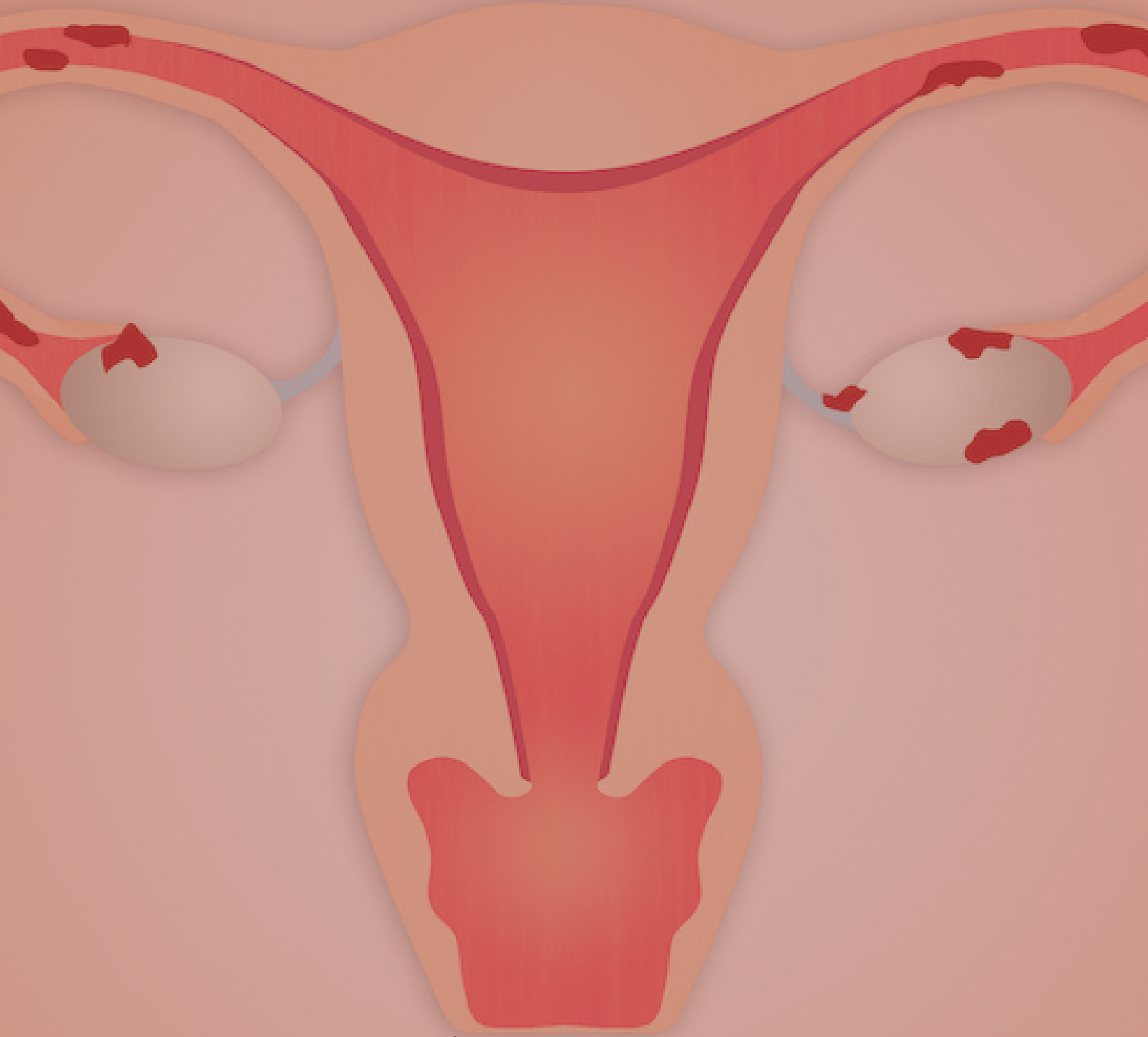


Tiaan Bennett, BHSc

Naturopath | Nutritionist | Medical Herbalist



Pain Free
Endometriosis
Naturally

Dear beautiful you,

Thank you so much for taking the time to download this book and taking the time to learn more about what's happening with your menstrual cycle.

I wanted to share a story from one of our practitioners that supports our endometriosis patients...

"I remember sitting with my dad after work at the dinner table. He'd get home late from seeing his patients (he's a doctor), and, we had great conversations about his day, about his patients, and what he was seeing in his practise. I always knew I wanted to be able to help people with their health, but my own hormonal health struggles/ led me to naturopathy instead of standard medicine.

By 19, I was struggling with symptoms after years of OCP/contraceptive pill use. My period was absent, it didn't return for months, then when it came back. I felt unexpectedly pregnant. Due to many complicating factors in my life, I chose to have an abortion.

Little did I realise that decision would shift the following years so profoundly...

The year following I experienced dark despair and depression, and a feeling that I'd lost who I was.

Over that year I started bleeding irregularly, heavily, and painfully. It got to a point where I was bleeding irratically throughout the month, had flooding periods, and was in excruciating pain.

I had full blown endometriosis. It was so bad. The doctors and specialists told me to get on the Mirena IUD and that I'd be right. But I already had a Mirena IUD, I'd had it all year, since the abortion. The Doctors were stumped, that was their go-to suggestion for endometriosis then. They also suggested I should get pregnant – they said I might become infertile and now was my best bet to have a baby, and that sometimes pregnancy stops the endo. This also didn't line up – I'd been pregnant just a year ago. They also suggested surgery, but I the thought of another physically traumatic surgery in my uterus didn't feel like it would be the answer for me.

Things didn't get better much after that. A few years on, my list of food intolerances was increasing, my IBS worsening, I was still in unbelievable menstrual pain, and felt alone in this isolating depression.

At 21, I needed to figure out what was going on in my body, because the mainstream medical system couldn't offer me real solutions. I was on heavy pain meds and I didn't want to rely on them. It was on me and if I wanted things to be different. If I wanted to not have pain, I had to find the solution.

I went to see an acupuncturist, a medical herbalist, a naturopath. I tried everything that I could and I started to get better.

The pain stopped.

The pain during sex went away.

The depression lifted.

I had the IUD removed, and remained symptom free.

I went on to have a successful pregnancy, (that the Doctors had told me years before might not be possible).

Through my own health journey I realised naturopathic medicine, using herbs and nutrients and hormone balancing was what had worked.

This was life changing for me. After years of tremendous effort to feel normal again, I realised that naturopathic medicine gave me my life back. And I realised that I wasn't alone, my story wasn't that unusual.

I decided to become a naturopath and now six years later, I see clients across the world suffering from hormonal imbalances and menstrual cycle challenges.

For me, I realised that I had two big things wrong with me:

- I had severe hormone imbalances: low progesterone and poor prostaglandin function, especially during my cycle.
- I had leaky gut. This was the trigger to nearly everything going on in my body. The moment that I had that abortion, my hormones changed, and the destabilisation of the hormone levels off set the chemicals in my body, throwing my leaky gut into overdrive.

What I've learnt through my personal experience is that instead of going to multiple practitioners at one time, you can see one great practitioner that looks at a multitude of things in one go. This saves you a ton of time, and money.

I went to see four different practitioners at one time for different issues after the doctors gave up on me...

As our client, I look really deeply at the cyclical communication in your menstrual cycle, it tells me so much about what is going on for you. It is crucial to address any symptoms of inflammation in your body, and what's going on with your digestive system.

From there, I provide one or two nutrient and/or herbal remedies, that start to counteract and modulate the inflammation and imbalances in the body causing your symptoms.

Most people who choose to try naturopathy are shocked by the changes possible.

Irregular cycles, heavy bleeding, cramping, pain during sex, fatigue, depression, anxiety, digestive issues – these all start going away, and it's absolutely possible for these symptoms to completely stop.

We all have a story. We all have something that has happened to us that has brought us to where we are today.

And I look at you, as my patient client, the same way.

Whether your mum and dad genetically provided you with a sensitive health constitution, or, you have never been the same since having a baby, or, your period is in overdrive and you need someone that really knows what they are doing.

I understand.

While this book has been put together to help you further understand what's happening in your body, it's too hard too much guesswork to try and treat yourself. It's important to find the right practitioner to support you in your healing journey

I wish that I could have found the right practitioner for me earlier in my healing journey, and that's what we want to be for you."

So we've opened up time in our calendar to provide you with a Free Introductory Consultation. You can book in a time here: <https://www.nourishmenaturopathy.com.au/appointments/>

We want to make time for you to be heard, and, to get real feedback on what's happening for your body.

We share with you what I feel is the best treatment path for you and whether or not we can help you. Our team of practitioners all wish someone would have done this for us, and, that's why we do this for you!

My intention with this book, and with our time together, it to help fast-track answers to what's happening to your body.

We want to help you get clarity, answers, and solutions to your health challenges.

So please take a moment, book in a time, before you forget or get sidetracked. You deserve clarity. Here's the link to our diary:

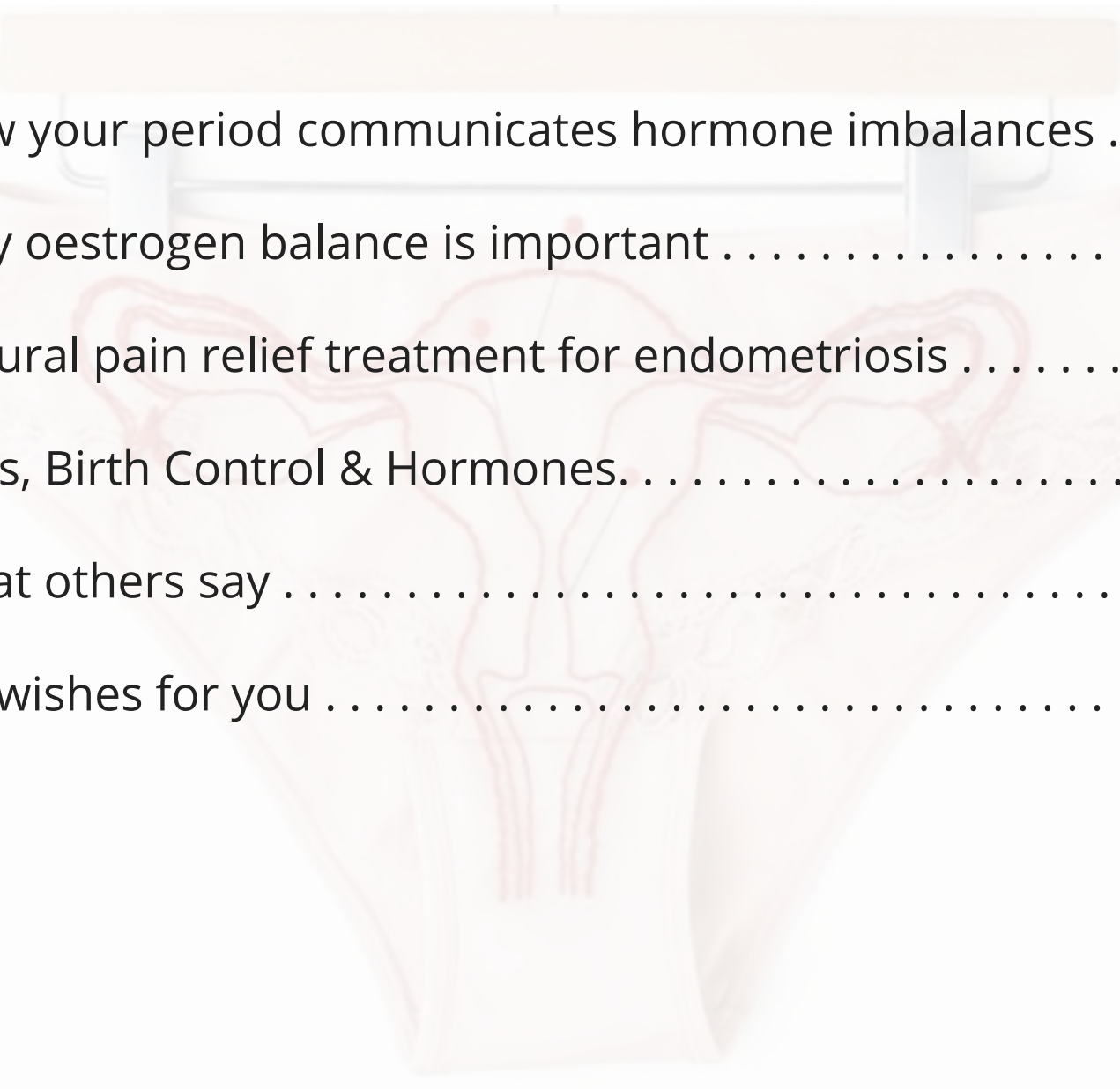
I look forward to connecting with you soon.



*Warmly,
Tiaan*



TABLE OF CONTENTS

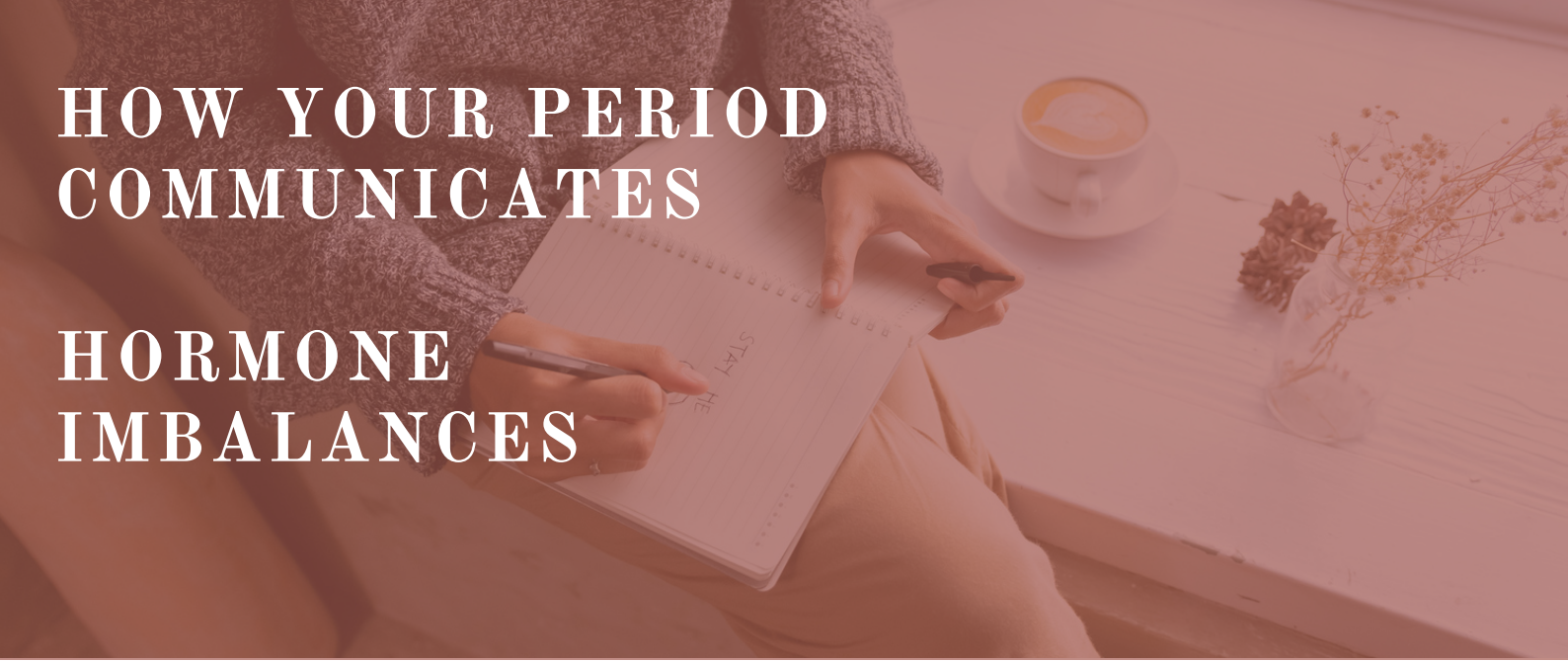


How your period communicates hormone imbalances . . .	
Why oestrogen balance is important	
Natural pain relief treatment for endometriosis	
IUDs, Birth Control & Hormones.	
What others say	
My wishes for you	

“Just as abnormal blood pressure, heart rate, or respiratory rate may be key to diagnosing potentially serious health conditions, identification of abnormal menstrual patterns ...may improve early identification of potential health concerns”

**AMERICAN COLLEGE OF OBSTETRICIANS
AND GYNECOLOGISTS, 2017**

REFERENCE: WWW.ACOG.ORG/CLINICAL/CLINICAL-GUIDANCE/COMMITTEE-OPINION/ARTICLES/2015/12/MENSTRUATION-IN-GIRLS-AND-ADOLESCENTS-USING-THE-MENSTRUAL-CYCLE-AS-A-VITAL-SIGN



HOW YOUR PERIOD COMMUNICATES

HORMONE IMBALANCES

- Irregular cycles may point towards...stress, nutritional deficiencies, being under or overweight, or hormonal conditions such as polycystic ovarian syndrome or thyroid disorders.
- Premenstrual symptoms usually point towards a hormonal imbalance known as 'oestrogen excess.' We will talk about this in later chapters.
- Heavy menstrual bleeding may be due to "oestrogen excess", iron deficiency, blood clotting disorders, thyroid abnormalities, adenomyosis and perimenopause.
- Period pain may also reflect gut issues, food sensitivities (such as dairy and gluten), deficiency of nutrients that dampen down pain causing signals, thyroid issues or gynecological conditions such as endometriosis and adenomyosis.

In 2017, the American College of Obstetricians and Gynecologists (ACOG) publicly recognised what Naturopaths have known for years - that the period is a females greatest indicator of her underlying health.

The ACOG went so far as to deem assessing the period as important as measuring our vital signs like pulse, blood pressure and respiratory rate for monitoring health status.

“Just as abnormal blood pressure, heart rate, or respiratory rate may be key to diagnosing potentially serious health conditions, identification of abnormal menstrual patterns ...may improve early identification of potential health concerns”

What this prestigious group of medical experts are implying is that any issues with the period, whether it be pain, irregularity, heavy bleeding or premenstrual symptoms, is a strong clue that the body is out of balance.

The problem is that so many of us females are out of touch with our periods, meaning we aren't able to understand one of nature's greatest clues. This is because our demanding lifestyles, together with frequent prescriptions for hormonal contraception and pain killers, dim the connection to our 5th vital sign.

If we aren't listening to our period, then we are not honoring our bodies natural warning system.

Here are some clues to look out for:

Irregular cycle length

To measure your menstrual cycle length, count from day one of proper bleeding of your period (not including premenstrual spotting) until the day before proper bleeding of your next period. Cycles that are shorter than 21 days or longer than 35 days are generally considered irregular.

Period pain

Period pain may be common, but it is not normal. Pain that keeps you from daily activities, or that requires pain-killers, needs to be investigated.

Premenstrual symptoms

The period should come and go without much fuss. Premenstrual symptoms like moodiness, weeping, breast tenderness, cravings, fluid retention, headaches and acne are not part of a healthy period.

Heavy menstrual bleeding

Losing over 80ml of blood each period is considered heavy menstrual bleeding. While it may be hard to measure exact blood loss, needing to change super pads, tampons or menstrual cups more than every 2 hours generally suggests heavy bleeding. Bleeding for longer than 8 days is also considered irregular.

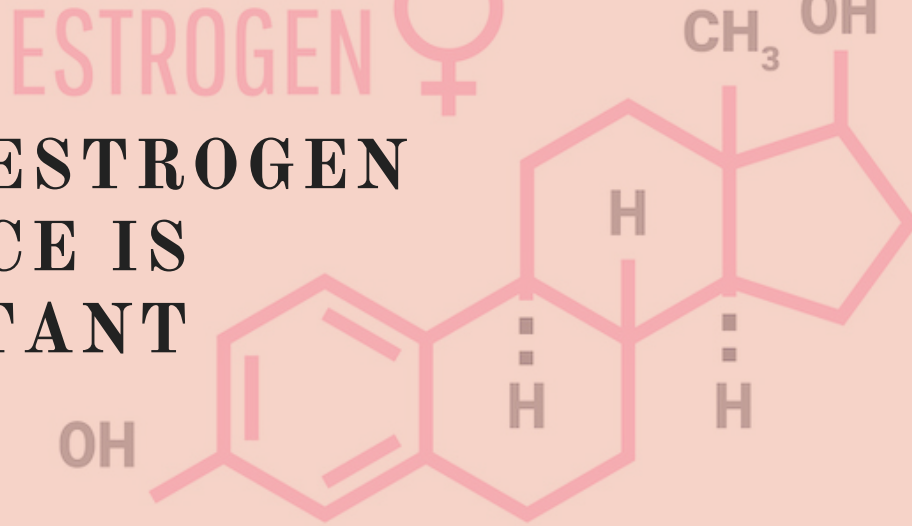
In my clinic, we honor the 5th vital sign by conducting a comprehensive period assessment.

This includes exploring your:

- Cycle length
- Menstrual bleeding patterns
- Premenstrual symptoms,
- Period pain
- Fertility history (if relevant)
- Previous investigations (like blood tests or ultrasounds)
- Family history of menstrual or reproductive issues.



Reference: <https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2015/12/menstruation-in-girls-and-adolescents-using-the-menstrual-cycle-as-a-vital-sign>



WHY OESTROGEN BALANCE IS IMPORTANT

One of the most typical hormone imbalances I see in clinic is 'oestrogen excess' or more accurately: "progesterone deficiency".

Oestrogen excess/progesterone deficiency could be an issue for you if you experience the following:

- Premenstrual mood changes
- Premenstrual breast tenderness and fluid retention
- Heavy menstrual bleeding
- Menstrual migraines
- Period pain

What is progesterone deficiency/oestrogen excess?

Oestrogen is an important hormone produced predominantly in the ovaries. Oestrogen boosts our mood, increases libido and strengthens our bones.

However, like all things in the body, it's all about balance.

In the first half of our cycle, from the start of our period until ovulation, we want oestrogen to be the star hormone of the show.

In the second part of the cycle, after ovulation, the hormone progesterone takes centre stage. We can only produce adequate progesterone if we are ovulating properly!

Progesterone is a calming hormone that helps sustain the uterine lining.

Sometimes in the second half of the cycle, if we aren't detoxifying oestrogen effectively and/or haven't ovulated so aren't producing enough progesterone, oestrogen levels inappropriately creep up higher than progesterone levels, causing a hormone imbalance known as 'oestrogen excess.'



What causes oestrogen excess?

All hormones in the body need to be inactivated and removed once they have worked their magic. The predominant cause of oestrogen excess is the inability to remove oestrogen from the body effectively.

The main exit route for oestrogen is removal from the stool via the liver. This means if there are any issues with the liver or the digestive system, oestrogen can't make its way out of the body, and levels can build up, contributing to oestrogen excess.

Some things to look out for include:

- **Constipation** - the stool is the main exit route for oestrogen. If we aren't making a bowel motion at least once a day, oestrogen can't be removed and levels can creep up.
- **Gut bug imbalances** - our gut is home to trillions of bugs, some are considered 'good' and some are considered 'bad'. Some of the 'bad' gut bugs can release oestrogen from the stool before it is removed from the body, causing oestrogen reactivation and recirculation.
- **Low fibre diet** - fibre in the diet helps to promote healthy stool formation and bowel motions. A low fibre diet can compromise the stool and reduce the ability to remove oestrogen.
- **Liver toxins** - the liver needs to process thousands of chemicals a day, including hormones. If we place pressure on the liver with toxins like alcohol, caffeine, some medications and unnatural beauty care, we can reduce the liver's ability to remove oestrogen.

As well as issues with oestrogen clearance, some other contributing factors include:

- **Exposure to 'xenoestrogens'** - 'xenoestrogens' are oestrogen like chemicals found abundantly in plastics and synthetic cleaning, body care and beauty products. These chemicals have an oestrogen like effect in the body, therefore amplifying oestrogenic activity.
- **Excess weight** - our fat cells can produce hormones like oestrogen. This means having excess fat cells can cause increased oestrogen production.
- **Stress** - stress can wreak havoc with hormones and impact progesterone production.

How to assess for oestrogen excess:

In my clinic Auckland Holistic Health, we assess for oestrogen dominance in a number of ways, depending on your preference and presentation.

- Symptoms - symptoms alone are a very strong indicator of oestrogen excess
- Salivary hormone analysis - tests the levels of 'active' oestrogen and progesterone.
- Dried hormone urine testing - tests oestrogen and progesterone levels, and the different ways the liver is processing oestrogen

How to treat oestrogen excess:

At Auckland Holistic Health we look at each woman individually to assess and address the root cause of her oestrogen excess.

We work out why you aren't eliminating your oestrogen correctly, or why you aren't making enough progesterone.

We then employ natural supplements like gentle herbs and remedies, as well as dietary and lifestyle advice, to gradually restore your hormonal balance and leave you with fuss free periods.



NATURAL PAIN RELIEF

TREATMENT FOR ENDOMETRIOSIS



Endometriosis doesn't have to be painful.

If you have endometriosis, you may experience

- Severe period pain
- Chronic pelvic pain
- Pain on intercourse
- Impaired fertility
- Bloating
- Diarrhoea or constipation

Endometriosis is a condition where tissue similar to the endometrium (lining of the uterus) grows in other parts of the body.

This tissue usually proliferates in and around the pelvic region, and can be present in or around the ovaries, fallopian tubes, bowel and bladder.

The most common complaint I hear in my clinic from endo sufferers is pelvic pain.

Endometriosis associated pain is due to the release of inflammatory pain causing signals known as 'prostaglandins.'

I remember the excruciating pain I suffered from during sex. I would have to psyche myself up knowing that my partner wanted to be intimate with me. He was so lovely, and, I felt horrible that I would often tear up in pain when we were intimate.

The premenstrual pain was out of this world. If I didn't have a hot water bottle, a bed, and pain medicines I felt like I needed to be emitted to the hospital.

The pain for me is something to get answers on.

The pain literally stops many women from living.

And the Mirena, hormone injections, and IUDs often don't work. Four doctors, also, couldn't explain the pain.

Here's what every woman with endometriosis needs to know about where the pain is coming from...

Pre-Menstrual Pain

Cramping is caused by lack of oxygen and how the blood flows through the uterus when prostaglandins are realised to prepare our body for bleeding.

Our hormone levels have a direct impact on these prostaglandins.

Our hormone levels are highly sensitive to our chemical loads and/or toxicity in the body.

So let me explain (I'll share more specifics the key areas that can be altered in the next page).

If your body can't digest mushrooms or tomatoes properly, for example, and the metal levels, nutrient levels (think Vitamin D, Vitamin C, Vitamin C), or essential minerals in the body aren't absorbed properly, it offsets the hormone levels.

Most of us don't know looking at modern pathology that you had a problem with these things. Standard levels are used to detect life-threatening levels of hormones, metals and nutrients.

Endometriosis is not seen as a life-threatening condition in most cases. (Although you and I both know it feels like a death sentence when you are in it!)

So the prostaglandins effect the level of oxygen and blood flow through the uterus. And this is where really bad cramping happens.

Prostaglandins, after all, are a hormone essential to the menstrual cycle.

This is why we look so closely at your menstrual cycle in our consultations. It tells us so much about what hormones are out of balance.

And if you experiencing that severe pain before you start bleeding, there is probably a key nutrient deficiency or nutrient intolerance in the blood stream causing this.

The release of pain producing prostaglandins may be associated with:

- **Hormones** - having too much of the hormone oestrogen, or producing the wrong type of oestrogens, stimulates the release of pain signals.
- **Diet** - a diet high in inflammation causing foods like gluten, dairy, bad fats and refined sugars increases prostaglandin production. Poor gut health - the gut neighbours the pelvic region and reproductive organs. Any irritation in the gut can cause irritation in and around the uterus.
- **Poor gut health** - the gut neighbours the pelvic region and reproductive organs. Any irritation in the gut can cause irritation in and around the uterus.
- **Stress** - stress hormones in the body can directly stimulate the release of pain causing signals, and may cause hormonal imbalance.
- **Imbalanced pelvic immune system** - studies suggest the pelvic immune cells in endometriosis have gone awry, and release more pain causing signals than usual.

Approximately 10% of Australian and New Zealand females have endometriosis, and it typically takes 7-12 years to diagnose.

This means many females have prolonged suffering as their diagnosis is delayed by confusing symptoms, or medical professionals who won't listen.

At Auckland Holistic Health, we listen...

The medical treatment for endometriosis associated pain is the oral contraceptive pill and painkillers, both of which come with a variety of side effects.

These treatments fail to address the underlying cause of endometriosis associated pain, and act as a mask. Once these treatments are taken away, the pain usually starts again.

In my clinic we aim to alleviate endometriosis associated pain for good by addressing the root cause and becoming a scientific activist searching for the nutrients your body needs, and, identifying the culprit wreaking havoc that's causing your hormones to go out of balance!

First, we will explore your own individual contributing factors through in depth case taking, dietary analysis and pathology testing where necessary. (I often look much deeper at your markers using your standard blood work if it's available.)

Second, we investigate your cycle. We look at each part of your cycle and I look really closely at your bowel function (sounds gross - but it tells me so much! I had gut dysbiosis so bad, and it took me nearly two years for someone to know that was the culprit to my crazy hormone imbalances!)

Then finally we put together a long and short term treatment plan aimed at gradually easing your pain and other endometriosis associated symptoms by halting the disease associated physiological processes taking place in your body.

A treatment plan usually involves dietary strategies to reduce inflammation and support hormonal balance, as well as natural supplements that support the body's own healing capacity.

Most of my patients suffering from endometriosis see me on a monthly basis to cycle track. Once we settle your hormones and chemical levels in your body, I'll teach you how to pay attention to your cycle to hear what it's saying AND we'll get you on an awesome nutritional plan, customised for your body's needs to provide long term solutions that sooth your symptoms (even outside of your menstrual cycle).

Overtime endometriosis can be pain free - naturally.



IUDS, BIRTH CONTROL & HORMONES

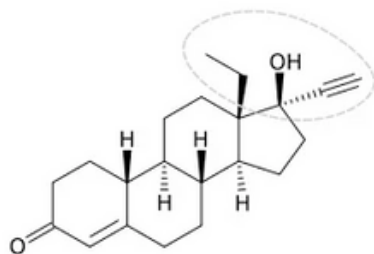
The oral contraceptive pill and the IUD are the most popular form of contraception in New Zealand, yet many women encounter problems while they are on the pill or when they come off it.

Some of the common side effects women experience on the pill include:

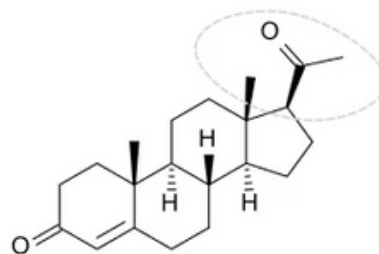
- Headaches and migraines
- Nausea
- Depression
- Decreased libido
- Breast pain
- Spotting

Many women feel confused when they don't tolerate the pill well, as they assume pill hormones are the same as our natural hormones.

However, synthetic pill hormones are not identical to our natural hormones. For this reason, they have different actions in our body, and a lot of the benefits we gain from our natural hormones are lost on the pill.



levonorgestrel
Progestin
synthetic
pill hormone



progesterone
Natural hormone

For example, consider this list comparing the impact of our own natural progesterone, compared to synthetic 'progestogens' found in the pill:

Natural progesterone:

- Protects heart health
- Promotes hair growth
- Decreases breast cancer risk
- Promotes sleep and relaxation
- Anti-inflammatory

Synthetic Progestogens:

- Increases risk of thrombo-embolisms
- Suppresses hair growth
- Increases risk of breast cancer
- May contribute to anxiety and depression
- Promotes inflammation

The pill may also negatively impact women by depleting the body of important nutrients, such as zinc, vitamin C and the B group vitamins.

Deficiencies in these nutrients can have major impacts.

For example, a zinc deficiency can contribute to compromised immunity, poor skin health, mood disturbances and blood sugar imbalances. Further, all of these nutrients are essential for hormonal health.

This means when women come off the pill, their natural hormones are at an extra disadvantage.

It's believed this is one of the reasons women struggle to get their menstrual cycles back on track after coming off the pill.

Let's look at how the pill works...

The pill turns off the connection between the brain and the ovaries, therefore blocking the natural hormonal rhythm of our natural menstrual cycle.

This prevents ovulation, which is the release of an egg from the ovary into the Fallopian tube where it can be fertilized.

The synthetic progesterone in the pill also thickens the viscosity of cervical fluid, creating a barrier for sperm to reach the Fallopian tube.

Coming off the oral contraceptive pill

We are seeing an increasing number of women who are dissatisfied with the oral contraceptive pill, and who would like support transitioning back to their natural menstrual cycle.

Many women transition off the pill without any issues, however some women may experience some temporary issues. Importantly, many of these issues can be prevented or alleviated with the right support.

Some issues encountered may include:

- Delayed return to menstruation and irregular periods - the pill turns off the connection between the brain and the ovaries, and it may take some time for this connection to be re-established. If the period does not return within 12 months or continues to be irregular, please consult with a medical professional.
- Hair loss and acne - the pill flatlines our natural hormones, including testosterone - the hormone predominantly responsible for hair loss and acne. Testosterone levels may temporarily rebound after coming off the pill, but will usually return to normal within 6 months.
- Period pain - the pill may dampen down pain causing signals in the uterus and reduce menstrual flow. The return of period pain post-pill should be investigated with your doctor, especially if it is severe, requires pain-killers or stops you from your daily activities.

We support women coming off the pill to ease their transition and nurture a healthy natural cycle.

This process includes taking a full menstrual history, assessing for nutrient levels using standard pathology you get from your GP, and creating a customised treatment plan that helps to detoxify pill hormones from the body, boost nutrient levels and nurture a healthy, regular cycle.

We closely monitor your energy levels, skin, weight, mood, and libido as we ease your body back into normal menstrual cycles again.

This is something that I offer to women wishing to come off of contraceptive IUDs or pills because it's something that I needed the most and coming off the mirena was one of the best decisions I have ever made.

Ideally, women seek support before stopping the pill to prevent any issues. However, we see women at all stages of their journey, from months to years after coming off the pill.

What are my other options?

Barrier contraception, such as condoms, are highly effective when used correctly, and have the added benefit of protecting against STIs. However, some couples find condoms uncomfortable

Natural fertility based awareness methods are an alternative, scientifically validated option. This includes monitoring simple body signals like cervical mucus and body temperature continuously to identify your fertile period, and time intercourse appropriately.

On average women are only fertile for six days during each menstrual cycle. This means there are only six days in which penetrative sex may result in conception. Abstaining from sex on these days will avoid pregnancy.

We teach natural fertility based awareness methods to any woman/ couples who would like to use this practice to either avoid or achieve pregnancy.

Meet Emily, 27, post-pill missing periods.

Emily is a 27 year old who works in HR. She came to see me as a final straw - she had come off the pill 2 years earlier and still didn't have her period back. Emily had been to multiple medical specialist who tried to restore her cycle, with no success.

We assessed Emily's previous medical investigations, including blood tests and pelvic ultrasound, and noticed a few nutritional deficiencies, but no major underlying medical conditions that may have been contributing.

We established that the pill had turned Emily's cycle off, and now we needed to turn it back on.

We worked on waking up the connection between the brain and the ovaries with gentle herbs and nutrients and boosting relevant nutrient stores.

5 months later I got a very excited message from Emily - her period is back after 2.5 years, and she couldn't be happier!

WHAT OTHERS ARE SAYING

"I have had crippling periods my whole life as well fibrocystic breast disease, cysts on my ovaries and all sorts of menstrual issues and all the doctors told me to do was take the pill. They did investigations and everything was "normal". Tiaan was the first person to understand my hormones and help me make sense of everything... and for the first time in my life my period was a NORMAL! Before I would take the whole day off work and only strong pain killers helped. My second cycle came at exactly 28 days (it was always irregular) and was 90% pain free. My breast tenderness has reduced and the cysts seem to be reducing. I highly recommend Tiaan to anyone with hormonal issues."

- Claire

"Tiaan is helping me overcome my long standing challenges with my PCOS and diabetes and just after about 8 weeks seeing her I have already lost 10kgs and my blood sugar levels are completely back within range. I am feeling so much better. I owe my life to her. She's so passionate, understanding and really understands me. I look forward to each consult with her."

- Eleonore

"I have been a client of Tiaan's for 2 years now and I highly recommend Tiaan's naturopathic service... She has helped me through conditions such as endometriosis, SIBO, migraines... I was debilitated by these conditions and Tiaan ensured she gave me a treatment plan that I could manage and incorporate into my life so that I would see the best success.

I am forever grateful to Tiaan for her ongoing help and would recommend to anyone"

- Laura

Dear beautiful you,

Thank you so much for taking the time to download this book and taking the time to learn more about what's happening with your menstrual cycle.

I wanted to share a story from one of our practitioners that supports our endometriosis patients...

"I remember sitting with my dad after work at the dinner table. He'd get home late from seeing his patients (he's a doctor), and, we had great conversations about his day, about his patients, and what he was seeing in his practise. I always knew I wanted to be able to help people with their health, but my own hormonal health struggles/ led me to naturopathy instead of standard medicine.

By 19, I was struggling with symptoms after years of OCP/contraceptive pill use. My period was absent, it didn't return for months, then when it came back. I felt unexpectedly pregnant. Due to many complicating factors in my life, I chose to have an abortion.

Little did I realise that decision would shift the following years so profoundly...

The year following I experienced dark despair and depression, and a feeling that I'd lost who I was.

Over that year I started bleeding irregularly, heavily, and painfully. It got to a point where I was bleeding irratically throughout the month, had flooding periods, and was in excruciating pain.

I had full blown endometriosis. It was so bad. The doctors and specialists told me to get on the Mirena IUD and that I'd be right. But I already had a Mirena IUD, I'd had it all year, since the abortion. The Doctors were stumped, that was their go-to suggestion for endometriosis then. They also suggested I should get pregnant – they said I might become infertile and now was my best bet to have a baby, and that sometimes pregnancy stops the endo. This also didn't line up – I'd been pregnant just a year ago. They also suggested surgery, but I the thought of another physically traumatic surgery in my uterus didn't feel like it would be the answer for me.

Things didn't get better much after that. A few years on, my list of food intolerances was increasing, my IBS worsening, I was still in unbelievable menstrual pain, and felt alone in this isolating depression.

At 21, I needed to figure out what was going on in my body, because the mainstream medical system couldn't offer me real solutions. I was on heavy pain meds and I didn't want to rely on them. It was on me and if I wanted things to be different. If I wanted to not have pain, I had to find the solution.

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The pain stopped.

The pain during sex went away.

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I decided to become a naturopath and now six years later, I see clients across the world suffering from hormonal imbalances and menstrual cycle challenges.

For me, I realised that I had two big things wrong with me:

- I had severe hormone imbalances: low progesterone and poor prostaglandin function, especially during my cycle.
- I had leaky gut. This was the trigger to nearly everything going on in my body. The moment that I had that abortion, my hormones changed, and the destabilisation of the hormone levels off set the chemicals in my body, throwing my leaky gut into overdrive.

What I've learnt through my personal experience is that instead of going to multiple practitioners at one time, you can see one great practitioner that looks at a multitude of things in one go. This saves you a ton of time, and money.

I went to see four different practitioners at one time for different issues after the doctors gave up on me...

As our client, I look really deeply at the cyclical communication in your menstrual cycle, it tells me so much about what is going on for you. It is crucial to address any symptoms of inflammation in your body, and what's going on with your digestive system.

From there, I provide one or two nutrient and/or herbal remedies, that start to counteract and modulate the inflammation and imbalances in the body causing your symptoms.

Most people who choose to try naturopathy are shocked by the changes possible.

Irregular cycles, heavy bleeding, cramping, pain during sex, fatigue, depression, anxiety, digestive issues – these all start going away, and it's absolutely possible for these symptoms to completely stop.

We all have a story. We all have something that has happened to us that has brought us to where we are today.

And I look at you, as my patient client, the same way.

Whether your mum and dad genetically provided you with a sensitive health constitution, or, you have never been the same since having a baby, or, your period is in overdrive and you need someone that really knows what they are doing.

I understand.

While this book has been put together to help you further understand what's happening in your body, it's too hard too much guesswork to try and treat yourself. It's important to find the right practitioner to support you in your healing journey

I wish that I could have found the right practitioner for me earlier in my healing journey, and that's what we want to be for you."

So we've opened up time in our calendar to provide you with a Free Introductory Consultation. You can book in a time here: <https://www.nourishmenaturopathy.com.au/appointments/>

We want to make time for you to be heard, and, to get real feedback on what's happening for your body.

We share with you what I feel is the best treatment path for you and whether or not we can help you. Our team of practitioners all wish someone would have done this for us, and, that's why we do this for you!

My intention with this book, and with our time together, is to help fast-track answers to what's happening to your body.

We want to help you get clarity, answers, and solutions to your health challenges.

So please take a moment, book in a time, before you forget or get sidetracked. You deserve clarity. Here's the link to our diary:

I look forward to connecting with you soon.



*Warmly,
Tiaan*