

# Women's health

By Mary-Jane Sharratt of Sussex Homeopathy

Increasing numbers of women are looking for natural remedies to achieve optimum health and to stay healthy. Homeopathy provides a safe and effective way to help women improve their health.

## Menstrual disorders

Many women suffer from painful, heavy and irregular periods, thinking it is "their lot", but it doesn't have to be. Carefully selected homeopathic remedies can greatly improve menstrual discomfort, and many women feel as though they have gained a new lease of life when they don't spend several days each month feeling exhausted or in pain. Homeopathy can also be an effective treatment for fibroids, Polycystic Ovary Syndrome (PCOS) and endometriosis.

Iron deficiency is a common cause of tiredness in women, and iron tablets, either prescribed or over the counter, can cause digestive problems. However, Spatone is a product made from natural, iron-enriched water which doesn't upset digestion but gently restores iron levels. It is available from local pharmacies and can be added to juice or swallowed straight from the sachet (it will leave a metallic taste for a short time). It is highly recommended for anyone suffering from tiredness during their period.

## Pre-menstrual syndrome

This condition affects a large percentage of women in varying degrees and at different times of their life. It is often caused by a hormonal imbalance and frequently becomes worse after childbirth. PMS can have a significant negative impact on relationships at home, at work and socially. In severe cases, anti-depressants are prescribed to even out mood-swings. I have treated women who were replacing their dinner service on a regular basis, so many plates were being thrown, and others who were spending several days each month in tears. Homeopathic treatment over a few months can produce a considerable improvement in symptoms, and helps achieve a more contented home environment.

Some vitamins that can be beneficial include:

- ❖ Vitamin B6 (100 mg daily) – has been shown to be highly effective in relieving the symptoms of PMS
- ❖ Zinc (10 mg daily) – works well with Vitamin B6
- ❖ Magnesium (300 mg daily) – works particularly well with Vitamin B6 and reduces symptoms of breast tenderness
- ❖ Vitamin C (1,000 mg daily)
- ❖ Evening primrose oil – take 1g three times a day for the 10 days before your period

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While the above can seem like a complex programme, you can buy Vitamin B6 and zinc in combination to reduce the number of tablets being taken each day.

### **Pregnancy**

Many therapists are wary of treating women during pregnancy, as in a small percentage of cases herbs and oils can be detrimental to the unborn baby if used incorrectly.

Homeopathy is very gentle and perfectly safe to use, even in the early stages of pregnancy. It is ideal for alleviating symptoms of nausea, sickness and heartburn. Homeopathic remedies are great to use during childbirth too, and can aid a speedy recovery afterwards.

Arnica is the most commonly known homeopathic remedy to use after labour, and is recommended by many midwives.



### **Menopause**

Hot flushes are just one of the common symptoms of menopause, and can cause considerable distress, as well as sleepless nights, to those who experience them. Sage drops are commonly available, and are helpful for many women, although some find that they can make the flushes worse. Homeopathic treatment is highly effective, although the remedy needs to be selected based on the individual symptoms.

Women often have a high level of awareness of their overall health, but many suffer in silence, believing that little can be done to improve their symptoms. Homeopathy is a new approach for many, but it can enable women to feel better than they have done for years.