

Dayton Daily News

Center focus on hormonal imbalances in women

By Pam Ferris-Olson, Contributing Writer

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CENTERVILLE — Lyn Hogrefe has known for a long time she belonged in Centerville. Friday, Aug. 21 she opens her 11-by-14 square foot historic stone cottage to the public to announce that she has arrived.

Hogrefe, who was a middle school teacher for 30 years and the 2004-05 Teacher of the Year for the Mount Healthy City School District in Hamilton County, has found a new educational purpose.

She's founded a hormone resource center for women.

"When I began to experience a significant hormone imbalance several years ago, my husband knew the answer did not lie in me taking synthetic hormones prescribed at that time by most OB-GYNs. So he took classes and received training to become a compounding pharmacist.

From the studies he read and the information he had, he knew that natural compounded hormones were key to my hormone balance," Lyn Hogrefe said.

"We had such good results that we knew we had to continue to learn, grow, and ultimately share my story with other women who were experiencing similar issues."

Jeff Hogrefe is a registered pharmacist. He and his wife Lyn own and operate the Piqua Medicine Shoppe and Compounding Pharmacy in Piqua. Like traditional pharmacies their shop fills prescriptions with medications produced by pharmaceutical companies. It also serves as a compounding center, making medications specifically formulated for each patient.

"Drug companies create drugs that are 'one size fits all.' Compounding is done to meet the need of one single individual," Lyn Hogrefe said.

Hogrefe decided to open a resource center to educate women about natural compounded hormones. The Happy Hormone Cottage (www.happyhormonecottage.com) is also a counseling center with a registered pharmacist, holistic health practitioner, an OB/GYN, homeopathist, and Pilates instructor on staff.

In addition to hormone level tests and counseling the Happy Hormone Cottage has books and natural supplements.

The first of regularly planned Happy Hormone Hours, a gathering for women with wine and health chats, will be offered at 7 p.m. Sept. 14.

Happy Hormone Cottage's grand opening from 5-9 p.m. Friday in conjunction with the Heart of Centerville business district's Third Friday After Hours.

For additional information about services or hours at the Happy Hormone Cottage, contact Hogrefe at (513) 444-6343 or visit her shop at 25 W. Franklin St. in downtown Centerville.



Staff photo by Jan Underwood

A teacher for 30 years, Lyn Hogrefe is launching a new business to help women deal with hormonal imbalances like those experienced during menopause. The Happy Hormone Cottage will be located in an historic stone building behind Panera Bread at 25 W. Franklin St. in Centerville.

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