

Andropause Rebalance Program



Dr. Sonya specializes in disorders of the Endocrine System. **Andropause** is an endocrine disorder characterized by testosterone imbalance. Men at mid-life are just as susceptible to an age-related drop in hormone production as their female counterparts. Andropause is a natural decline in testosterone levels that occurs in men as they age. It is also known as male menopause (Manopause) or late-onset hypogonadism. Andropause is a gradual process that usually begins in a man's 40s or 50s and can continue into their 70s or 80s.

The symptoms of andropause may include:

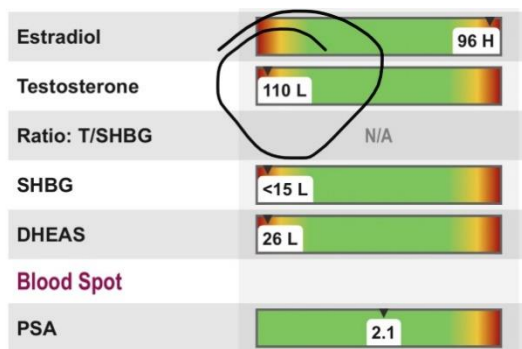
- Fatigue**
- Decreased libido or sex drive**
- Erectile dysfunction**
- Loss of muscle mass and strength**
- Increased body fat, particularly in the abdominal area**
- Irritability, mood swings, or depression**
- Memory loss or difficulty concentrating**
- Decreased bone density, which can lead to osteoporosis.**

While there are many conventional pharmaceuticals used to manage andropause symptoms, some men prefer to use natural treatments, and healthy lifestyle changes to treat andropause symptoms.

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, adrenal fatigue testing, and thyroid hormone testing. These objective lab tests can be used to monitor health progression. In addition to correcting any hormonal deficiencies, Dr. Sonya will help you manage your andropause 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 further impacting your stamina, drive and virility.

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 seen when looking at many of my men's labs. **Testosterone is low and not in the optimal range for his age.** Testosterone deficiency is associated with symptoms of erectile dysfunction, decreased sex drive and abdominal weight gain.

What is Included in the Andropause 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.