility.

Introduction

Female hormones have the power to make us feel beautiful, powerful and sexy.....like a women. OR they can turn our world up-side down and leave us feeling powerless, confused, frumpy, fat, unmotivated, angry and somewhat 'crazy'; anything but beautiful and sexy!

As I am sure you are aware, hormones are responsible for our sexuality, give us our body shape, determine how much hair we have, give our voice high or low pitch, and many other male and female attributes. What you may not be aware of is that hormones also regulate sleep, immune system, metabolic rate, body temperature, skin elasticity, bone density, weight, appetite, mental state, moods, memory, ageing parameters, and much more.

Our hormone (endocrine) system consists of adrenals, pituitary, pineal, pancreas, thymus, thyroid, ovaries, and testes (in men of course). The endocrine is responsible for producing and controlling the balance of hormones.

An imbalance in hormones can create disharmony in the body. This disharmony results in the all too familiar symptoms of menopause, pre-menstrual tension, irregular menstrual cycle and at times infertility. Imbalances also play a role in disorders such as type 2 diabetes, obesity, and insulin resistance.

In the normal process hormone levels build up to prepare our bodies for reproduction and if not pregnant, regular menstruation. This becomes a natural cycle for around 40 years when the hormonal balance changes and we go through menopause and cease being reproductive. Now it would be nice if it were that simple and 'normal'!

The unfortunate truth is that too many women have their lives governed by hormonal disturbances, some minor; some disturbance can have a major impact on the quality of life and can also have fairly major impact on their health.

Some of the symptoms that hormonal imbalance can cause are:

- Hot flushes
- Mood Swings
- Irregular Menstrual Cycle
- Lose of mental focus
- Depression
- Sore Breast
- Fluid Retention
- Loss of libido
- Fibroid Cysts, Breast Lumps
- Cyclic Migraines
- Loss of skin tone
- Dry vagina
- Infertility
- Weight gain and resistant obesity
- Insulin resistance
- Low blood sugar
- Carbohydrate cravings (sweets, cakes, chocolate, pastries etc)
- Emotional outburst (crying, anger, frustration)
- Loss of bone density

I am sure there more that I haven't thought of at this point, but you may know all too well some or many of the above symptoms.

Physicians today often use synthetic hormone analogs to treat these symptoms, but they have side effects, and normally target just one of the suspect hormones but as you will learn hormones do not act alone they work together to create harmony. Add this to the fact that if a synthetic or pseudo hormone is administered the natural production of hormones ceases.

Pseudo hormones are those substances that are in our environment and food that mimic naturally occurring hormones yet do none of the good work normal hormones do. Synthetic hormones are the man made hormones that are produced to replace some of the known action of particular hormones. There is also a range of drugs that block certain hormones from being produced naturally in the body.

This is all very complicated I know and I have tried to simplify it as much as possible for you. The wonderful work of nature is that if the natural environment is occurring in the body it will produce the perfect balance of hormones to have the entire endocrine system working in perfect harmony.

What I would like to concentrate on here is how you can create perfect harmony naturally.

We will begin with an overview of the pathway of this perfect harmony. We will come to understand the role of cholesterol, progesterone, and oestrogen in this wonderful symphony.

WHAT HAS CHOLESTEROL GOT TO DO WITH HORMONES?

Cholesterol is a natural sterol, normally produced in the liver, intestines and other organs – it is most importantly a building block for new cells and a precursor to our gender specific (sex) hormones.

Cholesterol's reputation has been largely maligned by the myth that LDL (low density lipoprotein) causes the plaque that in turn leads to heart disease.

While LDL can conceal free radicals, it is most essential as it carries the important HDL (high Density Lipoproteins) (good guys) cholesterol to the cells.

Lowering LDL is akin to shooting the postman because he brings the bills!

Grouping the two cholesterol together in test results has created the impression that both cholesterol should be low, a dangerous assumption!

Low cholesterol levels have been associated with depression and even suicide, too little can result in lowered libido and rapidly falling fertility levels.

It is not difficult to establish a corollary between the symptoms of low cholesterol levels and the symptoms of hormonal imbalances.

Dr Kilmer S McCully, in his book "The Heart Revolution" reveals the extraordinary discovery that finally lays the cholesterol myth to rest.

Dr McCully identifies Homocysteine as one of the most important indicators in heart health, an amino protein that causes arteriosclerosis, and is carried within LDL.

Dr Michael Estein in his book "Eternal Health" also gives the old cholesterol theory the boot, and draws attention to the new theories of cardiovascular health in identifying Homocysteine as a primary concern in heart disease.

As Dr Mercola points out in his newsletter, the reason that Homocysteine is not very well known at this time is that the pharmaceuticals have yet to come up with a drug for it!

However the advice from them all is that Homocysteine is the real culprit when it comes to arteriosclerosis.

WHAT IS HOMOCYSTEINE?

Homocysteine (pronounced: "ho-mo-sist-een"), a naturally occurring amino acid (a building block of protein) produced by your body. High blood levels of homocysteine have been linked with cardiovascular diseases, including heart attack and stroke.

Also studies state that an increased homocysteine level is a strong independent risk factor for the development of dementia and Alzheimer's disease.

The factors leading up these degenerative diseases such as heart attack, stroke dementia and Alzheimer's disease progressively develop over many years.

The mechanism, by which homocysteine causes damage to the arteries and veins though not yet fully understood, does appear to have similar damaging effects as elevated cholesterol. Just as you can have a blood test to check your cholesterol levels you can also request that your homocysteine blood levels be monitored.

CURRENT THINKING ON SAFE LEVELS

There is an ongoing debate about safe levels of homocysteine the latest being below 5 or 6 as being ideal.

You may have to ask your medical practitioner specifically for the blood test to check your levels.

HOW TO REDUCE YOUR HOMOCYSTEINE LEVELS NATURALLY.

STEP 1. Eating more fresh fruit and vegetable (especially green leafy vegetables) can help lower your levels of homocysteine by increasing the amount of folic acid in your diet.

THE BEST SOURCES OF FOLIC ACID ARE:

Fresh nuts, green leafy vegetables, whole grains, citrus fruit, bananas and root vegetables. A diet rich in folic acid is a Natural Alkaline Diet, such as the one outlined in the Home Study Program "Health 4 Life". A comprehensive, holistic health building program that puts you back in control of your health outcomes! [Click here to read more](#)

The requirements of Folic acid vary with age and generally increase as we age; there also times of high demand such as those that are pregnant and lactating. Others that have an increased demand for Folic acid are the elderly, alcohol drinkers', women taking the contraceptive pill and some drug medications.

Step 2. Specific vitamins have been shown to reduce homocysteine levels including Folic acid, which can be taken in tablet form.

Recommended doses: range from 1 to 4 milligrams per day.

Vitamin B12 and B6 help the body to process homocysteine and folic acid.

Recommended dose: B12, 500-to 2,000 mcg daily B6 100 mg daily.

Our professional Naturopath recommends taking "Tresos B" multivitamin mineral combination, powerful natural source of essential elements [click here](#) to purchase.

Step 3. I add this one with a warm smile, the final important factors to assist you with reducing the risk associated with elevated homocysteine levels:

"Common Sense"

Lets us keep that factor operating at all times, we already know that there have been other factors identified with the risk of the degenerative diseases mentioned and we have been made aware of the steps we can take to reduce those risk.

They include:

- Maintaining sufficient fitness levels,
- Making sure you get adequate rest and relaxation.
- Manage your stress
- levels and
- Follow those tried and tested natural health principles laid down centuries ago.
- The Health 4 Life Home Study Program is an in-depth Holistic Lifestyle program that puts you back in control of your Health outcomes. [Read more here](#)

Though some of the research findings can be alarming particularly if you have a family history of cardiovascular disease or the other mentioned degenerative diseases.

I would encourage you to remain calm and I would like to congratulate you for taking the time to explore the possible solutions to a potentially dangerous situation.

You have been introduced to some of the simple safe natural methods that will improve you your health in the short term and have the added benefit of prevention of those degenerative diseases in the long term. Investing in your health is the wisest investment you could make.

Back to the good health news –

Cholesterol is the precursor of ALL our gender specific hormones.

When women fully appreciate this important fact, we can eliminate the fears around cholesterol and understand the importance or normal healthy levels.

If only our food chain provided us with sufficient sources of nutrients for our hormonal needs! While good dietary advice will identify potential food sources,

The need to overcome the high level of mimic oestrogens in our environment makes supplemental help desirable, if not essential.

Dietary guidelines will go a long way in supporting natural hormonal levels and are an integral part of the entire picture to overcome the many problems associated with hormonal imbalances.

We will also review lifestyle changes that will be of benefit in the process of balancing hormones.

DETOXIFICATION FOR HORMONE HEALTH

Detoxification is about resting, cleansing and nourishing your body from the inside out. Detoxification removes and eliminates toxins, then rejuvenates your body with healthy nutrients. Detoxifying can help protect you from disease and renew your ability to maintain optimum health.

How Does Detoxification Work?

Basically, detoxification means cleaning the blood. It does this mainly by removing impurities from the blood in the liver, where toxins are processed for elimination. The body also eliminates toxins through the kidneys, intestines, lungs, lymph and skin. However, when this system is compromised, impurities aren't properly filtered and every cell in the body is adversely affected.

Environmental toxins provide us with an endless list of toxins every day. Including air pollution, chemical residues and pesticides. Internal toxins include foods, dehydration, poor diet, overconsumption of caffeine and alcohol.

If a person is in tune with their body's needs he or she will normally be aware that they don't feel right, and they can fast, cleanse, juice, change the diet to assist with a total body detox.

You can assist a therapeutic detox at home by: Drinking more water, eating fresh fruit and vegetables, moderate exercise, deep breathing/cleansing breath, dry skin brushing before showering and avoiding caffeine & alcohol.

Eat organic; get rid of toxic household cleaners, artificial fresheners and insect sprays that aren't absolutely necessary.

Eliminating Toxins

There are various methods of detoxification and it can be confusing to find the right approach.

Detox Diets: An excellent place to begin, where you can have a huge impact on the success of your detox program. Specific diets are suggested, though most evolve around supporting liver and digestion/elimination. Of course it is best to avoid excess caffeine, alcohol, artificial sweeteners/colours/preservatives and non-essential drugs. Concentrate on a fresh natural organic food, high in water content.

An excellent Diet for Health and Healing is covered in- depth in our "Health 4 Life" home study program [read more about it here](#)

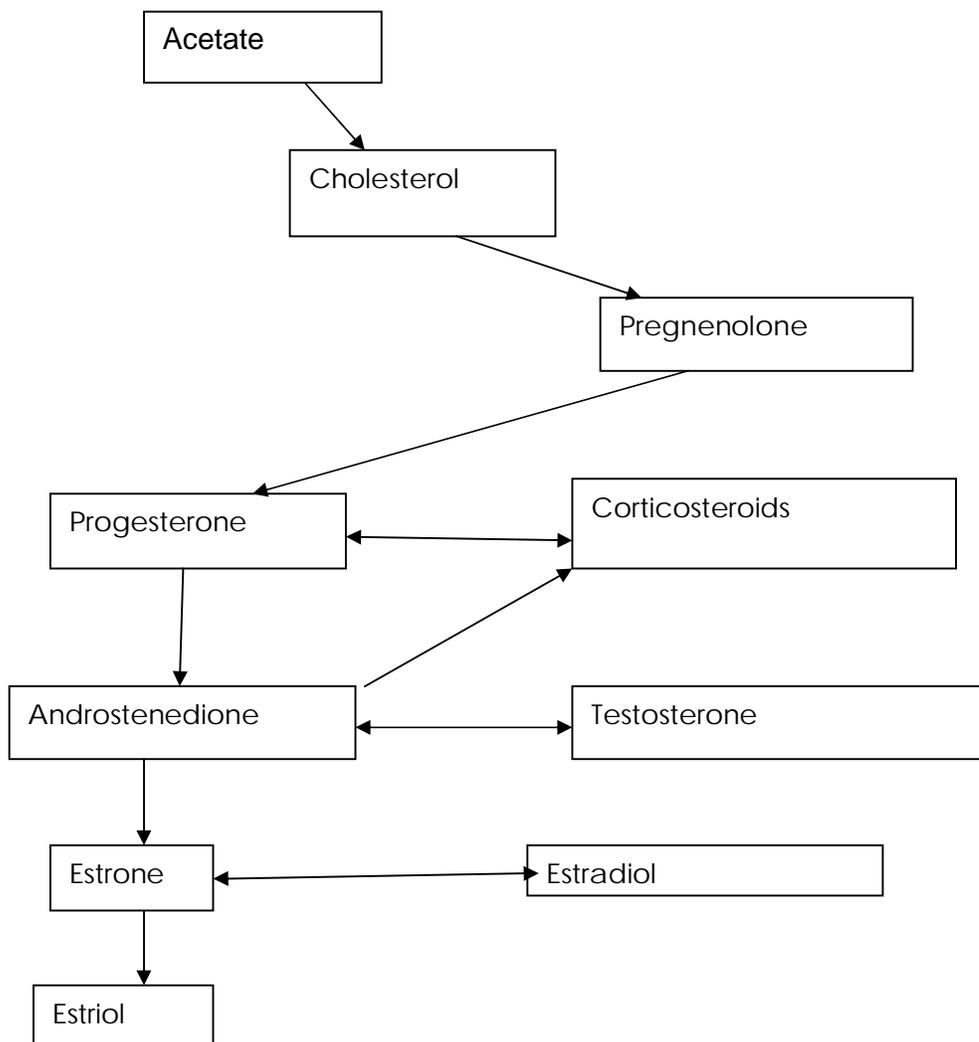
Diet will be supported by:

Detox Supplements: In the form of vitamins, minerals, homeopathic herbals, and natural gentle fibres that assist with elimination and support the organs and systems working hard during your detox (well most of the time really, but at this time special attention is given)

Reducing Toxins around Your Home Air pollution in cities is well known but the air in your home can be even more toxic as it becomes stale and accumulates. Contributing factors are synthetic building materials, paints, new furnishings that out gas pollutants (i.e. furniture, curtains, & carpets), toiletries and house hold cleaning products. To help detox your home reduce usage of toxic cleaners, try airing new furnishing outside to out gas and try fragrance free or hypoallergenic toiletries

Massage, Aromatherapy, & Reflexology Offer a delightfully relaxing method to assist with your detox. By stimulating the lymphatics to help flush the system and encourage relaxation and elimination of acid build up in the muscular system.

FIRSTLY LET US LOOK A LITTLE CLOSER TO THE PROCESS OF HORMONE SYNTHESIS IN OUR BODY.



This simplified diagram is to diagrammatically show you that firstly through the normal synthesis of hormones the body will make the necessary estrogens as needed. That is provided the building blocks are in place. Progesterone and cholesterol is used to build all sex hormones. Acetate gives us a hint into the importance of nutrition, and cholesterol leads us to the supporting healthy Liver function and liver cleanse.

As a [holistic practitioner](#) I believe that in order to restore natural functions we need to examine the whole person. Both the mind and the body are important.

There are a number of factors that each and every one of us can control and there are a number of factors that are completely out of our control in life. It will be most productive to focus your attentions on the factors that you can control to some extent.

The Power Choice

Choices you make in life become your power point. Making choices that empower your life is one of the first steps towards creating the life you desire.

Those choices will be around such things as your choice of nutritious foods, natural versus synthetic support for your natural hormones, your physical activity levels, and changing any damaging thought patterns.

Thought patterns and habits have great power in how you feel about life, often those patterns are so habitual that you may not be aware that there are other possibilities. Some of those patterns that may be counterproductive are:

- Un-informed, negative yet 'typical' thinking
- Emotional reactions to adversity and problems
- Ineffective problem solving strategies in dealing with life
- Self-sabotage and un-empowering thinking and beliefs

The possible alternatives are:

- Inner Peace, Harmony and genuine happiness
- Conducting life from a position of sustained personal power
- Informed choices with the ultimate outcome in mind
- Following your life's purpose

There are many self-help books, and seminars to assist you with this very personal self-development that will bring quality to your life. Holistic Health Coaching is a process of empowerment with an unbiased coach to support your journey to inner peace, harmony and genuine happiness. A coach will be there to keep you going even if the going gets a bit difficult at times.

For a limited time, we are offering the opportunity to apply for a Complimentary Health & Well-being Strategy Session to explore what your biggest challenge is with your Health and Well-being and what you can do to begin your healing breakthrough.

We have limited number of appointments available and request that only applicants who are serious about dramatically improving their health with natural alternatives apply. To apply for your complimentary session, click here and fill out the brief survey. The more thorough you are, the better we can serve you.

http://www.surveymonkey.com/s.aspx?sm=TbjnohXdVUDORxi9iGyXHQ_3d_3d

Natural choices to support normal hormonal balance

As mentioned before good dietary advice will identify potential food sources for normal hormonal needs. Though we still have the need to overcome the high level of mimic oestrogens in or environment, which makes supplement help desirable, if not essential.

For women, one of the best supplementary sources available is Wild Yam Cream – good quality wild yam creams facilitate the production of healthy cholesterol. The Australian Therapeutics Goods Administration list Wild Yam Cream as helpful in maintaining normal cholesterol levels. We have examined the importance of Cholesterol in role of normal hormone balance.

What all Women Should Know About Wild Yam Creams

Wild Yam Creams have been in use in America for over 30 years and for 13 years in Australia as a Natural hormonal balancing medication - An effective alternative to drug based Pre-menstrual Syndrome (PMS) & Pre-menstrual Tension (PMT) medications and Hormone replacement therapy (HRT).

Following the release of several books on the subject, Natural Practitioners first introduced yam creams to Australian women in 1995 and were quickly followed by the professionally blended creams available in health food stores n late 1996.

In Australia where a de-facto censorship exists on Natural Medicines, the phenomenal success of these creams can only be attributed to the effectiveness of the creams. What this really means is that the only reason Wild Yams creams are still around and in huge demand is because they work!

And work very well!

Why a Cream and not an Oral Herbal Remedy?

TRANSDERMAL (applied to the skin) application of creams easily facilitates the absorption of up to 98% of the active ingredients directly into the blood stream, bypassing first pass filter of the liver.

The liver can eliminate as much as 95% of an oral remedy's value, thus requiring much higher dosages, of which many can be quite unpleasant to take.

The active ingredients of the cream are then stored in fatty tissue until required for natural hormone production.

Consequently the dosage can be much smaller as well as being more effective than an oral herbal medication or sublingual (under the tongue) drops, which are by comparison around 35% effective.

The broad-spectrum Benefits of Wild Yam Cream Healthy production Natural Hormones promotes these benefits;

- Protection against fibrocystic breast
 - Improves mental focus
 - Help prevent breast cancer
 - Improves the strength, quality and texture of skin
 - Helps prevent endometrial cancer
 - Stimulates osteoblast bone building activity
 - Normalises menstrual cycles
 - Prevents hot flushes
 - Helps endometriosis
 - Restores proper cell oxygen levels
 - A natural diuretic – helps eliminate fluid retention Normalises zinc and copper levels
 - Natural anti-depressant
 - Normalises blood sugar levels.
 - Helps eliminate mood swings
 - Necessary for the survival of the embryo
 - Helps use fat for energy with exercise
 - Facilitates thyroid hormone action
 - Helps reduce cyclic migraine
 - Restores normal vascular tone
 - Restores libido and vaginal moisture
 - Helps maintain normal cholesterol levels*
- Cholesterol in turn precursors the production of our gender specific hormones naturally, at the time and in the quantity for our body's needs.

It may take up to 3 months to enjoy all of these benefits and longer for more serious issues. Balanced hormones produce a sense of 'wellbeing' not often enjoyed in our polluted world.

How do Wild Yam Creams Work?

The active ingredient of the Mexican Wild Yam, *Dioscorea Villosa* is a powerful phyto-sterol, Diosgenin –essential a hormone specific nutrient. Diogenin facilitates the chain of hormone reduction by precursing HDL Cholesterol (the good one) which in turn precursors Pregnelone and DHEA. Pregesterone then precursors Androstenione, which precursors Estrone and Estiol (two of the Oestrogen components, view diagram earlier) plus Testosterone which precursors Estradiol (the third Oestrogen component).

Our bodies can produce the hormones naturally as required to maintain a healthy hormonal balance regardless, even with the absence of ovaries or uterus!

However when we are constantly exposed to environmental pollutants that contain Xeno (mimic) oestrogen that occupy our oestrogen receptors without filling any useful function, it is not difficult to understand why we suffer from hormonal imbalance. Add this to a diet that lacks essential nutrients our poor body has little chance of finding the balance it so desires.

In essence wild yam creams are hormone specific nutritional supplements facilitating healthy hormone production in the balance intended by nature. By far the best Wild Yam Cream on the market to my knowledge is Anna's Farm

Wild Yam Cream available [click here to find out more](#).

There are a number of erroneous impressions about wild yam creams; one is that they have only oestrogenic qualities – wild yam cream benefits go well beyond these limitations – ask any woman that is using a good cream. (or her husband)

“My wife has been using the Anna's cream for a couple of years and finds it invaluable. So do I, as I can soon tell when she runs out as her moods change quite noticeably”.

Mick

www.bootsaustralia.com

Another misleading claim is that the active ingredient does not convert to progesterone in the body – both these statements are intentionally misleading.

“Natural” Progesterone’ and “Bio Identical Hormones”

Many women are either confused or sadly convinced that the so called "natural" Progesterone is really natural and that so called Bio Identical hormones are as good as natural hormones

They are Pharmaceutical DRUGs Progesterone (not to be confused with Progestin) is classified by both the American and Australian health authorities as a drug.

The TGA classify it an S4 Drug, available by a doctor's prescription only.

It is false and misleading for anyone to represent these drugs and Natural. The ONLY NATURAL Progesterone is that hormone which is produced naturally in the human body.

Dr John Lee first caused this confusion in his book on Menopause in which he has misleadingly called the drug natural, and since this title has been challenged, many are now referring to them as Bio identical hormones.

His justification is, the drug has the same molecular structure as found in nature, it is natural. What he didn't tell his readers is that it is processed in a laboratory using highly carcinogenic petro-chemicals including benzol.

As with all Drugs, the (so called natural) Progesterone has side effects including dizziness, nausea, fatigue, headache, and light-headedness. Breast tenderness and swelling, fluid retention, and slight vaginal bleeding.

It is important to realise that when using a drug that substitutes a natural hormone, the body becomes confused and may cease to produce that hormone, with the risk of the user becoming drug dependant.

By introducing the drug progesterone after the normal commencement of the natural hormone chain, it bypasses the hormones pregnelone and DHEA, the latter being a particularly important hormone to those interested in minimising the effects of the ageing process.

Do not be misled by the claim that there is no scientific evidence to prove that the active ingredient of wild yam creams is converted into progesterone in the body.

While intentionally misleading, it is technically correct! As you will have read earlier, Disgenin produces Cholesterol (not Progesterone) Cholesterol precursors Pregnelone and DHEA – Progesterone THEN follows in the natural hormone chain!

Do you really think for a moment that the huge multi-national pharmaceutical companies, who fund 99% of medical research, would admit that their synthesised

hormones are not as good as hormones produces naturally in or body given the right nutrients!

Results of research on Natural medicines have to be submitted to the medical establishment for approval – any AMA (Australian Medical Association) practitioner endorsing natural research or remedies is liable to loss of professional privileges

This is a catch 22 situation that denies natural medicine the opportunity of scientific evidence, and so they rely entirely on genuine experience based on empirical evidence

You do not need a prescription for Anna's Wild Yam Cream
Not all Wild Yam Creams are created equally!

How to choose a Wild Yam Cream wisely

Beware – not all wild yam creams are created equal! Price is normally a good indicator if they are cheap its probably because they have used poor quality or powdered raw materials with little or no active ingredients, and or have cut vital corners on processing.

Content

Creams have significantly differing contents ranging from 56.7 gms (2 oz) to 100 gms (3.2 oz) American creams usually come in the smaller 2oz plastic tubs and retail for a similar amount to the larger Australian Anna's Wild Yam in 100 gm glass jars.

Why glass jars?

Though glass jars are a little heavier for postage and we have to be a little more careful with them in the bathroom situation the benefits by far out way the disadvantages. Glass is inert- that is it will not release toxic waste into the cream that are potentially cancer causing.

Read More and Purchase Anna's Wild Yam Cream [click here](#)

In conclusion:

We have covered the topic of "Women's Guide to Balancing Hormones Naturally" within this e-book.

Firstly we looked at the disharmony that unbalanced hormones can cause within your body/mind. The known signs and symptoms of hormone imbalance are wide and varied yet have the power to have negative impacts on your daily life and relationships.

The links between normal hormone balance and cholesterol proved to be a key factor in hormonal health. This vital link has wider health implications. Cholesterol is a natural sterol produced in the liver, which gives us another important hint. Liver health is essential in the normal production of all hormones. Liver function test only really show when the liver has major problems, not the subtle disharmony that can interfere with normal hormone levels. This leads us naturally to such regimes as liver cleanse diets.

We then digressed a little with some important information not only to hormone health, but to your over-all health and prevention of heart disease. The little substance within your body; Homocysteine. We gave important advice on how to reduce your risk by reducing homocysteine levels within the blood. Your Doctor can run blood test to discover the actual levels of homocysteine in your blood, if your keen to have numbers. OR you can follow the simple guidelines to reduce the levels of homocysteine in your blood with the natural foods and supplements mentioned.

The detoxification methods outlined are simple and you can do them at home. For a more intense specific detox you must first seek the guidance of a [qualified health professional](#).

The chart of how each of your gender specific hormones depends on each other for a healthy balance was simply outlined with our chart. To learn specifically the exact levels of your gender specific hormones we have Test Kits from our nationally Accredited Laboratory. You must first get a referral from your [Naturopath](#) which can be arranged during your [consultation](#).

The power of choice and positive thinking help make the whole process easier. After all it's much better to feel good than to feel bad – isn't it?

Self empowerment and health choice may need extra support in the beginning. This is when your Holistic Health Coach exceptionally valuable. Your well-being both in body and mind are at the centre of a heart focused healing relationship.

For a limited time, we are offering the opportunity to apply for a Complimentary Health & Well-being Strategy Session to explore what your biggest challenge is with your Health and Well-being and what you can do to begin your healing breakthrough.

We have limited number of appointments available and request that only applicants who are serious about dramatically improving their health with natural alternatives apply. To apply for your complimentary session, click here and fill out the brief survey. The more thorough you are, the better we can serve you.

http://www.surveymonkey.com/s.aspx?sm=TbjnohXdVUDORxi9iGyXHQ_3d_3d

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A natural source of progesterone precursors..that is normal natural hormone balance comes in the form of a gentle cream, Anna's Wild Yam Cream produced here in Australia under strict guidelines. Thousands of women from all over Australia and international can't be wrong. They keep coming back for more and telephone regularly to relate their happy stories. These include saved marriages, happy births, lost weight and so much more. Purchase your Anna's Wild Yam Cream [here](#)

Specifics of how and why this amazingly simple product is so effective have been discussed.

I hope you gained an understanding of the unseen forces that have been creating harmony or havoc within your body. More importantly I hope you can see a ray of hope, to a balanced harmonious life ahead.

As a Holistic Health Coach and Naturopath with over 20 years experience my bias will always be toward natural treatments and i am proud of that.

There is an expression worth remembering: If you want surgery – see a surgeon, If you want dietary change consult a nutritionist. If you want a Drug – see a doctor. If you want to learn how to have nature heal you body and mind consult a naturopath.

Consult a Naturopath, preferably one with training, experience, and empathy for your condition, feelings, and situation.

I wish you happy hormones, healing and joy.

Kate

Kate Sabathie-Edwards BHSc. ND. DHM. ATMS, Naturopath ~ Holistic Health Coach, recognized natural therapies expert with over 20 years experience. Author of "Women's Guide to Balancing Hormones Naturally" and Nutri-Focus Cookbook for Health and Healing". Kate has regular programs on holistic health including her home study program "Health 4 Life" and other scheduled events. She is available for private consultation either in clinic or at home with her unique, comprehensive telephone consultations. Please visit the website for more information www.thehealthnut.com.au