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SHE Talks Health

Helping Women Reclaim Their Health



Sophie Shepherd, FDN-P, INHC

SHE Talks Health
New Shows Weekly
May 19th 2020: PERIOD PAIN IS NOT NORMAL

Ladies, your pain is valid and although common, excessive period pain is NOT something you have to put up with every month for half your life. I work with women all over the world who come to me because they have been told it's normal to suffer every month to the point where they are doubled over in pain, nauseous, vomiting and have to reschedule their lives around when they are menstruating. Well enough is enough. In this episode we dive deep into period pain, where it comes from and what YOU can do about it. Because you are listeners of this radio show, I was able to negotiate 10% off of Eli

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EPISODE ON DEMAND

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Featured Guest



Dr. Nicole Glathe

r. Nicole Glathe, DAOM, LAc, DiplOM, is the co-founder and Chief Medical Officer of Elix. Elix is on a mission to better the lives of all menstruators by democratizing access to personalized, organic, scientifically backed herbal medicine for cycle-related symptoms. Nicole received her BS in Biology, with an emphasis in Human Physiology from UCSD. She received her Masters of Traditional Oriental Medicine from Emperor's College, where she graduated Summa Cum Laude. She then went on to do what only 1% of acupuncturists do, pursue her doctorate. She focused her capstone research on her passion, women's health and the use of herbal medicine for dysmenorrhea after treating so many women in her c

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