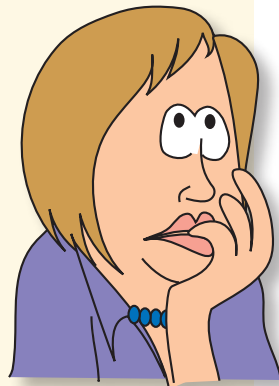




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This book is not designed to take the place of the care of an appropriate health professional, so if you have concerns please see your practitioner and obtain an opinion from him / her.  
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## INTRODUCTION

### **Why have a book like this?**

*Radiant Women* is not designed as a technical reference, but a user friendly and enlightening tool for women who wish to take charge of their own health and wellbeing. The philosophy of the Natural Woman Network (NWN) is to encourage and empower women and their families to take charge of their health and wellbeing and so contribute to better health for this generation and generations to come.

As a qualified and experienced Medical Herbalist and Natural Fertility Management Counsellor I consult with women of all ages, as well as couples and other family members. I adopt the same philosophy in my clinical practice and find that it is very empowering for women to take an active part in their healing rather than have someone else do all the 'fixing!' At least half of my work involves assisting women with menstrual and/or menopausal concerns, the rest of my work involves natural contraception, natural conception, pre-conception care and fertility concerns as well as general health concerns of individuals as well as whole families.

Something which has become very clear to me is that many women do not generally feel they have enough information about menstrual and menopausal issues. Often many women who would prefer to explore natural methods to assist their general health as well as their hormonal health are often not encouraged to seek the assistance of a natural medicine practitioner – indeed some are even castigated if they do! However, it seems that this attitude is slowly changing. I often have women referred to me from other health practitioners, including general and specialist medical practitioners and am always ready to refer to other practitioners where appropriate.

This book aims to give women relevant and appropriate information about their female health concerns and some information and tips on starting to take their health power back into their own hands.


Many women ask me "...is this 'normal' to experience..." and "...what can I do **myself** to assist my return to wellness...?" These are just some of the many concerns that women have.

*Radiant Women* has also been produced in recognition of the fact that many women do not have easy access to appropriately qualified and experienced practitioners.

It is designed as a guide for women to answer some commonly asked questions and to encourage women to take action to do as much as they can to live well – with good health and enjoyment.

Please feel free to contact us at the [naturalwomannetwork.com.au](http://naturalwomannetwork.com.au) with your feedback and queries. After all, YOU are the people NWN was developed for and wants to assist.

 *Radiant Women* is a **practical and empowering** book to help take you through some methods of becoming more familiar with issues around menstruation and menopause and help you on your journey to experiencing your menstrual and menopausal years in the most positive and enjoyable ways.

 It is very useful to combine the use of this book with one or more of the wonderful books on menstruation and/or women's health which are available from NWN (see Resources section), such as:

*The Wild Genie*  
*A Blessing Not A Curse*  
*The Pill: are you sure it's for you?*  
*Natural Fertility Management*  
*Natural Fertility Management Kit*  
*Moon Diary Wall Chart*