

Women's health presentation

Presented by Parveen Talwar Nutritional Therapist

Date and Time: Tuesday 17th January 18:30 – 19:30

Location: The Moseley Exchange (next to the post office)
149 – 153 Alcester Road
Moseley
Birmingham
B13 8JP

Investment: £5:00

The presentation will cover the following topics.

1. The Endocrine system and hormones that affect women's health.
2. Hormone disruptors- Foods and environmental factors that leads to an imbalance in your hormones.
3. PCOS – Possible causes, nutritional treatment aims for pcos with diet and supplements.
4. Uterine fibroids- Possible causes, nutritional treatment aims including food and supplements aims.
5. Endometriosis – Possible causes, nutritional treatment aims including food and supplements
6. PMS – Possible causes, nutritional treatment aims including food and supplements
7. Foods that help to balance hormones.

Please confirm attendance by sending an email to Ruchanutrition@gmail.com as places are limited.

Website: www.ruchanutrition.com

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