

Hormone Health *by Dr. Sharon Fitelson*

Until recently, hormone imbalance has been considered a “women’s” issue because women’s symptoms are more complex and pronounced, especially with the aging process. Today, however, we know that hormone imbalance must be addressed by men, women and children before symptoms occur. Men, for instance, are directly affected by age-related hormone changes as much as women, and should be checked out regularly to age successfully and easily. Children with hormone issues will demonstrate learning difficulties, failure to thrive, and/or weight problems, which can and should be addressed as soon as possible.

Hormones are quite intricate, complex and ever-changing. This means they need to be re-evaluated from time to time.

Hormones are chemical messengers created by the brain. There are many different hormones that have a profound interaction with each other, so any evaluation should take into consideration the whole function and not just an individual component. **Perimenopause, menopause, and andropause** (the male “change of life”) happen to all of us as we reach midlife. The results/symptoms of this change is different, however, depending on lifestyle, overall health, and the complex interactions of all of the other hormones.

Doctors are now regularly seeing more and more unwanted hormone-related conditions such as **PMS, Infertility, Endometriosis, Uterine Fibroids, Polycystic Ovarian Syndrome, Breast cysts, Prostate hypertrophy, hypoadrenia and hypothyroidism**. The incidence of these conditions is rising due to the environmental prevalence of chemicals, stress, and processed foods in our diets. For patients who are not aware and proactive about hormone health, imbalances are likely to occur and manifest into symptoms.

To get ahead of the curve, one must be proactive and have a **lifestyle, toxicity and hormone assessment**. If not assessed and treated early enough, conditions such as obesity, heart disease, type 2 diabetes, osteoporosis, cancers, infertility and a host of autoimmune diseases slowly and insidiously develop.

Holistic physicians are now becoming more involved in the evaluation and treatment of these conditions. We believe the best strategy is to assess and put together a natural treatment plan BEFORE changes occur. Options are varied, and at InMotion, we specifically tailor programs that are unique to each patient. First, we might look at saliva and hair analyses to get objective data. Followed by food diaries, temperature charts and toxicity questionnaires, we map out your plan of action. This can include treatments such as Acupuncture to balance energy, diet strategies and supplementations to enhance cellular repair and optimal function, hormone replacement to create chemical balance, weight loss programs to deflame all tissues, exercise to enhance the weight loss and minimize back pain, and massage to complement all of the above.

Our goal is to empower each patient with the resources they need to take care of themselves and their families. We arm our patients , not only knowledge, but with an understandable, achievable action plan.

Call us today for your personalized evaluation: **314-644-2081**