

Naturopathic approaches that include nutrition, herbal, homeopathic, hormonal, physical therapies, counseling, vitamins and minerals are discussed for each topic presented below.

Women's Health full day seminar (9:00am to 5:00pm)

- PMS for women in their 20s, 30s, 40s, the different approaches at these ages
- Peri-menopausal PMS- night sweats, sleep disturbance, menstrual irregularity
- Menopause- hot flashes, night sweats, insomnia, weight gain
- Menopausal sexual health- low libido, anorgasmia, uncomfortable sex, vaginitis
- Menopausal urinary health issues- pelvic floor weakness, urinary incontinence and infections, interstitial cystitis
- Bone density issues- osteopenia and osteoporosis

Half day or 2 hour lectures

- On any of the above topics
- Cardiovascular health- high cholesterol, high or low blood pressure, cardiac arrhythmia
- Digestive health- gastric esophageal reflux (GERD), irritable bowel syndrome, small intestinal bowel overgrowth (SIBO), Candida overgrowth
- Autoimmune and inflammatory syndromes- MS, thyroid, arthritis, allergies, chronic hives
- Headaches- migraines, muscle tension, premenstrual, sinus
- Immune health- chronic viral syndromes, Epstein Barr, Herpes, Chronic Fatigue Syndrome

Contact

For more information or to schedule a presentation contact:
Dr. Michelle J. Pouliot at her office #860 238-7983.