



Ease your Pain Naturally

5 STEPS TO HEALTHY HORMONAL BALANCE

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INTRODUCTION

Working and supporting women is an area of work that I not only find very rewarding but am very passionate about.

Over recent years I have seen a dramatic increase in the number of women suffering from chronic health conditions relating to an underlying disturbance in their hormonal balance. Furthermore many women are confused, frustrated and suffering tirelessly on a day to day basis, they are seeking support in a way that they are understood and wanting to receive a personalised service which meets their individual needs.

The gap in support available has led me to creating a very specialised approach which brings together all the services I offer so that they are conveniently delivered to you in one complete package to address your diagnosis of endometriosis or polycystic ovaries.

Did you know that there are an estimated figure of 1.5 million women that have Endometriosis in the UK and worldwide the rate is around 10% which equates to 176 million women? Again for Polycystic ovaries the rate for women is in the region of 20% of the female population.

In many cases it can take a number of years from first signs of symptoms to a clear diagnosis.

So below are some tips of simple strategies you can easily incorporate in to your busy day to day life that may help you.

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1. Diet – *Replace Sugar with Stevia*



Stevia is great, it is made from a plant which is native to Paraguay. It is much sweeter than sugar but has far greater benefits nutritionally for the body. It is best to buy it from a reliable source, such as good health food stores rather than the products available in many supermarkets.

Sugar causes an inflammatory response in the body leading to a more acidic state in the body. So if you can take steps to reduce or better still eliminate it completely from your diet that would be great.

The ingredient sugar has many hidden names so next time you are checking ingredients in the supermarket look out for Dextrose, Sucrose, Glucose, Agave, Barley Malt, Beet sugar, Black Strap Molasses, High fructose Corn Syrup, Brown Rice Syrup, Brown Sugar, Caramel, Cane Sugar and so many more!

2. Essential fatty acids



Essential Fatty acids are the basic building blocks for the body and play a critical role in hormonal health. The body needs the right type of fat and this is where Essential fatty acids can really make a difference.

A really good one is Udo's oil which has the correct proportion of omega 3, 6 and 9 that is absorbable by the body and is available in all good health food stores and online. It is a blend of flax, sunflower and sesame oils with unrefined oils from the germs of rice and oats, evening primrose oil and lecithin. Simply pour a tablespoon over your food or add it to your smoothie and store in the fridge.

3. Magnesium foot soaks or baths



A really lovely way to relax is by having a soak in a bath of Magnesium Chloride flakes soak in the bath. If you're not really one for having baths then a foot soak in a bowl of warm water 2-3 times per week would be beneficial while reading a book or watching television. This is also really helpful for women suffering from menstrual cramps. Magnesium has numerous benefits for the

body and when the body is under stress, our need for magnesium skyrockets. Magnesium is needed by the pituitary gland the master endocrine gland to function effectively and send chemical messengers known as hormones to the rest of the body. If the pituitary is not getting enough magnesium it fails to function properly resulting the in the adrenals overproducing adrenaline.

4. Regular exercise



Everyone could benefit from a little physical activity on a regular basis regardless of whether you have PCOS, Endometriosis, depression, diabetes or any other health condition. While exercising may be the last thing on your mind if you are experiencing pain, a routine that makes you feel good, that releases endorphins - the feel good hormones which will also regulate heart function any other conditions you have may have may be the one thing that can help you bring more balance and control in to your life. Go with an exercise routine that is gentle, easy to incorporate in to your lifestyle and most importantly makes you feel good. So perhaps start with going for regular walks, a swim, yoga or pilates class or combining a range of different ways 4-5 times per week.

5. Get creative and find your passion



What exactly do I mean by this? Well the womb is the centre of our creative being and the heart of our womanhood and wisdom and in spiritual terms relates to the sacral chakra which is connected to the colour orange. Creativity is formed in many ways, for example we give birth to babies, businesses, ideas and dreams. It is a sacred space in the body of a woman, and quite often it is the very essence of our being but also one we take for granted, put on hold, by seeing to all our other duties and responsibilities before considering our own needs. While hormonal imbalances may well have a hereditary influence there may also be an emotional link that we may not have addressed. So if you feel there may be a missing link or feel that your life and body are in constant battle, then stop, go within and listen to your heart and resolve the inner battles you are fighting, tune in to what ignites your fire, and renew your sense of purpose so that you are living your passion.

About Sadhna- Professional Bio

Sadhna Chaman is a second generation Health and Wellbeing Practitioner.

Homeopathy has always been the treatment of choice throughout her childhood and now for her own family also. Her commitment to this most amazing form of healing stems from her father who has continually inspired and encouraged her to follow her passion and has enlightened her with all the miracles he has performed with Homeopathy along his professional journey.

She is a member of the Alliance of Registered Homeopaths, the organisation that represents professional homeopaths and adheres to their strict Code of Ethics and is committed to undertaking Continuing Professional Development. She is also a member of Ann Gillanders Reflexology International. She is also a Certified CEASE Therapist (Complete Elimination of Autistic Spectrum Expression) and has continued to develop this further with Advanced CEASE training and Inspiring Homeopathy, a fundamental aspect of the dedicated work developed by the late Tinus Smits with children on the autistic spectrum.

She has a particular interest in treating children and women. Particularly children that are on the Autistic Spectrum and those experiencing eczema, asthma and all forms of childhood illnesses. She also has a keen interest in working with clients who need support with managing stress and balancing hormones through the various stages of life from puberty, pregnancy through to menopause.

Your Invitation

If you would like to know more about the Healthy Hormone Balance Programme and how I can help you manage your diagnosis of endometriosis and polycystic ovaries, then book your complimentary 30 minute chat using this link <http://meetme.so/rebalancinglife>

To your hormonal health,

Sadhna x