

Homeopathy for Women's Health Issues

By Andrea S. Kraft, Classical Homeopath

In recent years, women's health has become a topic of focus as reports of female health issues continue to soar. The reasons attributed to this phenomenon include greater lifestyle stress, environmental issues, and hormones in our food supply in addition to the aging of the baby boom population.

While occasional mild symptoms around the menstrual cycle are quite normal; chronic pain, cycle irregularity, migraines, irritability, and depression can be signs of hormonal imbalances that can be helped by professional homeopathic care.

Hormonal Rebalancing

Homeopathy can be a rewarding answer for women plagued by various symptoms associated with hormonal imbalances. Homeopathic remedies gently stimulate the body to rebalance hormones without drugs and their associated side effects. Even those who are currently using hormone replacement or other related medicines can benefit from homeopathic care.

Women who are treated with homeopathic remedies feel better, not just physically, but emotionally as well. This is due to the broad, holistic approach homeopaths use to identify the precise remedy that fits the individual's unique set of symptoms. When we approach healing from a holistic point of view, in addition to resolving specific issues, clients find improvements in overall health such as increased energy, reduced stress and general well being.

Riding the Hormonal Rollercoaster

"Megan" was referred to me by her friend who was helped by homeopathy. For 10 years, Megan had been suffering from symptoms associated with a sudden change in

hormones including hot flashes, bloating, mood swings, depression, headaches and irritability. She was tired of the emotional ups and downs and feeling overwhelmed with her life.

After an in depth interview, analyzing her specific symptoms, and personality characteristics, I gave her a remedy called *Lachesis Muta* 200c. Megan reported that a few weeks after taking the remedy, her headaches dissipated and she felt less depressed, more social with her friends and was keeping her cool with her kids. I continued to work with Megan over the next few months. With additional carefully chosen remedies, Megan has seen further relief from her hot flashes, bloating, headaches and mood swings.

Managing Migraines

Another client, "Lisa", suffered from debilitating migraines, irritability, bloating and swelling with her menses. The homeopathic remedies chosen to fit her particular situation included *Natrum Muriaticum* 200c and *Sepia* 1M which helped her regain the three lost days every month she had previously spent in bed incapacitated with hormonal migraines. She also had less irritability, reduced cramping and her feet, hands and abdomen no longer swelled in response to her monthly cycle.

Unique Solutions

Many women are eager to ask what the best remedy is for a specific ailment. As illustrated above with Megan and Lisa's cases, the answer is "it depends". Homeopathy is not a one size fits all approach. The healing process is individualized to each person and situation which is why the results are so powerful. When faced with women's issues, it

is critical to understand the specific emotional and physical characteristics to find the appropriate healing stimulus for each client. A homeopath is trained to understand and address each unique situation and find the appropriate homeopathic remedies that will gently nudge the body's innate healing ability to shift back into balance.



Homeopathy is a natural, holistic approach to wellness capable of producing profound, lasting healing which is why so many women turn to homeopathy for its safety and effectiveness. Many are looking for holistic solutions to chronic health conditions, some want to avoid the side effects of pharmaceuticals; while others have not found relief in what is offered through the conventional medical system. Homeopathy offers a natural, safe healing choice to eliminating chronic conditions and to maximize health and vitality for themselves and their family members.

About The Author

Andrea Kraft works with adults and children in her homeopathic practice in Fairfax and Alexandria, Virginia. She is a graduate of the New England School of Homeopathy (NESH) with post graduate studies through the Teleosis School of Homeopathy.

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