

As a Naturopathic Doctor I speak frequently in Hong Kong: conducting workshops; leading meditations; and guest speaking for organizations.

My focus is on menstruation and educating women about the signs and symptoms of her personal cycle. My passion is teach women to connect to their bodies to find wellness.

Through my teachings I show women how to understand how their own cycles of growth and release relate directly to the Lunar Cycles.

Video

Here is a recording of the talk I gave at the Pre-Conception Conference in Hong Kong in November 2016: <https://fast.wistia.net/embed/iframe/a1gme6ho8z>

This is an educational video for my patients regarding Natural Birth Control: <https://www.youtube.com/watch?v=kIbEHNYa3v4&feature=youtu.be>

FAB Teaching Recording on YouTube
<https://youtu.be/kIbEHNYa3v4>

Interviews with others

Period Party
<https://nicolejardim.com/menstruating-with-the-moon-lunaception-with-katherine-dale/>
<https://www.natkringoudis.com/menstruating-with-the-moon-lunaception-with-katherine-dale/>

[Facebook Interview](#)

[Podcast on Perimenopause](#)

Podcast about the source of our creative energy.
Inspirational Creatives -
<http://www.inspirationalcreatives.com/podcast/237-dr-katherine-dale/>

Interview w Business Coach
<https://willlovesyou.com/client-spotlight-interview-dr-katherine-dale/>

Blogs from my website

[Lunaception](#)

[Emotional Support](#)

[Overcoming Fear of Pregnancy](#)

[Naturally Healthy Hormones](#)

[Being a Creative Being](#)

Moon Energy

[Lunar Calendar 2019](#)

[Taking Lunaction Course](#) [teachable course]

[Quick Instruction for the Calendar](#) [video]

