

## ENERGY-HORMONE CONNECTION

### Diagnostic Framework for Women's Health & Regulation

Most women don't actually have a hormone problem—they have an **energy regulation problem**. From puberty to your reproductive years to menopause, you're told your hormones are driving everything—your mood, your cycle, your body. And while hormones absolutely play a role, what we've found is that they are often **responding to something deeper**. Your cycle feels off, your energy is low, or your body isn't responding the way it used to, the root may not be your hormones alone—but how energy is flowing through your system.

At the center of this work is a data-informed approach to the body's energy system. Using biofeedback technology, we measure the body's electromagnetic field to assess chakra balance and color patterns linked to personality and emotional tendencies—creating a real-time snapshot of how someone is functioning.

After more than 13,000 readings, a clear pattern has emerged: what we often label as hormonal imbalance is frequently the result of deeper energetic dysregulation.

**Created by Auratherapy founders Laura McCann and Jim Levinson, this framework helps you understand what your body is really telling you.**



## WHY ARE SO MANY WOMEN BEING DIAGNOSED WITH ADHD IN THEIR ADULT LIFE?

ADHD in women often looks very different from the stereotype and women are much more likely to internalise symptoms and conform to social expectations from a young age. This can show up as perfectionism, people-pleasing, over-organisation and constantly pushing themselves to keep everything together. Adult life comes with additional responsibilities, demands and expectations, which can make previous ways of coping begin to fall apart. On the surface they may appear successful and in control, but internally many experience burnout, mental overload, low self-esteem and strained relationships.

For years, these experiences have often been dismissed as stress, hormones, anxiety or simply "having a busy life", leaving many women seeing it as a flaw in their personality. It is not uncommon for women to be told that "everyone feels that way".



**ADHD Nurse**

But do they? The ADHD Nurse was founded to change that. Founded by Specialist ADHD Nurse Victoria George, we provide personalised, compassionate, evidence-based assessments and treatment. We empower women to feel able to remove the mask, understand their minds, and gain the tools and confidence to thrive.

If this sounds familiar visit: [www.theadhdnurse.co.uk](http://www.theadhdnurse.co.uk)  
Or email us: [enquiries@theadhdnurse.co.uk](mailto:enquiries@theadhdnurse.co.uk)



# THE HEALTH & FITNESS EDIT

### THE INDEPENDENT PSYCHOLOGY SERVICE: HELPING YOU FIND THE RIGHT THERAPIST FOR YOU.

At IPS Therapy, we take the worry and guesswork out of approaching a therapist. We offer a full psychological assessment with a highly-qualified Clinical Psychologist in a place you wish a therapist in your network who is best suited to your needs, and who you will feel comfortable with from the outset. The assessment is an hour online, but the ongoing therapy can be face to face (in North London) or online depending on your preference and location. Please note that our therapists are located in North and Central London but many offer online or hybrid options if attending some in person and some online sessions if the regular travel is challenging.



Contact us to find out how to start your therapy journey via phone: **0203 840 6003** or email [support@ipstherapy.co.uk](mailto:support@ipstherapy.co.uk)  
More information on our website: [www.ipstherapy.co.uk](http://www.ipstherapy.co.uk)

### STILL STUCK AFTER YEARS OF THERAPY? IT'S TIME FOR A DIFFERENT APPROACH.

You've spent years understanding your past, analysing patterns, trying to make sense of it all... yet anxiety, overwhelm, or self-doubt still shows up. Here's the truth: it's not the events that hold you back—it's how your mind responds. Your thoughts shape your feelings. Your feelings drive your actions. And that cycle can quietly keep you stuck.

At my Chelsea practice, I use Cognitive Behavioural Hypnotherapy (CBH) to help you retrain your mind and build practical tools—strengthening resilience and self-confidence so you respond differently, stay calm under pressure, and feel back in control.

**Start rewiring. Take control. Book your session today. +44 (0) 7384 449081**  
<http://www.freeourmind.co.uk>



### RECLAIM YOUR BALANCE WITH EXPERT HORMONE CARE DESIGNED FOR BUSY WOMEN.

Hormones affect energy, sleep, weight, mood, and long-term health; yet too often symptoms are dismissed.

At The Women's Hormone Clinic, led by Dr Ginny Ponsford, care is different. Through personalised online consultations, women receive tailored support for PMS, PMDD, PCOS, perimenopause, and menopause.

By combining medical expertise with lifestyle guidance and ongoing support, the team helps you feel heard, understood, and back in control.

Dr Ginny says 'Every woman's journey is unique, and her care should be too'. Start prioritising your wellbeing today and book a consultation with one of her expert Doctors, to feel like yourself again.

**Take control of your hormonal health today. Scan the QR code or visit [www.thewomenshormoneclinic.co.uk](http://www.thewomenshormoneclinic.co.uk) to begin your journey.**



Scan Me



### THINKING ABOUT STARTING THERAPY?

At VEA Clinic, women can access expert therapy, counselling, tailored programmes, and group support, all in one place. Our specialist therapists ensure you're matched with the support that truly fits your needs.

Whether you're managing stress, healing from trauma, navigating life changes, or simply prioritising your wellbeing, VEA Clinic offers a safe, confidential space designed around you.

**One conversation. One step. A better you!**

Telephone: **020 8150 0092**  
Email: [info@veaclinic.com](mailto:info@veaclinic.com)  
Website: [www.veaclinic.com](http://www.veaclinic.com)

Book your consultation today and enjoy 10% off your first session using code WM10 or 25% off using code WH25 when you book in a block of 4.

