

**MICHELLE LYONS (IRELAND)**

**“PLANTS FOR PELVIC HEALTH – BOTANICAL SUPPORT FOR BLADDER, BOWEL AND SEXUAL HEALTH”**



**Workshop descriptor:**

Did you know...that one in three women has some sort of pelvic health issue? That hysterectomy is one of the most common surgical procedures carried out on women, often when better alternatives are recommended? That anal incontinence affects one in five women over the age of forty? And that the evidence supports the use of conservative measures, such as nutrition, botanicals, bespoke exercise and lifestyle interventions?

In this workshop, we will explore integrative approaches to maintaining or restoring pelvic health, including optimising bladder, bowel and sexual health. We will look at the structure and function of the pelvic organs and muscles and discuss how to integrate the best of functional medicine, nutrition, plant allies and movement to empower women to live well and take charge of their pelvic health.

**About Michelle...**

Michelle Lyons is passionate about women's health! Licensed in both Ireland and the USA, she is a graduate of University College Dublin. For twenty five years she has combined physiotherapy, nutrition, healthy movement and botanical medicine into her practice, not only treating thousands of women clinically, but also educating women's health care practitioners internationally and online. With a special interest in pelvic health and hormonal equilibrium, she combines the best of evidence based healthcare research with an integrative approach to helping women live well. She is on the faculty of Herman & Wallace, The Pelvic Rehab Institute, Burrell Education and The Integrative Women's Health Institute.

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