

Menopause Rebalance Program



Dr. Sonya specializes in disorders of the Endocrine System. **Menopause** is an endocrine disorder and natural biological process that marks the end of a woman's reproductive years. It occurs when a woman's ovaries stop producing eggs and her menstrual periods stop permanently.

The average age for menopause in the United States is around 51 years old, but it can occur anywhere between the ages of 45 and 55. However, menopause can also occur earlier, before the age of 45, due to medical treatments, surgical removal of the ovaries, or other underlying health conditions. This is known as premature menopause or premature ovarian insufficiency. Women who experience menopause before the age of 40 are considered to have early menopause. The age at which menopause occurs can vary widely among women, and factors such as genetics, lifestyle, and overall health can also play a role.

Some common symptoms of menopause include:

-Hot flashes and night sweats: These sudden feelings of warmth and sweating can be uncomfortable, disrupt sleep, and affect daily life.

-Irregular periods: As the ovaries stop producing eggs, menstrual periods become irregular and -eventually stop.

-Vaginal dryness: The drop in estrogen levels can cause the vaginal tissues to become dry, thin, and less elastic, leading to discomfort, itching, and painful sex.

-Mood changes: Menopause can cause mood swings, irritability, anxiety, and depression.

-Sleep disturbances: Many women experience difficulty sleeping during menopause due to hot flashes, night sweats, and other symptoms.

- Physical changes: Menopause can lead to changes in the body such as weight gain, hair loss, and dry skin.

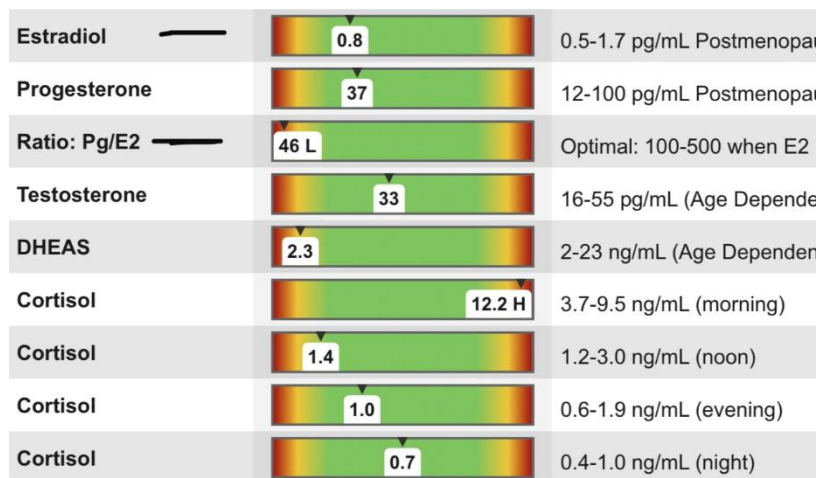
-Osteoporosis: The loss of estrogen during menopause can increase the risk of developing osteoporosis, a condition that weakens bones and increases the risk of fractures.

Menopause symptoms are a normal part of aging process. While there are many conventional pharmaceutical and synthetic hormones that can decrease some of the symptoms of menopause, they do very little to replace the hormone lost during the ageing process.

Many patients prefer to use of natural bioidentical hormones that replicate exactly the hormone we make in our own bodies to treat their menopausal symptoms. BHRT health benefits include less depression, more energy, better sleep, more youthful skin, better thinking and memory, fewer mood swings, better muscle definition, enhanced sexuality, elimination of hot flashes and it staves off other diseases prone during the age of life.

How Dr. Sonya Can Help?

Dr. Sonya believes in treating the whole person, not just their symptoms. She works closely with each patient to create a customized plan that addresses their unique needs and goals. She utilizes naturopathic functional testing such as sex hormone testing, weight management profile testing, adrenal fatigue testing, and thyroid hormone testing to unmask underlying conditions. These objective lab test can be used to monitor your health progression. In addition to correcting any hormonal deficiencies, Dr. Sonya will help you manage your menopausal symptoms and reduce your risk of osteoporosis, heart disease and dementia, by looking into dietary factors, such as eating high calorie low nutrient foods that disrupt hormone metabolism and potentially make menopausal symptoms worse. Lasting Dr. Sonya helps you choose healthy lifestyle habits that influence your symptoms, such as, healthy hydration, stress management, getting enough sleep and exercising regularly.



This is a common trend I see when looking at many postmenopausal women's labs. Estradiol is in the low normal range, indicating estrogen deficiency this is consistent with symptoms of hot flashes, night sweats and vaginal dryness. The progesterone-estradiol ratio is low indicating this patient might benefit from progesterone replacement therapy.

What is Included in the Menopause Rebalance Program

First Visit 60-90 Minutes

The first naturopathic consultation is about 60-90 minutes, this comprehensive evaluation focuses on determining the underlying causes of your health issues and your health goals.

- ✓ Dr. Sonya will go over your health history and ask you about your medical history, including any past illnesses or injuries, surgeries, and medications. She will also ask about your personal and family health history, lifestyle factors such as diet and exercise, and any stressors or emotional concerns.
- ✓ Dr Sonya will conduct a physical exam which may include checking your vital signs, evaluating your skin, hair, and nails, and assessing your overall health and well-being.
- ✓ She will recommend which diagnostic lab testing will best correlates to your symptoms to help identify any underlying health issues.
- ✓ She will give you a 7-day diet diary to record your dietary intake for nutritional assessment and analysis, looking for any nutritional deficiencies.



Second Visit 45-60 Minutes- No charge

During the Second Visit:

- ✓ Dr. Sonya will go over your lab tests and answer any questions you have.
- ✓ She will discuss the results of your diet diary and provide a nutritional analysis and assessment focusing on macronutrient and micronutrient deficiencies.
- ✓ Together you will discuss your goals and how to achieve them.
- ✓ Dr. Sonya will discuss the treatment plan tailored for you. The personalized treatment plan may include hormone prescriptions, dietary changes, nutritional supplements, herbal remedies, and lifestyle modifications.
- ✓ Dr. Sonya will provide education and resources to help you better understand your health and how to achieve optimal wellness. This may include information on nutrition, exercise, stress management, and other lifestyle factors.
- ✓ Dr. Sonya will schedule a follow-up appointment to monitor your progress and adjust your treatment plan as necessary.