

# Vitamin D Hormone Rebalance Program



Vitamin D is an essential nutrient that plays a role in many functions in the body including metabolic support, bone health, immune function, mental health, and muscle function.

## **What is vitamin D?**

Vitamin D is a fat-soluble vitamin that is synthesized from cholesterol and as such many consider Vitamin D a hormone. Vitamin D is made in the body in response to sunlight. It is also found in some foods, including fatty fish, egg yolks, and fortified foods such as milk and cereal. Vitamin D is known as the sunshine hormone.

## **What are the health benefits of vitamin D?**

- **Bone health:** Vitamin D helps the body absorb calcium, which is essential for strong bones.
- **Immune function:** Vitamin D plays a role in immune function and may help prevent infections.
- **Muscle function:** Vitamin D is important for muscle function and may help prevent falls in older adults.
- **Mood Health:** Vitamin D has been linked to improved mood and may help alleviate symptoms of depression.

## **What are the symptoms of vitamin D deficiency?**

- Fatigue
- Bone pain or weakness
- Muscle weakness
- Depression
- Impaired wound healing
- Hair loss

## **Who is at risk for vitamin D deficiency?**

- Older adults
- People with limited sun exposure
- People with darker skin
- People with certain medical conditions such as celiac disease or Crohn's disease
- People who are obese

## **How is vitamin D deficiency related to weight gain?**

Vitamin D deficiency may be associated with weight gain: Some studies have found that vitamin D deficiency is more common in people who are overweight or obese.



Vitamin D may play a role in regulating weight: Vitamin D may play a role in regulating weight by influencing hormones that control appetite and metabolism. Some studies have found that vitamin D supplementation may lead to weight loss in people who are deficient in vitamin D.

## **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 vitamin D testing, 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 vitamin D deficiency symptoms and reduce your risk of hair loss, osteoporosis, and weight gain, by looking into dietary factors, such as eating high calorie low nutrient foods that disrupt hormone metabolism and potentially make vitamin D deficiency 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.

#### Blood Spot

Vitamin D, 25-OH, D2	<4
Vitamin D, 25-OH, D3	46
Vitamin D, 25-OH, Total	46

Vitamin D lab result on a patient after supplementing with Vitamin D for 6 months. Optimal vitamin D level range is 45-80 ng/ml.

## What is Included in the Vitamin D 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.
- ✓ 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 dietary diary and provide a nutritional analysis and assessment.
- ✓ 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.