



## Natasha Hammond

Natasha Hammond, who recently celebrated her twenty first birthday, lives in Port Lincoln, South Australia. A country town on the West Coast.

Natasha went to boarding school in Adelaide at Saint Peters Girls, and has since studied a double degree in human nutrition and exercise science at Flinders University, which she had to defer due to

an emergency surgery for endometriosis which sent her back home to Port Lincoln, after living independently in Adelaide.

Natasha took this opportunity to study courses externally, and has now started her own business as a nutritionist for 'Coastal Health Nutrition', where she promotes health and wellbeing to a vast range of clients, whilst also working as a support worker for those with a disability.

Natasha is heavily involved in giving back to communities by coaching and teaching children in sports, as well as competing at a state and national level for hockey herself.

On her journey and experiences with endometriosis, Natasha has said "endometriosis is a cruel disease without the appropriate treatment". And that she urges those "who think that may have this disease to seek diagnosis and never ever give up".

Natasha has said "I have had endoscopies, colonoscopies, ultrasounds, iron transfusions, numerous blood tests, and visits to GP's, specialists and natural therapists in the quest to find a reason for my pain.

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I have had four operations over the years, and have made diet and lifestyle changes, and I can now happily say I have a combination that works.

I work hard to educate and support those with endometriosis and raise awareness as I don't want to see another female experience the bullying in schools, bullying in team sports, and in the workplace like I have".

