

# Perimenopause Rebalance Program



Dr. Sonya specializes in disorders of the Endocrine System. **Perimenopause** is an endocrine disorder defined as the transitional period before a woman's stop having her period when her hormone levels begin to change. Perimenopause symptoms can begin in women in their 40s, but it can also start earlier or later. The average age for the onset of perimenopause is around 47, but it can occur between the ages of 35 and 55. The duration of perimenopause can vary widely among women, lasting anywhere from a few months to 10 years. During perimenopause, hormone levels can fluctuate, leading to changes in menstrual cycles and a range of symptoms such as:

- hot flashes
- night sweats
- mood changes
- vaginal dryness
- sleep disturbances
- weight gain

If you have Perimenopause syndrome your hormone fluctuations particularly estrogen and progesterone are largely responsible for hot flashes and night sweats. As we age the viable follicles or eggs decrease and the signal from the brain to the ovary, began to misfire leading to changes in the menstrual cycle. These changes in hormone levels can also affect other parts of the body such as the bone health, heart health and brain health.

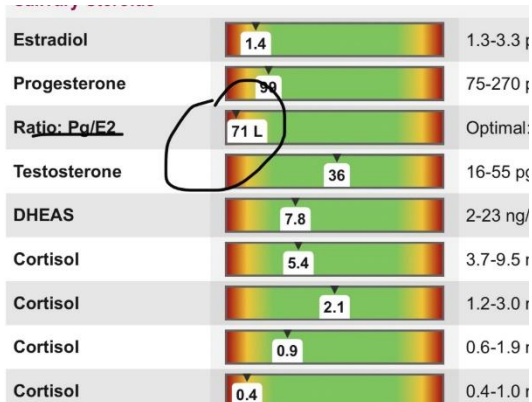
Perimenopause symptoms is a normal part of the aging process. While there are many conventional pharmaceutical and synthetic hormones that can decrease some of the symptoms of menopause, they do very little to replace the hormone lost during ageing process.

Many patients prefer to use of natural bioidentical hormones that replicate exactly the hormone we make in our own bodies to treat their perimenopausal symptoms. BHRT health benefits: improved sleep, less hair thinning, less depression, enhanced sexuality, and elimination of hot flashes

## 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 perimenopausal symptoms and reduce your risk of osteoporosis, heart disease and dementia, by looking into dietary factors, such as eating high calorie low nutrient dense foods that disrupt hormone metabolism and potentially make perimenopausal symptoms worse. Lasting Dr. Sonya help 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 perimenopausal women's labs. Although estradiol and progesterone are in the normal range the progesterone-estradiol ratio is imbalanced indicating estrogen dominance and progesterone deficiency

## What is Included in the Perimenopause 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.