



Naturopathy is a comprehensive approach to health that aims to strengthen the body's self-healing abilities by using natural means and by addressing the root causes of imbalances. It is based on a holistic vision of the human being, taking into account the physical, emotional, mental, and spiritual dimensions of health.

The fundamental principles of naturopathy are as follows:

1. The healing power of nature: Naturopathy believes that the body has an innate ability to heal and maintain balance when placed in favourable conditions.
2. Identify and treat the causes: Rather than suppressing symptoms, naturopathy aims to identify and act on the root causes of imbalances, whether they be related to food, environment, emotion, or lifestyle.
3. Educate and empower: Naturopathy aims to give everyone the tools to take charge of their health by adopting healthy lifestyle habits and developing a greater self-awareness.
4. Treat the person as a whole: Naturopathy views each individual as a unique being, with their own history, constitution, and specific needs. It seeks to restore harmony and balance between all aspects of a person.
5. Prevent rather than cure: Naturopathy emphasizes prevention and health optimization, encouraging lifestyle choices that promote long-term vitality and well-being.

For women in particular, naturopathy provides valuable tools to support their health and balance at every stage of their lives. Indeed, women undergo significant hormonal and

physiological changes over their lifetime, which can affect their physical and emotional well-being. Naturopathy offers gentle, natural approaches to support these transitions and optimize women's health.

Here are some examples of naturopathic recommendations for women:

- Adopt a diet suited to your constitution and needs: In naturopathy, it is considered that each person has a unique constitution that influences their nutritional needs. For instance, a woman with a "Pitta" constitution (according to Ayurveda) tends to have a fast metabolism and difficult digestion, and should favour fresh, sweet, and slightly spicy foods. Conversely, a woman with a "Vata" constitution often has a sensitive nervous system and irregular weight, and needs nourishing, warm, and comforting foods.

- Support the hormonal system with adaptogenic plants: Adaptogenic plants are valuable allies to regulate the endocrine system and help the body adapt to stress. Plants like ginseng, maca, or rhodiola can be used in cure to support hormonal balance, reduce premenstrual symptoms or ease the transition to menopause.

- Practice regular and adapted physical activity: Exercise is essential for maintaining a healthy weight, regulating hormones, reducing stress, and stimulating natural defenses. Naturopathy recommends choosing an activity that you love and that respects your body, such as walking in nature, gentle yoga, swimming, or dancing.

- Manage stress with relaxation techniques: Chronic stress is a major factor in women's health imbalance, which can affect the menstrual cycle, fertility, digestion, or sleep. Practices like heart coherence, meditation, conscious breathing, or forest bathing can reduce stress levels and restore inner calm.

- Optimize your daily lifestyle: Beyond diet and exercise, naturopathy encourages self-care in all aspects of life. This can mean sleeping enough and at regular hours, taking moments of rest and replenishment in nature, creating a healthy and decluttered living environment, or cultivating nourishing and kind relationships.

As a practitioner of Divine Feminine Healing, integrating the principles of naturopathy into one's practice provides women with a comprehensive and personalized approach to their health. By helping them identify their specific needs and adopt lifestyle habits in line with their inner nature, one encourages them to take control of their well-being and unlock their full potential.

Naturopathy is also a path of reconnection to the wisdom of the body and the rhythms of nature. By learning to listen to the body's messages, respect its cycles, and live in harmony with their environment, one develops a greater self-awareness and autonomy in managing the health.

Finally, naturopathy is a profoundly ecological and ethical approach, which repositions the human being within the grand cycle of life. By choosing organic and local foods, using natural and non-polluting remedies, fostering a simple and planet-respecting lifestyle, one contributes to the preservation of global health, both of individuals and of Mother Earth.

Incorporating naturopathy into one's Divine Feminine Healing practice offers women a holistic and embodied path of healing that encourages them to reconnect with their natural essence and radiate vitality. It provides them with concrete keys to take care of themselves daily, respecting their individuality and in resonance with the cycles of life. It also supports them towards greater internal sovereignty, harmony with their environment, and awareness of their place in the living world.

Key points to remember:

- Naturopathy is a comprehensive and holistic approach to health which seeks to enhance the body's self-healing capabilities by using natural means.
- It is founded on five core principles: the healing power of nature, identifying and treating the root causes, education and empowerment, treating the individual holistically, and prevention.
- For women, naturopathy provides valuable tools to sustain their health and balance at each stage of their lives, taking into consideration their hormonal and physiological changes.
- Naturopathic recommendations for women include: a diet adapted to one's constitution, supporting the hormonal system with adaptogenic plants, regular and adapted physical activity, managing stress with relaxation techniques, and optimizing one's daily lifestyle.
- Integrating naturopathic principles in a Divine Feminine Healing practice enables providing women with a comprehensive and personalized approach to health, helping them to become protagonists of their own well-being.
- Naturopathy is a means of reconnection to the wisdom of the body, nature's rhythms and a heightened self-awareness.
- It is an ecological and ethical approach that repositions the human being within the great cycle of life and contributes to the preservation of global health.