

SYMPTOM TRACKER

Hi I'm Sulin and I'm a womens naturopath and herbalist. I provide natural treatment solutions for hormonal conditions that typically affect mood, weight, skin and fertility. I've helped countless women to understand the causes of their hormone imbalance and to treat their symptoms in a range of endocrine conditions, especially PCOS (Polycystic Ovarian Syndrome), Premenstrual Syndrome (PMS), Natural Fertility and Perimenopause. I work with women of all ages from the first great hormonal events when menstruation begins, through to the last bleed and transition to menopause. What I've found over the years in clinical practice, is that every woman has a unique body composition, family history and health needs. I use functional testing to inform my treatment protocols which are typically a combination of dietary guidance, herbal and nutritional support.




This chart is designed to record and assess the frequency, severity and duration of your main presenting symptoms. Bring your completed chart to your next consultation for analysis. Head to www.herbalwell.com.au for more information and to book in.

Love + Light,

xo Sulin



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