

Take Control of Your Perimenopause Symptoms with ZRT Hormone Testing

Sex Hormones



Sleep Issues and Thinning Hair?

Are you struggling with perimenopause symptoms like night sweats, weight gain, chin hairs and mood swings? Do you want to take proactive steps to manage your symptoms and improve your quality of life? Look no further than ZRT hormone testing.

ZRT hormone testing is a home lab test that measures key hormones related to menopause, including estrogen, progesterone, and testosterone. By monitoring your hormone levels, you can gain insight into the root cause of your menopause symptoms and take proactive steps to manage them.

With ZRT hormone testing, you can:

- ✓ Get a comprehensive look at your hormone levels in just a few days.
- ✓ Identify imbalances in your hormone levels that may be contributing to your perimenopause symptoms.
- ✓ Work with your healthcare provider to develop a personalized treatment plan that addresses the root cause of your symptoms.
- ✓ Get accurate and reliable results from the comfort of your own home.
- ✓ Save time and money by avoiding doctor's appointments and lab visits.

How to get started?

Schedule a virtual or in office appointment with Dr. Sonya. After taking your health history and evaluation, she will recommend the right lab for you to ensure accurate diagnoses and an effective treatment plan. You will be supplied with a ZRT home kit. ZRT hormone testing kits are easy to use and include everything you need to collect a sample from the comfort of your own home. Simply follow the instructions provided, collect your sample, and send it back to the lab in the prepaid envelope.

Once your sample is received and analyzed, Dr. Sonya will give you your results in the follow up visit and provide you with a personalized report that includes easy-to-understand explanations of your results and actionable recommendations to manage your perimenopause symptoms.

Don't suffer through perimenopause symptoms in silence. Take control of your health and improve your quality of life with ZRT hormone testing. Order your hormone testing kit today and start monitoring your hormone levels from the comfort of your own home.