

# The Whole Body Approach To Balancing Your Cycle With Functional Medicine

Functional medicine is a holistic approach to healthcare that focuses on the whole body, rather than just the symptoms of a disease. This approach can be used to treat a variety of health conditions, including menstrual irregularities.



## Hormones Healing Guide: The whole body approach to balancing your cycle with functional medicine

by Dr. Alison DiBarto Goggin

★★★★★ 5 out of 5

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Menstrual irregularities are common, affecting up to 20% of women. They can cause a variety of symptoms, including:

- Heavy or irregular bleeding
- Painful periods
- Ovulation problems

- Mood swings
- Fatigue

Functional medicine can help to balance your cycle and improve your overall health by addressing the root causes of menstrual irregularities. These root causes can include:

- Hormonal imbalances
- Nutritional deficiencies
- Inflammation
- Stress
- Toxins

Functional medicine practitioners will use a variety of tools to assess your health and identify the root causes of your menstrual irregularities. These tools may include:

- Patient history
- Physical exam
- Blood tests
- Saliva tests
- Urine tests
- Nutritional assessment

Once the root causes of your menstrual irregularities have been identified, your functional medicine practitioner will develop a personalized treatment plan to address them. This treatment plan may include:

- Dietary changes
- Nutritional supplements
- Herbal remedies
- Stress management techniques
- Detoxification programs

Functional medicine can be a safe and effective way to balance your cycle and improve your overall health. If you are experiencing menstrual irregularities, talk to your doctor about whether functional medicine may be right for you.

### **Benefits Of Functional Medicine For Balancing Your Cycle**

Functional medicine can offer a number of benefits for women with menstrual irregularities, including:

- Improved cycle regularity
- Reduced pain and bleeding
- Improved fertility
- Reduced mood swings and fatigue
- Improved overall health and well-being

If you are looking for a natural and holistic way to balance your cycle and improve your overall health, functional medicine may be the right choice for you.

## **How To Find A Functional Medicine Practitioner**

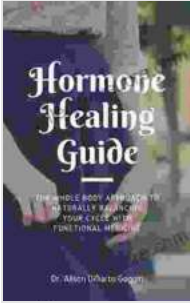
If you are interested in finding a functional medicine practitioner, there are a few things you can do:

- Ask your doctor for a referral.
- Search online for functional medicine practitioners in your area.
- Contact a national organization like the Institute for Functional Medicine.

When you are looking for a functional medicine practitioner, it is important to find someone who is experienced and qualified. You should also look for someone who you feel comfortable with and who you believe can help you achieve your health goals.

Functional medicine is a holistic approach to healthcare that can be used to treat a variety of health conditions, including menstrual irregularities. This approach focuses on the whole body, rather than just the symptoms of a disease, and can help to identify and address the root causes of your menstrual irregularities. If you are looking for a natural and holistic way to balance your cycle and improve your overall health, functional medicine may be the right choice for you.

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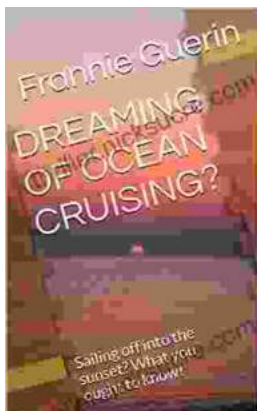
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