

SPRING NEWSLETTER:

WOMEN'S HEALTH CONDITIONS



Premenstrual Symptoms

Cystitis

Vaginitis

Menopause

Do you or anyone you know experience any of these conditions? Are you aware that they can be addressed using simple, gentle homeopathic treatments?

These are the most common reasons women visit my office. Homeopathy is beneficial for alleviating and healing symptoms like cystitis (bladder infections), vaginitis (yeast infections), PMS and menopause.

In many ailments the above symptoms can quickly diminish usually within 6 to 12 hours of using homeopathic remedies. When a correct remedy is prescribed by a *Homeopathic Practitioner*, you will notice results immediately in acute situations.



Symptoms of PMS:

- Acne
- Bloating, headache, fatigue
- Muscle pain such as low back pain, cramps, swelling and/or tenderness of breast
- Food cravings, constipation, diarrhea
- Mood behaviors like sadness, depression, anxiety, anger, irritability



Symptoms of Cystitis:

- Burning sensation before, during or after urination
- The urge to constantly pass urine and/or passing small amounts with an urge to empty the bladder
- Odour, discoloration of urine cloudy, bloody
- Fever and/or chills involved
- Nausea, vomiting

HOME TREATMENTS FOR WOMEN'S HEALTH CONDITIONS

- ❖ **Eat** a healthy diet that includes fruits, vegetables and lean protein & drink water.
- ❖ **Reduce** or stop your intake of salt, caffeine, sugar & alcohol as these substances are known to cause inflammation and increase your pain symptoms & discomforts.

PMS:

- 1) Natural supplements that may help to decrease PMS symptoms include:
 - Vitamin B₆, magnesium, calcium
 - Primrose oil, black cohosh, dong quai, chasteberry

CYSTITIS:

- 1) Drink plenty of water, drink pure 100% unsweetened cranberry juice or use cranberry capsules.
- 2) Urinate regularly & practice good hygiene wiping techniques from front to back.
- 3) Wear cotton underwear.

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Symptoms of Vaginitis:

- Burning, itching, soreness
- Vaginal discharge, odour



Symptoms of Menopause:

- Hot flashes, night sweats, sleep difficulties, irritability
- Irregular menstrual cycle, vaginal dryness
- Headache, decreased libido, fatigue, osteoporosis

An easy recipe to prepare in advance for those late nights.



Bean & Vegetable Stew

Ingredients:

Beans

3 cups red or white beans either canned or dry (soak overnight)

4 cups water for canned beans

7 cups water for dry beans

Stew

1 large onion chopped

2 tsp rosemary

1 tbsp thyme

3 large chopped carrots

1 tsp sea salt

2 tbsp sunflower/safflower oil

½ cup of Kalamata olives or black/green olives - **optional*

4 crushed garlic cloves

2 tsp tarragon - **optional*

3 stalks of chopped celery

2 zucchini chopped

½ cup parsley

Directions:

Place the beans into a pot & bring to a boil. Reduce heat & simmer for 30 minutes to 1 hour.

To prepare the stew, heat the oil in a pot. Add the onions & sauté. Sauté the garlic, thyme, rosemary & tarragon. Add the celery & carrots.

Add the cooked beans & liquid. If desired add extra liquid for a thinner stew. Simmer, cover for 15 minutes or until carrots & celery are tender. Toss in the zucchini & continue to simmer until the zucchini are tender.

Season with sea salt & stir in the parsley. Serve in a bowl with olives & sprinkled parsley.

HOME TREATMENTS FOR WOMEN'S HEALTH CONDITIONS

Vaginitis:

- 1) Wear breathable clothes like cotton.
- 2) Avoid the following:
 - Wearing pantyhose & tight fitting clothing
 - Perfumes, scented soaps to bathe & scented detergents to wash clothing
- 3) Eat yogurt with active culture as this may lessen yeast infections.

Menopause:

- 1) Natural supplements that may relieve some menopausal symptoms:
 - Ground flax meal contains three essential sources: omega-3 essential fatty acids which are good fats, lignans that have plant estrogen & antioxidants & fiber to keep your bowels regular. It also could relieve hot flashes.
 - Calcium for prevention of bone loss
 - Vitamin D for bone health
 - Wild yam is good for hormones
 - Ginseng for mood swings & improves sleep
 - Dong quai & black cohosh may relieve hot flashes

HOMEOPATHIC REMEDIES FOR WOMEN'S HEALTH CONDITIONS

The following remedies may be prescribed for particular symptoms.

- **Calcarea remedy** for swollen breasts, back pain, sweet cravings
- **Canthris remedy** for frequent urge to urinate, burning
- **Sepia remedy** for itching, odour, vaginal discharge
- **Sulphur remedy** for hot flashes, burning heat

For a free "meet & greet" consultation, please contact me.

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