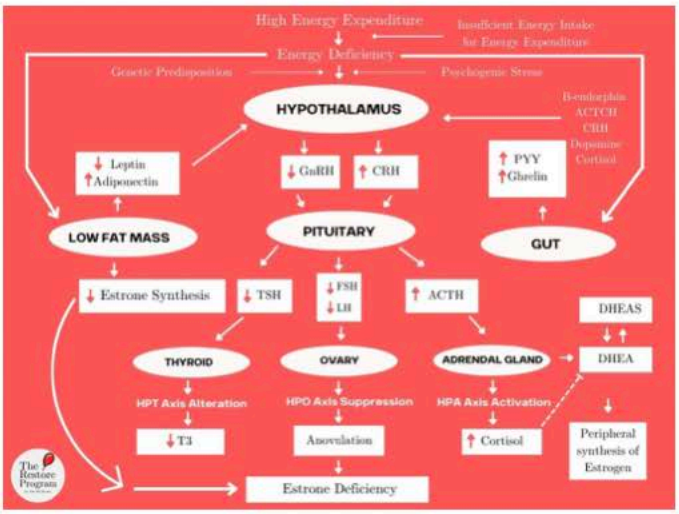
# Infertility due to hypothalamic amenorrhea: The effectiveness of holistic nutrition in treating hypothalamic amenorrhea.

Ashley Smith, MS, IPHM, USA


## Abstract

**Statement of the Problem:** Women diagnosed with infertility due to HA (hypothalamic amenorrhea) are at an increased risk of developing osteoporosis, increased levels of LDL and cholesterol levels, and mood disorders such as anxiety and depression. Practitioners have noticed that women with HA exhibit disordered eating habits which makes treating HA more complicated. Since these women do not have a diagnosable eating disorder they are left without access to support. The purpose of this study is to see how effective holistic nutrition education is in naturally treating infertility caused by HA. **Methodology & Theoretical Orientation:** In-depth intake forms were used to collect health history that included serum values for estrogen, progesterone, FSH, and LH. Charted basal body temperatures and a pictured food diary was used to collect data during the study. Practitioner session notes served to document patient progress while holistic nutrition education was administered to address the whole person's unique needs. **Findings:** Women with HA actively seek help from medical professionals. They encounter many obstacles in understanding how HA developed and how to reverse it due to the lack of holistic nutrition knowledge. Although appointments with medical professionals are helpful in diagnosing infertility and HA, women are leaving their appointments with hormonal birth control, HRT, or IVF as their only options and are unaware of the option to reverse HA naturally. **Conclusion & Significance:** Women who have been diagnosed with infertility with unknown primary origin or with HA, want help restoring ovulation naturally. However, medical professionals do not always recognize the effectiveness of holistic nutrition and tend to only rely on interventions such as IVF to address infertility. Recommendations are made for medical professionals to become informed of the ability to treat this type of infertility naturally and utilize complementary and alternative medicine to bridge the gap in patient care.


## Image







## Ashley Smith

As International Practitioner of Holistic Medicine (IPHM) her expertise is in improving the health and wellbeing of woman diagnosed with infertility due to hypothalamic amenorrhea through nutritional education. Her whole person perspective and passion in addressing the roots causes of hypothalamic amenorrhea (physical, mental, emotional, environmental, chemical, and spiritual) creates new pathways for improving bone, cardiovascular, and hormonal health in women with hypothalamic amenorrhea. She has built this model after years of experience in research, evaluation, teaching, and administration in private her practice. This model addresses the unique individual with evidence based best practices in addressing the suppression of the HPO axis which is a methodology that utilizes holistic nutrition education.

Email: ashley@thehasociety.com