

Metabolic Hormone Rebalance Program

Dr. Sonya specializes in disorders of the Endocrine System. Metabolic syndrome is a group of health conditions that increase your risk of heart disease, stroke, and diabetes. If you have metabolic syndrome, it means you have at least three of the following five conditions:

1. High blood pressure
2. High blood sugar
3. High triglycerides
4. Low HDL cholesterol (the "good" cholesterol)
5. Excess abdominal fat


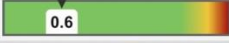
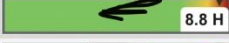





If you have metabolic syndrome, it's important to take steps to manage your condition and reduce your risk of serious health problems. Fatty Liver is a common feature of metabolic syndromes as is obesity and diabetes. While there are many conventional pharmaceuticals used to manage metabolic syndrome, some patients prefer to use natural treatments.

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 cardiometabolic profile, weight management profile, adrenal fatigue testing, thyroid testing and sex hormones testing. These objective lab test can be a great way to monitor your health progression. In addition to correcting any deficiencies, Dr. Sonya will help you manage your weight and reduce your risk of metabolic syndrome, by looking into dietary factors, such as eating high calorie low nutrient carbohydrates that disrupting glucose homeostatic mechanisms potentially making metabolic syndrome symptoms worse. Lasting Dr. Sonya helps patients choose healthy lifestyle habits that influence metabolic syndrome, such as stress management, getting enough sleep and exercising regularly.

This is a common tetrad seen when looking for Metabolic Syndrome , Insulin Resistance and Type-2 Diabetes: High insulin, High HbA1C, High Triglycerides and Low HDL

Blood Spot CardioMetabolic Markers

Insulin		11.6	1-15 µU/mL (opt)
hsCRP		0.6	<3 mg/L
Hemoglobin A1c		8.8 H	<6%
Triglycerides		561 H	<150 mg/dL
Cholesterol		256 H	<200 mg/dL
HDL		32 L	40 mg/dL or high
LDL Cholesterol		112	<130 mg/dL (opt)
VLDL		112 H	<30 mg/dL

What is Included in the Metabolic Hormone 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 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.

The second naturopathic visit is for the Lab Review and Treatment Plan about 45-60 minutes

During the second visit we discuss lab results, goals and treatment plan. 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.