



Bionutri[®]

Supporting Tissue Integrity: Pelvis & Pelvic Floor

Rosie Rayner, ND, mANP, mBANT

With guest speaker – Harriet Hodgskin Physio

April Webinar 2024

www.bionutri.co.uk

Harriet Hodgskin, BSc, mCSP, mHCPC

- Senior Physiotherapist registered with the Chartered Society of Physiotherapy (CSP)
 - A member of the Health and Care Professions Council (HCPC)
 - Diplomas in sports and remedial massage
-
- Graduated from Oxford Brookes University (2008) and Curtin University, WA (2011)
 - Has worked within rugby, netball, triathlon and Aussie rules football at both amateur and elite level
 - Was a sports massage therapist at one of Perth's (WA) leading massage clinics
 - Returned to London, UK and treated patients with a wide variety of issues such as sports injuries, gait analysis, pre and post surgery rehabilitation and elderly rehab
 - In 2016, completed the LJ Lee Connect Therapy series which will further solidify her belief in whole body assessments and treatments
 - Since 2020 –specialises in women's health
 - Postnatally she uses her skills in assessing the whole body to help mums regain their potential postpartum

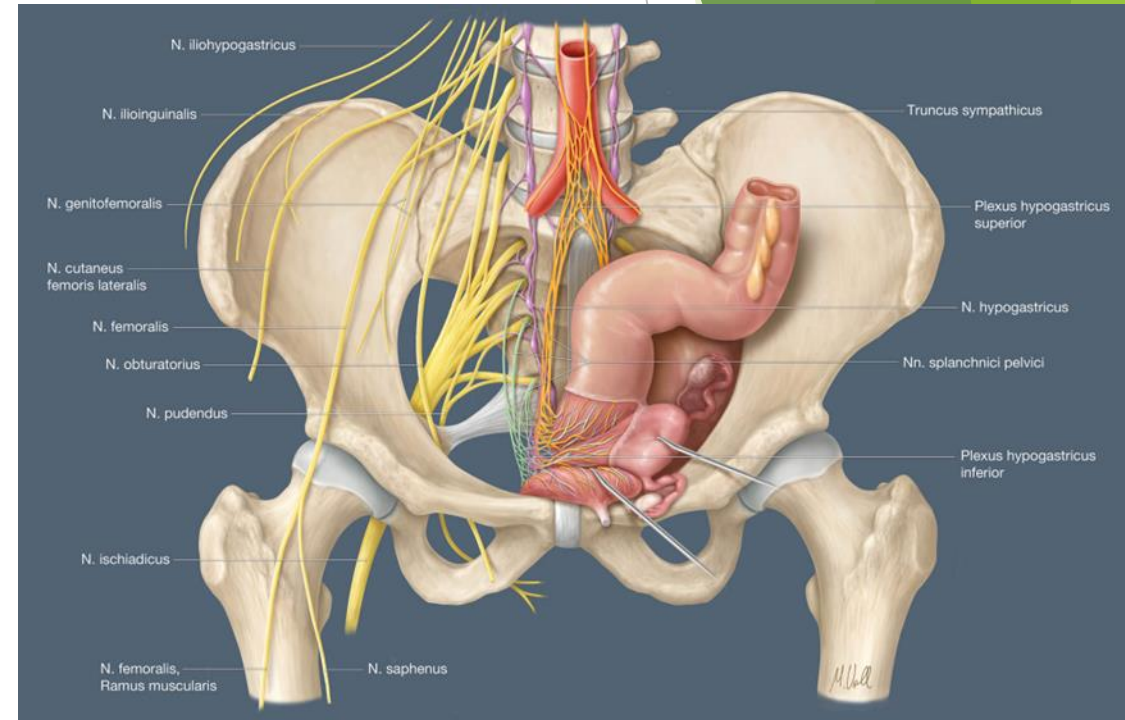


Pelvic Facts

The pelvic bones are an attachment for many different muscle groups involving the abdomen, pelvis, perineum, and lower extremities.

The muscles limited to the pelvis include the muscles of the pelvic wall and the pelvic floor.

The pelvic floor consists of the coccygeus muscles and the levator ani muscles



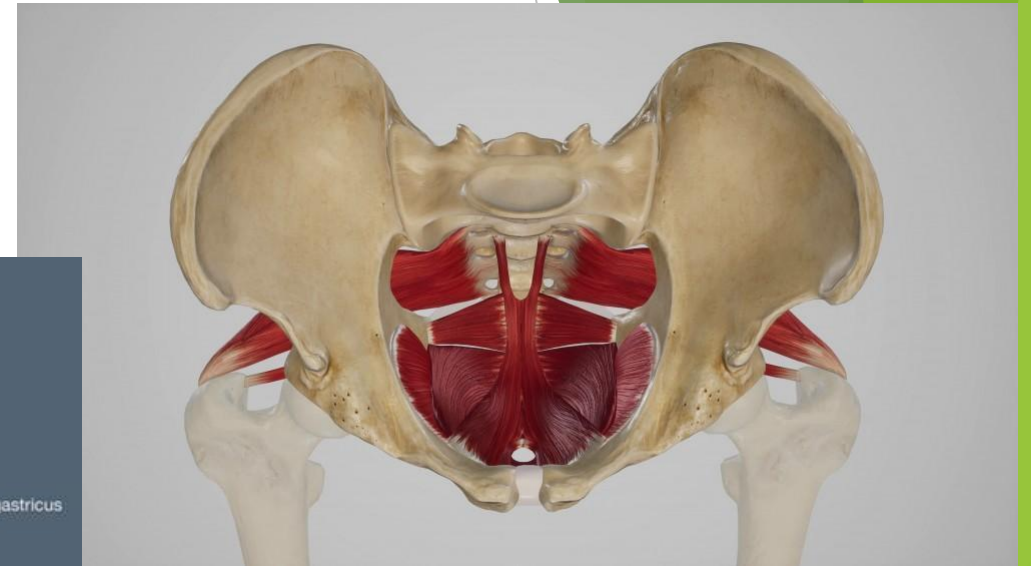
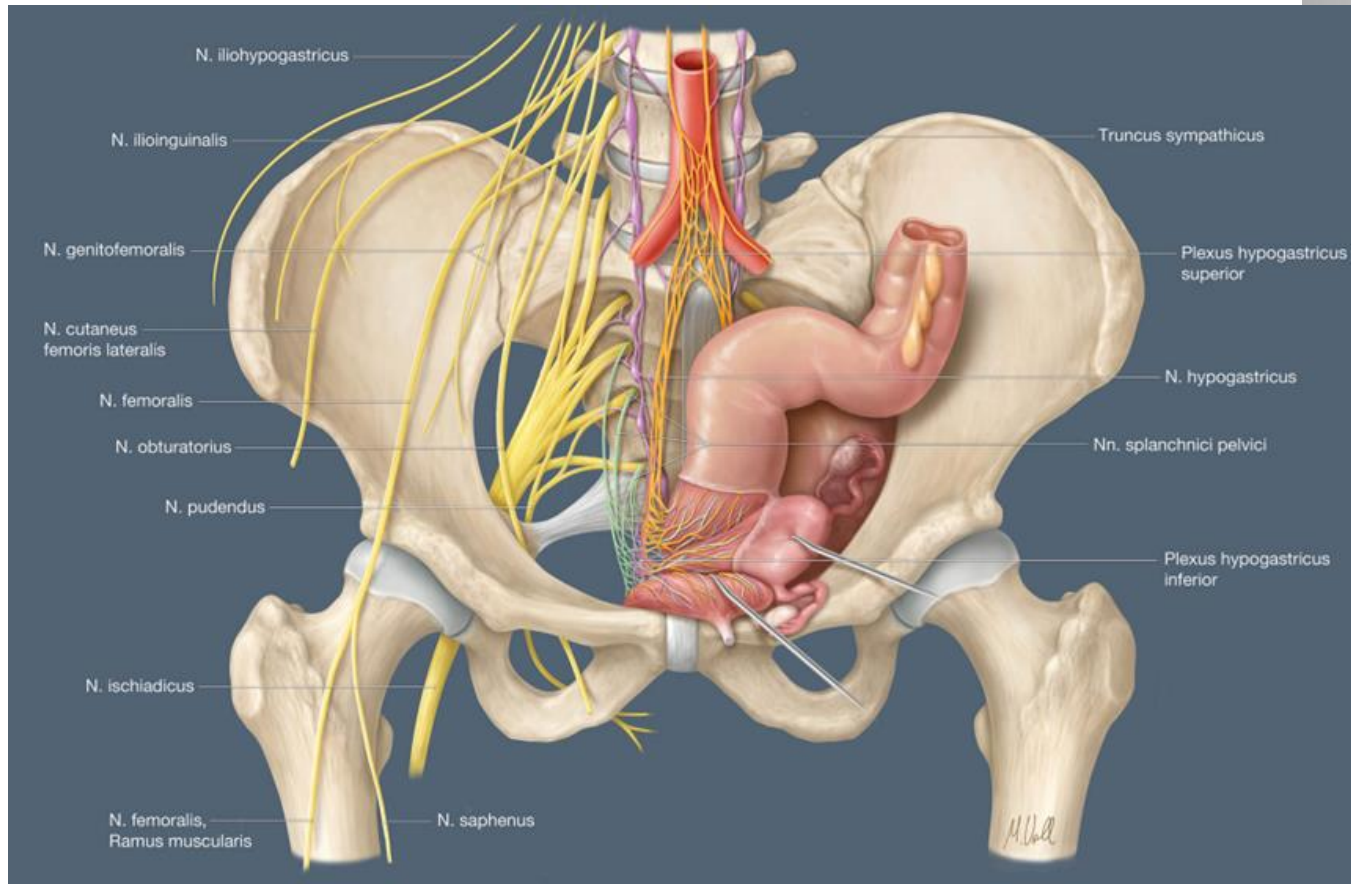
Common Pelvic issues

- Pelvic Organ Prolapse – cystocele, rectocele, uterine, urethrocele, rectal
 - Pelvic Floor Dysfunction
 - Incontinence
 - Pelvic Congestion Syndrome
 - Pelvic Girdle Pain
-
- Bladder issues e.g. Interstitial Cystitis (IC), Overactive bladder, urinary incontinence
 - Bowel issues – constipation, incomplete emptying, IBS, IBD, faecal incontinence
 - Reproductive issues – PCOS, Fibroids, Endometriosis, Adenomyosis, hysterectomy
 - Skeletal issues - Osteitis pubis,
 - Injuries – especially through pregnancy and birth e.g. levator ani avulsion
 - Nervous – nerve communication issues, sciatica



Common Pelvic issues

Why is there a cross-over



shutterstock.com - 2321477995

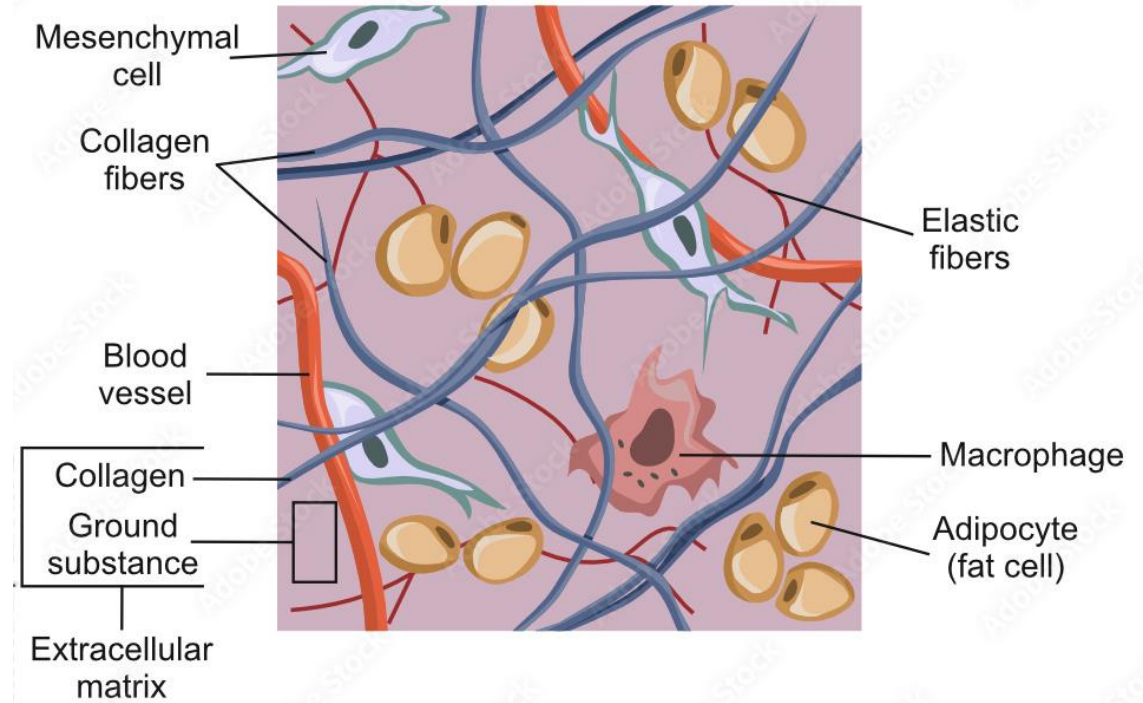
Connective Tissue

Constitutes the immediate environment of every cell in the body, wrapping and uniting all structures with its moist, fibrous, cohering sheets and strands.

Responsible for:

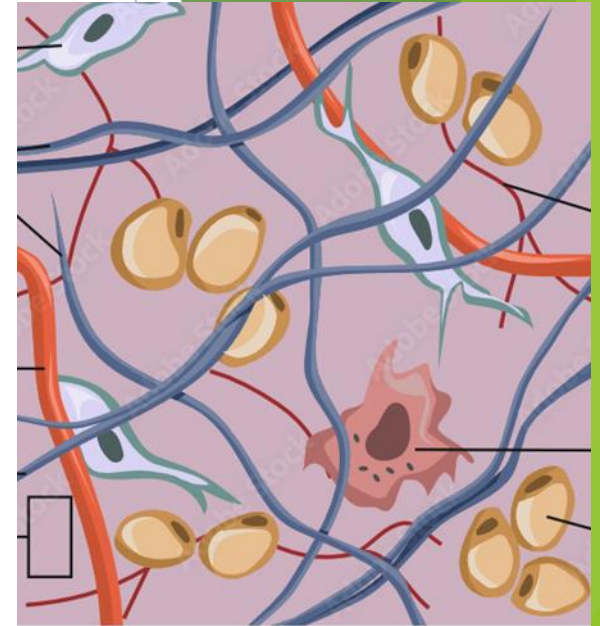
- Gluing cells into colonies
- Defining shapes, forming and suspending them into their correct relationships within us

Connective tissue is both fluid and container, a sea and a retort, the medium in which chemical re-organization occurs.



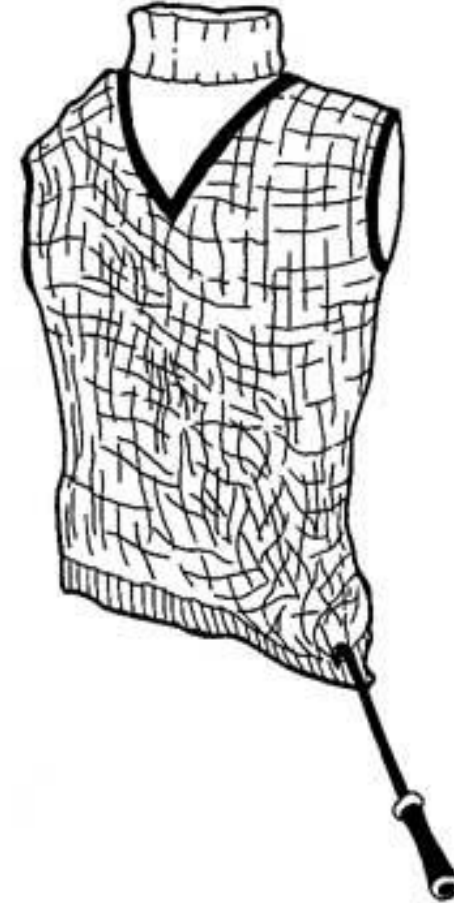
Connective Tissue

- Connective tissue has three main components: cells, fibres, and ground substance.
- Together the ground substance and fibres make up the extracellular matrix.
- Extracellular matrix is found just inside the cell membrane in all tissues, it sends branching collagen fibres between cells to connect them, and it transmits chemical information from the interior of one cell to the interior of adjacent cells.
- Connective tissues can have various levels of vascularity. Cartilage is avascular, while dense connective tissue is poorly vascularized. Others, such as bone, are richly supplied with blood vessels.



Connective Tissue – fascia

- A fibrous membrane covering, supporting and separating muscles
- Part of a complex network of connective tissue that extends throughout the body from skull to toes
- Tension and/or scar tissue can affect how the rest of fascia moves
- Integrity depends on vitamin C
- When unrestricted, it resembles a web, allowing full range of motion, blood flow, and nerve function.
- When fibres become condensed - almost fused together, there can be a slew of ailments: aches/pains, limited mobility, and decreased circulation and sensation.



Connective Tissue - over 200 disorders inherited

- Trauma, illness, diet, stress, age, exercise all play a role in the health of the connective tissue
- Chronic hyper arousal and tension in the muscle system leads to sluggishness and stagnation in the tissues
- Rhythms of interaction which generate hope and joy and purpose can re-invigorate the tissues, whereas prolonged extreme grief, anger and fear dries and devitalizes it
- Connective tissue is a vital part of the immune system, and so this too may become involved in the sequelae of dysregulation



Connective Tissue- over 200 disorders-inherited

- **Stress** – cortisone weakens connective tissue, inhibits fibroblasts and mast cells which bears directly upon structural, metabolic and immunological function of the connective tissue
 - **Osteoarthritis** - wearing of cartilage
 - **Rheumatoid arthritis** - autoimmune disease
 - **Skin ageing** where collagen matrix is breaking down
 - **Muscle pain** - due to myofascial pain syndrome
 - **Hypermobility** – Ehlers Danlos
-
- Problems with connective tissues lie behind a number of serious illnesses such as Lupus, Systemic Sclerosis, Psoriatic arthritis and Sjogren's syndrome
 - Disease containment by the many compartments within fascia and chemical barriers in ground substance is an important part of immunity

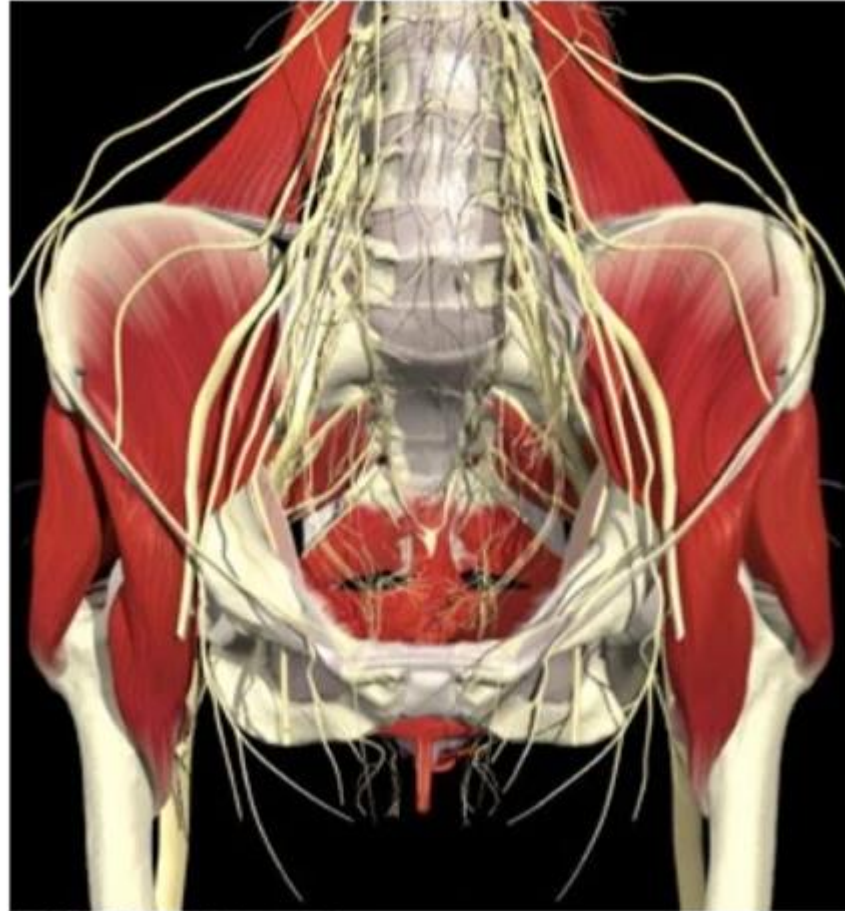
Connective Tissue Damage



A note on Pelvic Pain

Pelvic pain has many causes:

- Reproductive
- Digestive – IBS, SIBO
- Urinary
- Muscular
- Connective Tissue
- Nerve
- Circulation



© 2003 Primal Pictures Ltd.

Red Flags

- Sudden pain
- Extreme pain
- Night pain
- Painful intercourse/dyspareunia
- Abnormal gynecological bleeding
- Blood in stools or urine
- Spotting between cycles
- Abnormal discharges
- Unexplained long-term bloating

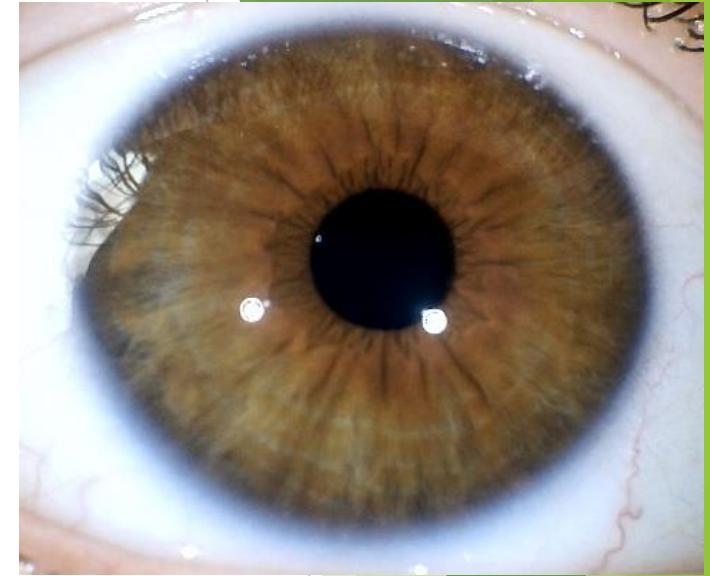


Iridology Signs – constitutional predispositions

Self Protective Iris Type

- Radial furrows and nerve rings – predisposed to tension in muscles
- Internalised stress
- More prone to cramping and muscle tightness

Support: relaxing muscles and lowering stress



Connective Tissue Type

- Predisposed to more tissue weakness
- More prone to prolapse and injury

Support: strengthening tissues



Pelvic Organ Prolapse (POP)

Def: The descent of one or more of the anterior vaginal wall (cystocele), posterior vaginal wall (rectocele), the uterus or the apex of vagina (uterine prolapse)

- 30% of 51-59yrs women have symptoms of POP
- 50% of 80yrs+ women have symptoms of POP
- Higher risk of POP postpartum

Symptoms:

- Change of normal sensations e.g. heaviness
- Sensation of something in the vagina or rectum
- Visible – seeing a bulge
- Incomplete emptying
- Worse after standing or activity (gravity)
- Worse on straining e.g. bowel motion or lifting heavy objects or coughing
- Slightly different symptoms for each different type of POP



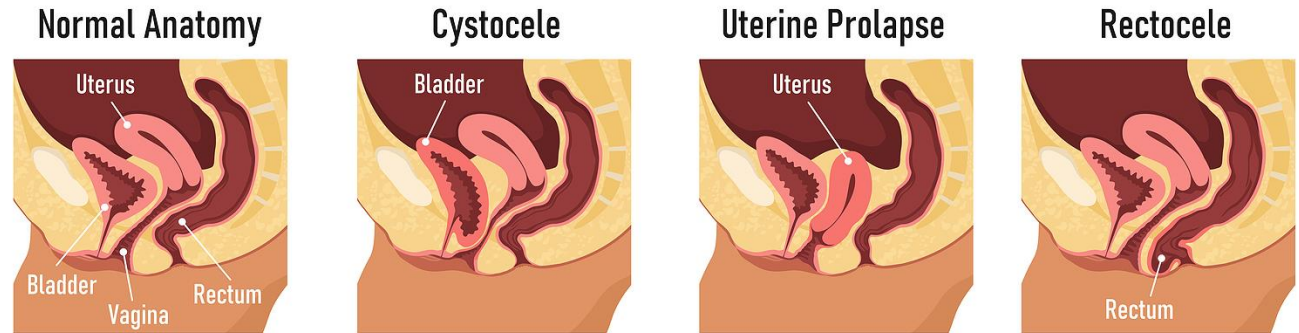
Symptoms often worsen around ovulation and in luteal phase (higher progesterone)

Pelvic Organ Prolapse (POP)

Risks:

- Pregnancy (relaxin and higher progesterone)
- Childbirth – especially vaginal
- Age – 10x fold increase per decade
- Family history
- Obesity – 36% more likely to have POP
- Long term constipation
- Chronic Cough

TYPES OF PELVIC ORGAN PROLAPSE



Once diagnosed with POP, it isn't necessarily progressive

Pelvic Organ Prolapse (POP)

Conventional Treatment

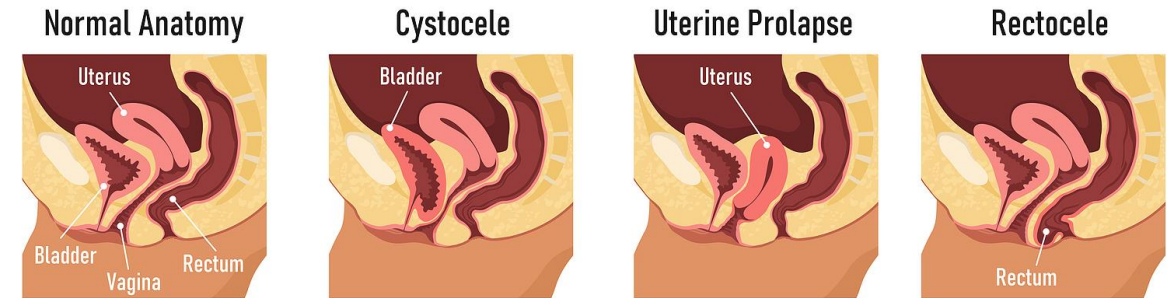
- Surgery (up to 20% women will have surgery before 80)
- Physiotherapy
- Pessaries
- HRT – post menopause

Surgery Risks

- Scar tissue issues
- Long-term repeat surgeries may be necessary (20-90% success rate)
- Pelvic mesh became regarded as a health scandal, and data suggests that more than 127,000 mesh implants were undertaken between 2008 and 2017 to treat incontinence and pelvic prolapse. Some women were unable to walk, to work again, or to have sex, and were in significant pain every day.

<https://resolution.nhs.uk/vaginal-mesh/>

TYPES OF PELVIC ORGAN PROLAPSE



POP can be graded mild to severe (0-4)

POP – what can physio offer?

- Postural education
- Pressure system education
- Defecation dynamics
- External strengthening glutes
- Massage and manual release
- Scar tissue release
- Pelvic floor exercises
- Reduction of pelvic tone/pelvic floor release
- Pessaries
- SRC shorts



POP can be graded
mild to severe (0-4)

Grades can cause
unnecessary stress

Pelvic Organ Prolapse (POP) Myths

It can be a massive stigma to many, even though it is very common

Common myths:

- You can't run or exercise heavily
- You can't have a healthy sex life
- It is an elderly problem
- Surgery is the only fix
- You can only have POP if you've been pregnant

Further reading

Why Mums Don't Jump - <https://whymumsdontjump.com/>

Heal Pelvic Pain by Amy Stein

Strong Foundations: Why Pelvic Health Matters by Clare Bourne



Most important takeaways for prolapse:

1. Breathing

- Diaphragmatic breath

2. Position on toilet

- Squatty potty / stool

3. Posture or biodynamics of core body

- “sucking in tummy”
- Optimise breastfeeding positions
- Focusing on good posture



These are crucial for anyone suffering with prolapse and pelvic floor conditions

Constipation

- Long term constipation can be a pre-disposing cause to the development of pelvic organ prolapse (POP)
- Women with POP are more likely to get constipation due to faeces becoming stuck in the laxity of the tissues. It also has to do with biomechanics and not knowing how to sit on the toilet
- Defaecation dynamics - improving biomechanics and relaxing the pelvic floor is the best way to reduce strain on the pelvic tissues
- Not delaying the call to empty your bowels is also necessary. It will further dehydrate if left, which then makes it harder to pass
- 'Splinting' is common in women who have a rectocele. This can be done with a device or your finger
- Supporting tissue strength, optimising bowel function and diet is critical for POP management, especially rectoceles



Incontinence - urinary

Urinary : The unintentional loss of urine.

Bowel: The unintentional loss of faeces

Urinary Assessment:

- Pelvic floor assessment –looking at strength and tone of the pelvic floor muscles
- Bladder Diary

What can be done?

- Pelvic floor training
- Education on abdominal pressures
- Fluid intake
- Lifting techniques
- Pessary – To support bladder neck
- Vaginal oestrogen – safe while breastfeeding

Sometimes surgery is required but it is a last resort.



Incontinence – bowel

Bowel Assessment:

- Pelvic floor assessment via a rectal examination—looking at strength and tone of the pelvic floor muscles. Vaginal examinations (for women) can also give more information on the Pelvic floor
- Fluid intake diary
- Nutrition diary

What can be done?

- Pelvic floor training – are they contracting when they think they are?
- Defecation dynamics – position, use of breath, time on toilet
- Splinting bowel
- Education on abdominal pressures
- Fluid intake
- Inserts – to close the anal canal
- Rectal / Trans anal irrigation

Sometimes surgery is needed or colostomy bags

Qufora Mini Go



Renew Insert



Hypertonic Pelvic Floor / Pelvic Floor Dysfunction

What it is: An overactivity of the muscles of the pelvic floor

Causes:

- Trauma during childbirth
- Trauma in general especially in the pelvic region
- Sexual trauma
- Pelvic surgery or recurrent interventions
- Horse riding – excess gripping and impact
- Endometriosis – chronic pelvic pain
- Disconnect from the pelvic region (emotional)
- Stress: changes in breathing technique to only shallow breaths (breathwork needed!)



Hypertonic Pelvic Floor / Pelvic Floor Dysfunction

Symptoms:

- Constipation
- Painful intercourse- dyspareunia / vaginismus
- Pain referral to the hips, lower back, sacrum, glutes,
- Symptoms of cystitis (negative urine test)
- Vulvodynia
- Overactive bladder – needing to frequently urinate



Physio Treatment

- Teaching breathwork
- Education around relaxing skeletal muscles
- Manual release
- Strengthening – especially glutes



Perinatal Care

Critical time to support women, as the risk for pelvic imbalances is high

During pregnancy

- High Progesterone – lower tone in pelvic organs and pelvic floor
- High relaxin – makes connective tissue stretch
- 2-3x fold increase in constipation

Breastfeeding prolongs relaxin in the body and inhibits oestrogen, which can delay optimal healing in tissues. Sometimes symptoms of POP resolve by themselves once breastfeeding ceases.

4th trimester wellbeing: resting, nourishing and feeding Qi, alongside Physiotherapy can be lifechanging



Perinatal Care

Increased risk of pelvic issues:

- Baby is large (4kg+)
- First vaginal birth
- Injuries from birth - nerve damage, severe perineal tearing (3rd or 4th degree), pelvic fractures
- Scar tissue effects – from tearing, suturing and c-sections
- Levator ani damage (hard to diagnose)
- Pelvic organ prolapse (POP)
- Incontinence

Adequate support ideally preventatively but also postpartum: nutrition, physiotherapy, acupuncture, doula, birthing prep courses, hypnobirthing, gynae and/or urogynae, choosing good birth positions and having an individualised approach



TCM approach postpartum

Qi and Blood support

- Rest for at least 4 weeks
- At 6-8 weeks postpartum (pp) (Chan Ru) gentle movement (walking, stretching, yin yoga), but no heavy lifting
- Warming and cooked foods e.g. chicken soup
- Warming spices – ginger, turmeric, cinnamon, cumin
- Moxibustion – lower navel
- Acupuncture
- Avoiding overly spicy, cold, stimulating or fatty foods



"Zuo Yue Zi" (坐月子), or "month-long period of confinement."



Pelvic Congestion Syndrome

What it is

Pelvic congestion syndrome is a condition that causes chronic pelvic pain. It's thought to be caused by problems with the enlargement of veins in the pelvic area. It can occur postpartum and those who have had multiple pregnancies are at higher risk.

It is hard to diagnose as there are lots of cause to low-grade pain in the abdomen

Symptoms

- Pain on changing posture, during intercourse, standing for a long time, walking
- Pain before or during their periods
- Feeling a sudden need to urinate
- Enlarged and distorted veins on the buttocks, external genitals (vulva), or thighs

How to help nutritionally

- Supporting tissue integrity and circulation



Proactive Support Post Menopause

After menopause, oestrogen lowers enough to cause many women to have symptoms or worsening symptoms of POP

What can be done?

- Whole body exercise which focuses on core strength – work with physio
- Avoiding coughing – teach ‘the knack’ (pelvic floor (PF) activation)
- Avoiding straining e.g. constipation
- Practice good posture
- Nutrition & nutrients for tissue integrity & gut health
- HRT from a MD eg Vaginal oestrogen
- Vaginal moisturisers if experiencing vaginal dryness/itching e.g. YES!, coconut oil
- Pessaries



A 2023 study on Quercetin and Menopause

“Background: Menopause affects all parts of the women's body system, especially in the genitourinary area. The impact on the genitourinary system causes post-menopausal women to complain of menopause-related genitourinary syndrome due to vaginal atrophy, sexual dysfunction, and pelvic organ prolapse in the long term. Various research has been conducted to find alternative therapy, especially flavonoid quercetin, due to its phytoestrogen characteristic.

Results: Hypoestrogenic condition affects all vaginal layers. This is due to estrogen receptors distributed in the epithelial lining, lamina propria, and muscular layer of the vagina. In vitro studies showed quercetin induces cell proliferation by activating signal pathway b-catenin/c-Myc/cyclin A2, mediated by estrogen receptor. The signal pathway increases the cell cycle transition to the G1 phase. It also increases keratinocyte proliferation and migration, proliferating cell nuclear antigen, and positive a6 and b1 integrin cells in the basal layer of the epidermis, which causes thickening of the epidermis.

Conclusion: Flavonoid quercetin is a promising alternative for menopause therapy in the vagina. Further, in vivo studies are needed to confirm the result of in vitro study and as basic data for comparison with other potent phytoestrogen”.

<https://doi.org/10.15562/bmj.v12i3.4708>

Misinformation around Pelvic Floor Exercises

30 pelvic floor exercises per day? or 100 per day?

How many is best?

- The optimum is 3x10 reps of a 10 second hold is ideal x 3 per day
 - Unrealistic for most mums with kids - important to make realistic
 - Also, unrealistic if women can't hold for longer than 2 seconds x3 reps.
- You also need to work both the slow twitch muscles and fast twitch - slow endurance contractions and fast contractions
 - A pelvic floor contraction is isolated to the internal pelvic floor muscles. There should be no contracting of glutes, adductors, superficial abs or breath holding
 - You should be able to contract your pelvic floor and breathe throughout while you are holding the contraction

The term kegels is misleading as a kegel is actually a weight you insert to test the pelvic floor more



There is MUCH more to pelvic health and exercises than just PF exercises

Misinformation around Pelvic Floor Exercises

Signs you should be assessed by a physio

- Symptoms aren't improving
- You have incontinence of either bladder, bowel or prolapse symptoms
- You can't feel the pelvic floor lifting or relaxing
- Not sure what you should be doing

Warning signs to look out for when doing pelvic floor training:

- Worsening symptoms
- Increasing pain
- Increased difficulty emptying bowels or bladder
- Coccyx and/or anal pain

Some people shouldn't be doing PF exercises at all – why physio assessment is crucial



What' the best exercise for pelvic issues?

- Very specific for the person's abilities – it's all relative
- If they are starting from a place of inactivity, then they should be gradually increasing exercise from walking to doing some functional strengthening exercises
- I would never recommend running to someone who hasn't worked their way up to it
- Exercises such as a static bike or x-trainer or step machine would all be fine to use on the most part
- For a lot of my patients, them understanding the pressure systems of their abdomen is the most important part
- *Running is absolutely possible for someone who has a prolapse* but they need to have a strong and dynamic pelvic floor. Their glutes need to be strong enough to control the knee and pelvis when landing on one leg. They need to be recruiting the right muscles in the right way so not to be adding pressure to the pelvic floor



Return to Running Guidelines - <https://absolute.physio/wp-content/uploads/2019/09/returning-to-running-postnatal-guidelines.pdf>

Emotional Disconnect to the Pelvis

Common in:

- Postpartum
- Post Trauma – miscarriage, stillbirths, abuse
- Lack of self-love / low confidence

What can be done:

- ✓ Counselling
- ✓ Flower Remedies
- ✓ Self-care / self-love
- ✓ Self-massage/touch
- ✓ Chakra healing – looking at base and sacral chakras as they hold fear and shame
- ✓ Homeopathy
- ✓ Emotional Freedom Technique (EFT)
- ✓ Somatic experiencing



Emotional balance for comparison

Comparison is the thief of joy

-anon

This is especially true for those who have suffered after birth

Don't compare to other people/mums – our journeys are all very different

- ❖ Bush Flower Confid – self confidence
- ❖ Bush Flower Body Beautiful – accept one's own beauty and self
- ❖ Bach Flower Pine – free oneself from guilt
- ❖ Bach Flower Larch – to have confidence in one's abilities
- ❖ Bach Flower Willow – self pity, bitterness and resentment



What can clients do if they can't see a physio?

- Signpost
- Self care
- Stretching
- Talk to them about how they breathe
- How to sit on the toilet

Exercise:

- ✓ Glut strength and activation
- ✓ Bridging
- ✓ Pilates Clams
- ✓ Walking
- ✓ Reformer Pilates
- ✓ MuTu System
- ✓ PT who specialises in pelvic health and/or postpartum



Supporting Tissue Integrity with Food

Gut support – are they absorbing?

Protein

- Eggs
- Chicken, fish, beef, lamb
- Hemp, sunflower seeds, fermented tofu, lentils, beans

Vitamin C

- Citrus fruits
- Berries, kiwi, baobab, cam camu

Minerals

- Traditional dairy (if tolerated)
- Sardines and anchovies
- Cruciferous vegetables
- Tahini



Supporting Tissue Integrity with Herbs

Bitters - gut support

- Dandelion
- Artichoke
- Wormwood
- Gentian



Mineral-rich

- Nettle
- Horsetail



Herbs and pregnancy/lactation – be careful (check with GP and herbalist)

Supporting Tissue Integrity with Herbs

Adaptogens & circulation

- Ginseng
- Gotu Kola
- Horse Chestnut (best topically)
- Cayenne
- Astragalus – to support sinking qi
- Dong quai – to support blood qi



Pain relief

- Crampbark
- St John's Wort
- Skullcap



Herbs and pregnancy/lactation – be careful (check with GP and herbalist)

Supporting Tissue Integrity with Herbs

Topical Herbs

- Rose
 - Gotu Kola
 - Roman Chamomile – anti-inflammatory
 - Lavender
 - Witch Hazel
-
- Using warm water
 - Especially helpful postpartum and can be put into a sitz bath or sitz spray
 - Beneficial post-menopause too
 - Epsom salts can be added too



Supporting Tissue Integrity with Supplements

Glucosamine – to support collagen synthesis

Vitamin C – to support collagen synthesis and tissue repair

Rutin – antioxidant activity, strengthens tissues including veins and supports inflammation

Rosehip – clearing toxicity, dampening down inflammation

Quercetin - improved tissue viscoelasticity

Grape Seed Extract (Vitaflavan®)– supports circulation and integrity of blood vessels

Zinc - regulates every phase of the wound healing process; ranging from membrane repair, oxidative stress, coagulation, inflammation and immune defence, tissue re-epithelialisation, angiogenesis, to fibrosis/scar formation



Supporting Gut Health and Motility is crucial

Fibre

- Flaxseed & Chia seed
- Sweet potato, carrots, beetroot, cauliflower
- Kiwi, apples, pears, avocados, raspberries

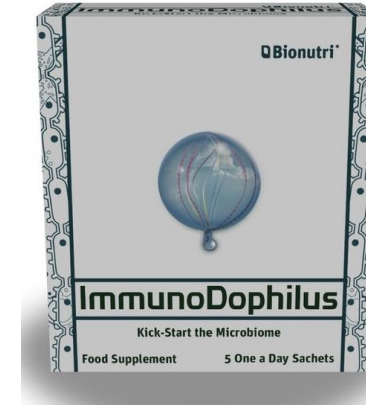
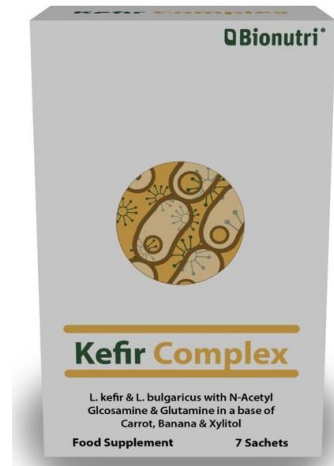
Microbiome

- Prebiotics
- Probiotics

Herbs

- Triphala
- Gotu kola
- Licorice

Magnesium – citrate especially



Gotu Kola (*Centella asiatica*)

- Constituents – triterpene saponins and aglycones
- ✓ Healing promotor
- ✓ Adaptogenic
- ✓ Nervine tonic
- ✓ Venous insufficiency, varicosed veins & haemorrhoids
- ✓ Restless legs and cramps

Safe as a tea while breastfeeding (always check individual needs with herbalist)



Green Tea

- Constituents – Hydrolysable tannins (catechins), flavonoids, saponins, theanine, phenolic acids and theaflavins
- ✓ Antioxidant protection
- ✓ Contains rutin
- ✓ Astringent
- ✓ Hypocholesterolaemic
- ✓ Energy

Safe as a tea with breastfeeding



Dong Quai

- Constituents –
 - ✓ Supports spleen, kidneys and heart
 - ✓ Blood tonic and qi support
 - ✓ Regulates hormones
 - ✓ Female ginseng



TCM support for pelvic issues:

- Acupuncture
- Moxa

How to Find a good Physio

The POGP

- <https://thepogp.co.uk/patients/physiotherapists/>

Squeezy App - NHS

The Pelvic Partnership

- <https://pelvicpartnership.org.uk/get-support/getting-treatment/recommended-practitioners/>



CT Plex

(2 caps)

- Glucosamine Hydrochloride 1000mg
 - Rosehip Extract 200mg
 - Magnesium ascorbate (vitamin C) and vitamin B6
 - Rutin 100mg
 - Quercetin 50mg
 - Grape Seed Extract (Vitaflavan®) 20mg
 - Green Tea Extract 20mg
-
- Major tissue support for tissue integrity and repair
 - Helps to alleviate pain in muscular skeletal system
 - Supports GAG production



Vitamin C Complex

(2 caps)

- 1000mg potassium & magnesium ascorbates
 - Pomegranate, Plum and Blueberry extracts
-
- Vitamin C can help to reduce histamine production
 - Protects against the development of chronic disease
 - Adrenals have a very high concentration of ascorbate (vitamin C)
 - Plays a vital role in connective tissue, the endocrine & immune system
 - Levels deplete with excess stress and age
 - Formulated to match how it's found in nature (with broad-spectrum polyphenolic compounds)
 - Aids elasticity of urinary vessels



EcoGest®

(1 cap)

- Pineapple concentrate 325mg
 - Papaya concentrate 270mg
 - Gamma oryzanol 300mg
 - L. acidophilus (CUL60 & CUL21), B. bifidum & B. lactis 3 billion
- Aids digestion from a variety of foods when eaten at mealtimes
 - Supports microbiome
 - Taken on an empty stomach, may support clearance of protein fragments
 - Can aid the breakdown of excessive mucus



EcoDophilus®

Resident dominant bacteria (*L. acidophilus* & *B. lactis*)

- Reduces risk of pathogenic proliferation
- Colonises small and large intestine
- Help balance inflammatory processes

Transient (*L. bulgaricus* & *L. kefir*)

- Enables other good bacteria to flourish
-
- For sensitive clients and long-term maintenance
 - Dose can be increased in cases of gastroenteritis
 - Can be titrated for difficult complex cases



FOS free

Phyto-Epicell®

- Chamomile & Green Tea Extracts
 - Milk Thistle, Dandelion Leaf & Root
 - Vitamin B3
 - L. Plantarum **3 billion**
 - Limonene, Papain & Bromelain
-
- Supports healthy cell turnover in gut
 - Broad-spectrum botanical uses
 - Supports all epithelial tissues in the body
 - Liver supportive



Lignan Plus

- Flax Lignan SDG 35mg
 - Limonene 80mg
 - Red Clover Extract
 - *L. bulgaricus* 2 billion
 - *L. plantarum* 2 billion
-
- Healthy hormone balance for men and women
 - Especially helpful for peri-menopause and beyond
 - Nutritive and non-accumulative
 - Supports healthy androgens



Nettle Plus

- Nettle Leaf & Dandelion Root
 - Dong Quai
 - Hibiscus & Blueberry
 - Alpha lipoic acid – water and fat soluble
 - Grape Seed Extract (Vitaflavan®)
-
- Blood purifier
 - Aids anaemia
 - Balances inflammation
 - Liver, kidney and prostate support
 - Hair and skin support
 - Supports healthy androgens
 - Support healthy qi



Rosehip Q10

- Rosehip
 - Pomegranate
 - Quercetin
 - Ginger & Green Tea
 - CoQ10 57mg micellised
-
- Rich anti-oxidant
 - Good tissue support alongside CT Plex
 - Immune-balancing
 - Aids Circulation
 - Balances immune and inflammatory-driven issues



Omega 3 Fish Oil

- DHA 500mg
 - EPA 100mg
 - Vitamin D3 400iu and 5mg Vitamin E
-
- Helps regulate inflammatory processes
 - For cellular membrane health
 - Helps to increase LDL particle size
 - Helps to lower circulating triglycerides
 - Vital for nervous system and brain health



Liver Support

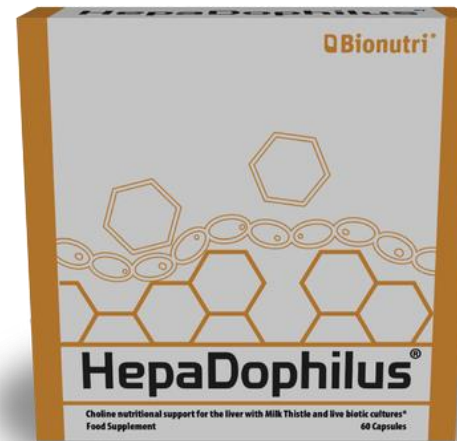
Taracyn®

- Dandelion root, Choline, Artichoke, Turmeric root, amino acids
 - L. plantarum
- ✓ Cravings, constipation, fat malabsorption, hormone & blood sugar balance

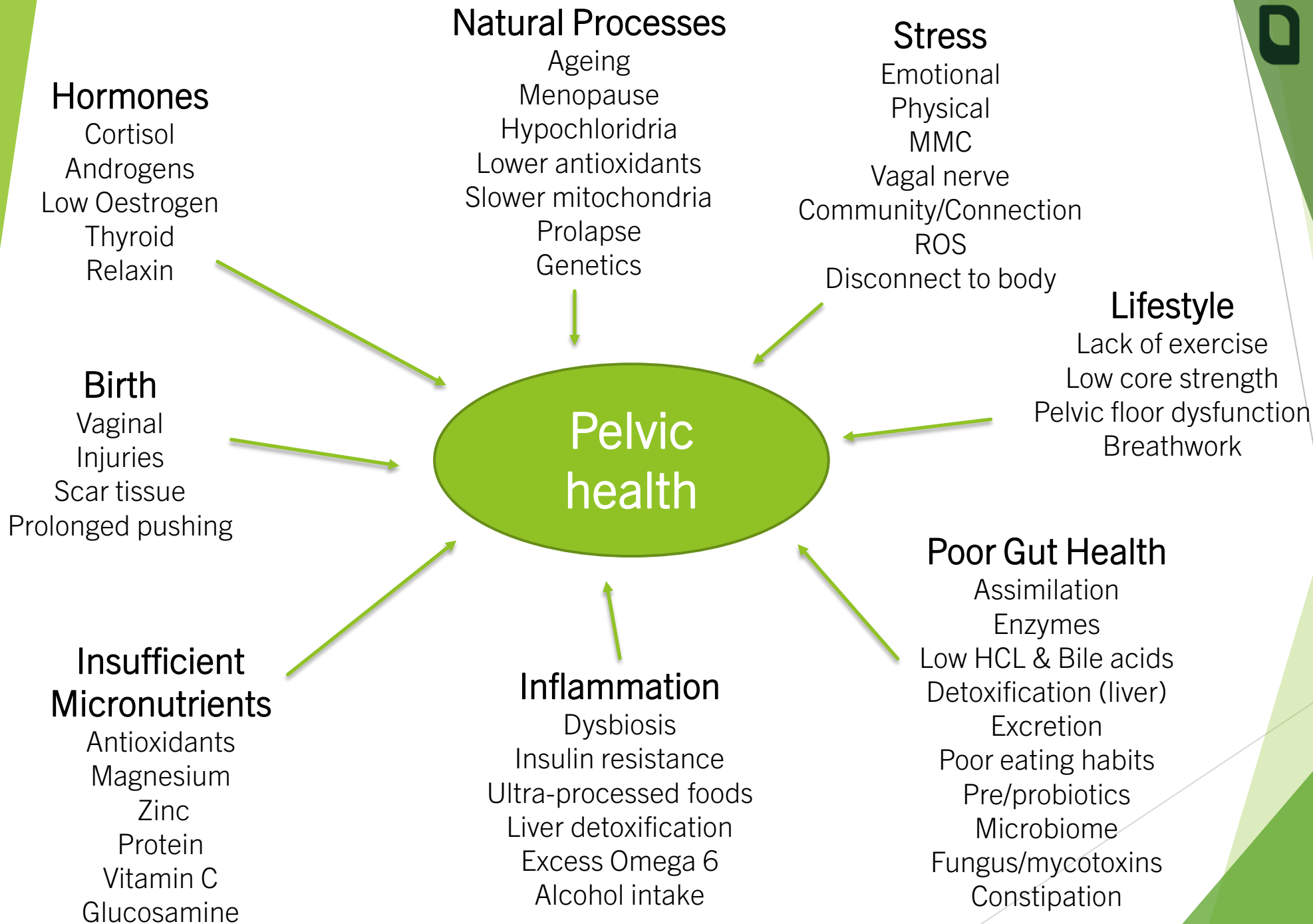


HepaDophilus®

- Milk Thistle, Choline
 - L. acidophilus, L. plantarum, L. rhamnosus, L. casei (10 billion)
- ✓ Sluggish liver, dysbiosis, liver cell health



Make sure elimination pathways are open before targeting the liver. Especially the bowels.



Relevant Webinars on-demand

Ageing Gracefully - <https://www.bionutri.co.uk/new-page-59>

Chakra Healing - <https://www.bionutri.co.uk/nutrition-and-herbs-for-the-seven-chakras>

Constipation - <https://www.bionutri.co.uk/constipation-banner>

Connective Tissue - <https://www.bionutri.co.uk/connective-tissue-banner>

Mediators of Inflammatory Response - <https://www.bionutri.co.uk/mediators>

How to beat bloating with nutrition - <https://www.bionutri.co.uk/new-page-78>

Improving Libido through nutrition - <https://www.bionutri.co.uk/improving-libido>

The Menstrual Cycle - <https://www.bionutri.co.uk/menstrual-cycle>

Sciatica - <https://www.bionutri.co.uk/new-page-63>

SIBO - <https://www.bionutri.co.uk/sibo-banner>

Weight Balance - <https://www.bionutri.co.uk/new-page-82>

Practitioner Support (technical support)

Practitioner area on our website – www.bionutri.co.uk

- upcoming free webinars
- previous CPD webinars
- product info
- technical team contact details

Practitioner Facebook group & page – facebook.com/bionutriuk

- fellow practitioners
- responsive help from technical team

1:1 Technical Support – via Zoom, Teams, phone, email

- Sue McGarrigle ND, mBANT, mGNC suem@bionutri.co.uk
- Edward Joy, Herbalist ed@bionutri.co.uk
- Rosie Rayner, ND, mANP rosie@bionutri.co.uk



Thank you

- ▶ Sister company Aquasol →
- ▶ We don't use gluten or yeast-containing ingredients
- ▶ Samples for sensitive clients & kinesiology
- ▶ www.bionutri.co.uk
- ▶ @bionutriuk



aquasol



April webinars



Supporting
Connective Tissue
with Herbalism

Wednesday 24th April 2024
11 am - 12 pm
presented by Edward Joy

aquasol **Bionutri®**

Harriet Hodgskin - Contact

harriet.hhphysio@gmail.com

@holistic.health.physio

www.hh-physio.co.uk/

References

- NHS
- Clinical Naturopathy: An evidence based guide to practice by Sarris & Wardle
- The Ultimate Herbal Compendium, by Kerry Bone
- Healing with Whole Foods: Asian Traditions and Modern Nutrition by Paul Pitchford, 3rd Edition
- <https://www.ncbi.nlm.nih.gov/books/NBK545204/#:~:text=The%20pelvic%20bones%20are%20an,wall%20and%20the%20pelvic%20diaphragm.&text=The%20pelvic%20diaphragm%20consists%20of,and%20the%20levator%20ani%20muscles>
- <https://www.tcmhealingcenter.com/post/postpartum-care-with-tcm-how-to-optimize-the-health-of-you-and-baby>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5793244/#:~:text=Zinc%20plays%20a%20major%20role,%2C%20to%20fibrosis%2Fscar%20formation>
- <https://www.mdpi.com/1422-0067/24/5/4607>
- [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6821990/#:~:text=The%20success%20rate%20of%20POP,\(19.2%25%E2%80%939397.2%25\).](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6821990/#:~:text=The%20success%20rate%20of%20POP,(19.2%25%E2%80%939397.2%25).)