

# Clinician Overview: Florence Seck

Nutritional Therapist. Nutrition and nervous system support for women with premenstrual symptoms.

- Diploma in Naturopathic Nutritional Therapy (2021), Access to Science and Biomedical Sciences (2018), Health Coaching for Nutrition Professionals (2022), Somatic Movement Coach (2023)
- Member of the Association of Naturopathic Practitioners (ANP). Professional indemnity insurance through Balens
- Online across the UK, in person in South Devon
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## Who I work with

Women aged roughly 25 to 45 whose symptoms increase in severity in the 5 to 10 days before their period and lift once it starts. Typical symptoms are low mood, irritability or anger, anxiety, fatigue, headaches, bloating and breast tenderness, often with strain on close relationships. Many have tried the combined pill, an SSRI, supplements or exercise with partial benefit, or want nutrition and lifestyle support alongside their medical care. I also see women with irregular cycles or painful periods, alongside any medical investigation they need.

Women with a PMDD diagnosis can work with me alongside their medical care. I do not diagnose or treat PMDD, and I do not advise on stopping or changing prescribed medication. Please manage acute psychiatric need or an eating disorder medically first.

## How the programme runs

An initial assessment, then 12 weekly one-hour sessions across three cycles if she is a good fit for longer-term support.

1. **Root Cause Consultation, 60 minutes, £100.** Health, cycle, family and medication history, an intake questionnaire with a safety screen, and a 3-day food and mood diary.
2. **Month 1, nutrition.** A regular eating pattern to steady blood sugar, reduce inflammation and support bowel regularity. Supplements kept to a minimum and checked against current medication.
3. **Month 2, nervous system.** Simple daily regulation practices: breathing, morning light and sleep timing, gentle somatic movement.

**4. Month 3, emotional regulation.** Noticing and communicating needs across the cycle, using somatic movement. This is not psychotherapy, and I refer on when therapy is needed.

Between sessions: messaging support Monday to Friday, recipes and recorded practices. The programme costs £1,800, or £600 a month, and the consultation fee comes off if she joins within 14 days. Lab testing is not a routine first step.

## What I measure

From November 2026, every client completes the Daily Record of Severity of Problems (DRSP) through her first and final cycles of the programme. I report the change in symptom days and severity to you, with her consent.

Outcomes so far are client-reported, not yet measured with a standard tool:

| Client            | Before                                                                          | After                                                                                      |
|-------------------|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| A                 | Premenstrual symptoms lasting up to 12 days a cycle                             | 1 day, with mild mood change, after 3 months                                               |
| B, PMDD diagnosis | Around 10 days of severe premenstrual symptoms                                  | 1 day in a later cycle, and her first cycle without breast pain in over a year             |
| C                 | Premenstrual conflict with her partner, constipation, recurrent thrush and UTIs | Bowels open most days, no major premenstrual episodes, thrush and UTIs no longer recurring |
| D                 | Painful heavy periods, pelvic pain, recurrent UTIs                              | Reports most symptoms resolved                                                             |

## Working with you

With your patient's consent, I send you a short written update after her consultation and again at the end of the 12 weeks. I contact you sooner if I have a clinical concern, and I signpost to her GP or crisis services if safety concerns come up. I also refer on when a woman needs medical investigation, pelvic health physiotherapy or psychological therapy.

**To refer:** give your patient this link, <https://pms.florenceseck.com/work-with-me/consultation>, or email [hello@florenceseck.com](mailto:hello@florenceseck.com) with her name, contact details and consent. I contact her within 2 working days.