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Functional & Integrative Medicine * Bioidentical Hormone Replacement Therapy
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Hormonal Balance Program

Designed to get you back in balance

The Hormonal Balance Program is for people experiencing the classic symptoms of hormonal imbalance: fatigue, weight gain, night sweats, insomnia, low libido, anxiety, irritability, depression, foggy brain. This 3-month program focuses exclusively on getting your hormones back in balance, so that you can feel better and achieve peak performance that you are looking for.

How it Works

You'll start with an appointment to review the results of the labs ordered during your Initial Assessment. We'll decide which of your symptoms are due to hormonal imbalances and determine a course of action to treat the problem.

Lab Evaluation

Depending on your symptoms, we'll review test results such as:

- Sex hormone levels (estrogen, progesterone, testosterone)
- Stress hormones (cortisol, DHEA)
- Complete thyroid evaluation
- Vitamin D level

Your Plan

You'll check in monthly to ensure you're progressing and your symptoms are subsiding. An additional round of tests will be ordered during your third month so we can be certain you are making improvements.

At the completion of your program, we'll meet for a comprehensive review of your progress and to determine what changes, if any, need to be made to your treatment plan. During this appointment a plan will be made to continue to monitor your progress moving forward.