

Hormone Balance (PCOS, PMS, Irregular Cycles)

Restore Hormonal Harmony Naturally

The Challenge: Irregular periods, painful PMS, PCOS symptoms, acne, mood swings, fatigue, and fertility concerns all point to hormonal imbalance.

How Herbal Medicine Helps: I address the root causes of hormone disruption through liver support, blood sugar balance, stress reduction, and hormone-regulating herbs.

Treatment Focus:

- Regulating menstrual cycles
- Reducing PMS symptoms
- Supporting ovulation
- Balancing androgens in PCOS
- Improving skin health
- Enhancing fertility naturally

Common Support Herbs:

- Vitex for hormone regulation
- Peony and licorice for PCOS
- Milk thistle for liver detoxification
- Cinnamon for blood sugar balance

What to Expect: Hormonal shifts take time. Most women see gradual improvements over 3-6 months, with cycle regulation often occurring within 2-3 cycles.

Pricing: Initial Consultation (90 mins): £65 | Follow-up (30-45 mins): £50 | Herbal Formula: £50-£100 per month