



Ohinasama Celebration!

March 3rd is Ohinasama Day,
or Girl's Day, in Japan.

This is the day girls are celebrated in Japan. Every year around this time, families with daughters will set up in their homes an elaborate stand with figurines of the royal court. Mothers and grandmothers will prepare special foods and sweets just for this occasion for the girls in the house. The figurines and stand are passed on from generation to generation to the daughters in the family.



Ohinasama Stand (Kyoto National Museum)

In celebration of Ohinasama,
March at Iyashi Wellness is
Girl Power Month!

The key to good health for females of all ages
is a healthy reproductive system.

Unlike men, we are ruled by the complex activities of our hormones.
When our hormones are in balance, our cycles are pain-free and
flowing with ease, we have minimal emotional imbalance,
and imbued with stamina and vigor throughout the month.

When they are out of whack,
it wreaks havoc in our cycles, emotions and daily lives.

This is a wonderful opportunity for girls and women to discuss with a holistic health care expert any gynecological or gynecology-related issues they may have:

- PMS, bloating, mood swings
- Painful periods/cramps
- Missed menses/no menses
- Heavy bleeding
- PCOS (polycystic ovarian syndrome)
- Fibroids
- Fatigue
- Migraines/headaches
- Acne
- Girls/Women wanting to ensure the health of their reproductive organs for years to come
- and much, much more!

So come in for a consultation and learn what you can do to regain and/or maintain a healthy reproductive system, naturally & holistically!

Husbands and boyfriend, show them you care by encouraging your partners to come in, too!

To set up an appointment, call
310.770.9560 or
email info@iyashiwellness.com
www.iyashiwellness.com