

# Metabolic Hormone Rebalance Program



Dr. Sonya specializes in disorders of the Endocrine System. **Metabolic syndrome** is an endocrine disorder characterized by 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 type 2. 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 with help you manage your weight and reduce your risk of metabolic syndrome and fatty liver disease, by looking into dietary factors, such as eating high calorie low nutrient foods that disrupting glucose metabolism potentially making metabolic syndrome symptoms worse. Lasting Dr. Sonya works with patients to help them choose healthy lifestyle habits that influence metabolic syndrome, such as stress management, getting enough sleep and exercising regularly.

### Blood Spot CardioMetabolic Markers

Insulin	11.6	1-15 $\mu$ U/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

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

## 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 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.