

# Women's Health: Naturopathic Perspective



Naturopathic Medicine can help women with the following conditions:

Women's health concerns are among the most common that Naturopathic Doctors will see in their practices. Most female health concerns can be addressed effectively without drugs or surgery by using naturopathic treatment.

Naturopathic Doctors can help prevent disease and relieve discomfort in women at all stages, including during puberty, menstruation, pregnancy, menopause and post menopause. The goal for treating women's health is to help balance hormones and prevent disease before it occurs such as heart disease and osteoporosis.

A Naturopathic doctor will approach each individual woman differently, depending on her complete health history, family history, and personal health goals. Your lifestyle, including physical activity, stress management techniques and sleep patterns are all considered when preparing a treatment plan for you.

Evaluation techniques such as saliva testing are available to help determine hormone imbalances. To inquire more about saliva testing please feel free to consult with our naturopathic doctor, Diane Peters.

- Premenstrual syndrome
- Fertility
- Endometriosis
- Breast cancer
- Uterine fibroids
- Heart disease
- Pregnancy and birth
- Menopause
- Ovarian cysts
- Yeast infections
- Painful or missed periods
- Cervical dysplasia