

## ***Most Common Health Concerns for Women Causes and the ways to better Health***

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As you may know the life of a woman and her role in society has changed dramatically in the last century. Women accomplish great things overall but are we forgetting about our own personal self-care! Some of the causes may be:

- Career pressure
- Poor diet
- Inactivity
- No spirituality or faith
- Household responsibilities
- Unfulfilling relationships
- Putting yourself last
- Social pressures

As a result, women are faced with issues like:

1. ***Chronic Fatigue***: some of the symptoms are oversleeping, brain fog or memory lost, muscle and joint pain, headaches, frequent sore throat and constant exhaustion.
2. ***Hormonal Dysfunction***: symptoms include fatigue, low libido, insomnia, weight gain, hot flashes and night sweats.
3. ***Stress***: this is one of the things that can affect your entire body function, low energy, digestive problems; headaches, chest pain, frequent colds and low libido are just some of the symptoms.
4. ***Anxiety***: for so many reason women tend to be anxious, symptoms may vary but having trouble breathing, feeling faint, feeling of lost control, feeling of panic, chest pain, heart palpitations can be some of the main symptoms.

5. **Candida**: symptoms of candida are chronic fatigue, digestive issues, yeast infections, difficulty concentrating and brain fog, skin issues like eczema and psoriasis.
6. **Depression**: if you lose interest in daily activities, appetite or weight changes, irritability, self-harming, feeling of helplessness, sleep disturbances or other changes you are probably depressed.
7. **Autoimmune Disease**: this is one of the hardest diseases to deal with. A lot of people suffer for a long time without any diagnosis and some of the symptoms are chronic fatigue, unexplained weight loss or weight gain, hair loss, joint pain, abdominal pain and digestive upset, dry skin, eyes and mouth.

If you are experiencing any of these diseases or want to prevent yourself from some of the pain, adding good healthy habits to your daily life is well recommended. Just keep in mind that everything takes time and if you keep at it, just like anything else you will get good results. Below are some basic suggestions that you definitely want to give a try.

- Finding work that you love or learn to love the job you have.
- Designate self-care time.
- Eat more fruits and green vegetables.
- Get more fresh air and drink more water.
- Exercise at least 3 times per week or whenever possible.
- Try meditation or work on your spirituality.
- Delegate responsibilities to family or roommates
- Learn to listen to your body.
- Set mandatory weekly date nights with your partner or friends.