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Contract: Melinda Zemper

Dec. 6, 2013

Email: mzemper@fuse.net

Phone: (513) 706-3737

Hot Flash! HHC Consulting to Educate Doctors on Women's Health and Hormone Balance

Happy Hormone Cottage CEO Lyn Hogrefe forms new education endeavor

Lyn Hogrefe knows something that the average, middle-aged American woman may not: women do not have to accept the hot flashes, weight gain, sleeplessness and libido drop that often come as they grow older.

Hogrefe, a speaker, educator and blogger on women's hormone health, is owner and chief executive officer of Happy Hormone Cottage headquartered in Kettering, Ohio. She has now formed HHC Consulting to educate functional medicine doctors--MDs, doctors of osteopathic medicine and obstetricians-- on hormone balancing therapy. She also aims to help doctors integrate bioidentical hormone therapy into patient treatment plans.



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HHC Consulting will introduce itself to the international medical community Dec. 12-15 at the 21st Congress of the American Academy of Anti-Aging Medicine convention in Las Vegas. The organization represents 26,000 physicians from 120 countries worldwide.

“Not much is taught in medical school about women’s hormones and the need to help each woman achieve hormonal balance for optimal health,” said Hogrefe. “We want to educate medical personnel so they can reach as many women as possible. We would like to mentor nurse practitioners, guide them on diagnostic testing and work with them and their local compounding pharmacies to get women diagnosed, get treated and get better.”

HHC Consulting will provide hands-on training and materials to teach doctors and medical staff how to work with women patients so programs are meaningful and successful. Curriculum includes clinical and staff training, and marketing support.

Hogrefe and her Happy Hormone Cottage have helped 4,000 women in the Midwest achieve hormone balance and better health through bioidentical hormones. These are compounded, personalized prescriptions of hormone creams (biestrogen, progesterone and testosterone) mixed at its Piqua Consulting and Compounding Lab in Piqua, Ohio

Happy Hormone Cottage tests and treats peri-menopausal and menopausal women suffering from



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weight gain, hot flashes, sleeplessness, depression, anxiety, fatigue and a drop in libido while their bodies acclimate to diminishing hormone levels due to the aging process. Average customer age is 48.

As a woman reaches the age of 35, her progesterone levels drop dramatically, said Hogrefe. “Many women experience issues directly related to this resultant drop in progesterone, like adrenal and thyroid problems, too. So checking hormone levels and replenishing depleted progesterone is key. It’s important for women to get tested and get treatment to get healthy again through natural hormone replacement therapy. Bioidentical hormone therapy helps bring women back into balance.”

A 30-year veteran educator, Hogrefe moved from teaching middle schoolers to middle-aged women after undergoing emergency surgery related to her own hormonal imbalance experience. She opened her business after her pharmacist husband, Jeff Hogrefe, bought the Piqua Medicine Shoppe in 2007, and they realized a need for women and doctors to become educated, empowered and enlightened in the area of natural hormone balance.

“I’m really on a mission to help women and their doctors get educated, get treated and get better,” said Hogrefe. “Bioidentical hormone therapy is very affordable—about \$1 per day. We are building relationships with women every day, who tell their friends and family so they can get better, too.”

Happy Hormone Cottages are located in Dayton (Kettering), Ohio; Cincinnati (Mason), Ohio;; Centerville, Ohio; Vandalia, Ohio; Crestview Hills, Ky.; and St. Louis (Bridgeton and Chesterfield), Mo.



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For more information about Happy Hormone Cottage, go to www.happyhormonecottage.com or call
(513) 444-6343. # # #