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Homeopathy

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Homeopathy and Hormones

As women we feel the effects of our hormones from the time we hit puberty until we complete our menopause. The various life stages bring their own challenges and these are met more and more by hormonal medications. But we are extraordinarily complex creations and our hormones are constantly – and naturally - being adjusted to the finest degree. The medications we use are hugely clumsy in comparison and it is no wonder that they can bring not inconsiderable problems of their own.

Homeopathy can help your body re-balance itself gently and safely.



Acne

A major problem for many teenagers of both sexes. Just as you're becoming more aware of the opposite sex then Nature upsets things with a constant production of spots. In severe cases the effects can be serious and undermine confidence. Your GP may suggest that girls take the Oral Contraceptive Pill (OCP) to control hormones and ease skin problems.

Homeopathy can help both the physical and emotional effects of this imbalance so you don't have to resort to the OCP or harsh chemical lotions.

Puberty and Periods

Our launch into womanhood is not always easy. Periods may bring especially heavy bleeds, cramps, mood swings, erratic cycles and skin problems. These problems can often stay with us into our adult years and make life very miserable. Homeopathic treatment can gently address hormone balance and ease these symptoms.

Top homeopathic tip!

Mag Phos is a great remedy to try if you experience painful period cramps, especially if the pain is helped by a hot water bottle.

Contraception

Birth control methods are using more and more hormones. The Pill has been with us in various forms for many years now. As more research is done and side effects monitored so these pills evolve. We also now have implants, injections and Intra-Uterine Devices with added hormones.

Whenever we add hormones to those that Nature provides we are upsetting our natural balance and cycle. Some women experience adverse effects whilst using these methods – depression, erratic periods, heavier periods, no periods at all and even reduced libido! We are encouraged to think that some effects are desirable – why bother with periods at all if taking a pill will stop them? Some adverse effects only appear when the Pill is stopped. Some women can take up to 2 years to start ovulating again whilst some never regain their ovulation. Just because our periods regain a regular cycle once off the Pill it doesn't automatically mean that ovulation also bounces back.

Barrier methods are often unpopular because they can be messy, awkward and spoil spontaneity but any adverse physical effects are usually short term in comparison to hormonal methods. (NB: spermicide can upset the vaginal ph balance and cause thrush problems).



Motherhood

A time of major hormonal activity – both during pregnancy and after giving birth. The effects can be felt both physically and emotionally.

Homeopathy can offer support for the wide variety of emotions that may occur at this time – fear of giving birth, not feeling ready, being overwhelmed once your baby has arrived and so on.

Remedies can also be used to treat symptoms such as morning sickness, naturally encouraging a reluctant baby into labour and for aches, bruising and tears.

Once your baby has arrived homeopathy can support you through problems such as colic, breastfeeding issues (sore nipples, mastitis, not producing enough milk, helping to dry up milk when you want to stop), nappy rash, jaundice and generally fretful babies.



Other issues

Women often find themselves diagnosed with conditions such as Polycystic Ovary Syndrome, endometriosis, fibroids, etc. These can be painful conditions and can make conception more difficult. For women who have completed their families then hysterectomy is commonly offered. This is drastic surgery and should not be undertaken lightly despite the fact that it is a common procedure. It can affect women emotionally as well as physically and I would encourage women facing this surgery to at least consider natural treatments.

As fertility issues increase so women look to assisted methods of conceptions such as IUI and IVF. These processes involve major hormonal upheaval, the effects of which can cause problems both physically and emotionally.

I run a natural fertility programme involving homeopathic remedies which has proven highly effective. For more information please see my website or contact me directly.

Fertility patient testimonial:

'Homeopathy treatment with Debbie was something we wish we had discovered a long time ago. After dealing with significant fertility issues we were amazed after only 4 months of doing the Liz Lalor program we conceived!!

Debbie was supportive and understanding along the way but never pushed anything we didn't want. If you are thinking about trying this treatment then we can't recommend it enough and Debbie's professional approach will not disappoint.'

Tracy (gave birth to a healthy and happy baby girl i January 2010)

Menopause

An area that I find especially interesting and which is sadly viewed very negatively in current times. We strive to stay young at all costs by spending fortunes on 'miracle' lotions and potions, inject poisons into our faces to plump up lines, undergo surgery to have fat sucked out of one place and replaced in another. Society should reverse these signs of accumulating wisdom but instead we try to stay forever young.

Problems associated with menopause – hot flushes, diminished libido, vaginal dryness, acne (again!) etc. can all be helped naturally without having to resort to Hormone Replacement Therapy. And anyway, who on earth wants to have periods in their 80s???? Menopause should be a rite of passage; a time when women regain their lives. They have raised their children and maybe built a career. Their time is now.

To find out more visit my website or to discuss how homeopathy can help you please email/phone me for an informal chat.

