

What is Women's Health at the Raby Institute?

At the Raby Institute, we empower women to understand and honor their bodies, and encourage them to take charge of their feminine health and wellness through an integrative approach to addressing women's health issues.

A woman's body is very different from a man's. Some health issues are more common in women; some are completely unique to women. In a woman's lifetime, she goes through many complex hormonal changes that have profound physical, psychological, and emotional effects. The integrative approach to women's health offers natural, holistic remedies that are often more gentle and less invasive than Western medicine. Raby Institute practitioners specializing in women's health will listen to you, support you, and guide you through each phase of your feminine health and reproductive life cycle using a balance of Western science and diagnosis and complementary and alternative therapies.

To help you take the best care of your body at any age, our practitioners provide:

- Acupuncture/Chinese Herbal Therapy
- Energy Healing/Massage Therapy
- Lifestyles management coaching
- Nutritional counseling
- Women's health screenings

What Are Some Common Women's Health Issues That Can Be Addressed with an Integrative Approach?

- Aging
- Alcohol Abuse
- Asthma
- Autoimmune diseases
- Breast cancer
- Cancer
- Carpal Tunnel Syndrome
- Depression
- Diet, nutrition
- Disease prevention
- Exercise
- Heart disease
- Hypertension
- Incontinence
- Irritable Bowel Syndrome
- Menopause
- Mental health
- Migraines/headaches
- Obesity
- Osteoarthritis
- Osteoporosis
- Personal Care
- PMS/PMDC
- Pregnancy and childbirth
- Prevention
- Sleep/insomnia
- Smoking
- Stress Management
- Reproductive health
- Urinary tract infections
- Weight loss

How Can I Find Out More?

For more information about women's holistic health, or to [schedule an appointment](#) with one of our practitioners, contact the Raby Institute at 312-276-1212 or info@rabyinstitute.com.