



Female Balance

In this workshop we'll talk you through some ideas to help you take back control of your hormones, so that you feel and function better, no matter what age or stage of life you are at.

All our hormones are in a finely tuned balance, so when one is out of whack, it upsets the whole symphony. From PMS, painful periods and PCOS, to fertility, fibroids and the menopause, the food we eat can make all the difference to our hormone balance.

Your group will discover:

- Eating a hormone balancing diet
- Signs and symptoms of imbalance
- Key nutrients and foods to help optimising function
- Dietary and lifestyle strategies that make a difference.
- Advice on the best supplements to use

Get in touch

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