

THE HAPPY HORMONE COTTAGE-A CENTER FOR WELLNESS

I don't know a lot but I DO know two things:

- 1)What we place our attention on determines the quality of our lives
- 2)Treating a disease does NOT create health

I am SO happy that our intention at our Happy Hormone Cottage is to educate and empower women to invest in their BEST health naturally. We are a WELLNESS facility. We are ALL about finding the CAUSE of issues and fixing those for EACH individual for 3 reasons:

- >To get rid of symptoms
- >To help with anti-aging
- >To prevent disease

This sounds like WELLNESS to me. And why is this so important? Because treating a disease does NOT promote wellness. Yes, what we do at our cottage may not be the easiest path. We have to educate our trusted doctors to listen to OUR needs, validate what WE want to do, and then approve our ideas to give them a whirl. This is most likely outside the comfort zone of many of our doctors. Why? This natural hormone balance, which is simply your FIRST STEP TO WELLNESS is not taught in medical school nor is it being pushed by pharmaceutical reps. (what we do doesn't involve drugs; it involves actual hormones that are bio-identical to what your body produces, but no longer produces enough of these hormones for wellness) So we have to encourage our doctors to be motivated to learn about this so we can work together for our best HOLISTIC health of our clients. We also have to learn to listen to our bodies (we call this biofeedback) so we can adjust dosing as needed. After all, our therapy is customized for each individual. What makes us unique is we check existing hormone levels with saliva BEFORE recommending a strategy for wellness to your doctor. We also recommend annual hormone testing-preferably with blood spot testing (not the traditional blood serum approach) so we are all on the same page: our clients, our doctors and our compounding pharmacists. We encourage this partnership among the 3 parties so we can ALL work for our best health and wellness. We love to work with doctors who embrace our approach FOR their clients, which is our Functional Medicine approach that treats the body holistically for WELLNESS. Working together can only benefit our clients on their journey to wellness. I also understand that using topical hormone creams daily is not as easy as some other delivery systems, but like brushing and flossing our teeth, is extremely important and the payoff is huge. Again, what I know is what we place our attention on determines the quality of our life. AND I also know that achieving and maintaining hormone balance is JUST the first step. We have to continue to use our hormone balance strategy, which includes key supplements like Vitamin D and Omega 3's for LIFE. Once we have hormone balance in 3 key areas: sex hormones, adrenal glands and thyroid...we have to maintain that and then we can determine other potential areas of risk for disease. Our strategy is a strategy for life. Why? Because what we place our attention on determines the quality of our lives. I personally don't want to be the typical 60-70 year old woman who gets a disease that could have been prevented because I did not place my attention on WELLNESS.

One of my new favorite authors is Kathryn Simpson MS, who wrote the book "Overcoming Adrenal Fatigue Handbook" and says that "every case of hypertension, metabolic syndrome, heart disease and almost every other chronic condition should be evaluated for adrenal involvement. Since traditional medicine hasn't gotten up to speed on this critical health issue yet, it's incumbent on us to advocate for ourselves." I agree with her 100%. This is the case with much of what we do: it isn't yet on the radar of conventional medicine and it won't be until

conventional medicine and current standard of care changes its focus from drugging to mask the symptoms TO doing what it takes to PREVENT disease in the first place. What we practice is what we have. So how about you? Are you going to invest in your best health naturally today, so you can create a life of wellness? Is one of your focuses of your attention going to be on maintaining hormone balance for life for wellness? Hormone balance is the first step. It is not the end all and be all of health. It is simply a necessary first step. But doing this sends the message that a focus of your attention for your life is on wellness and preventing disease so you can have the quality of life you so richly deserve. Again, what we practice is what we have.

To learn more or for more information on how YOU can get started on YOUR journey to WELLNESS, call us at [513-444-6343](tel:513-444-6343) or visit us online at www.happyhormonecottage.com. We are a free educational resource center of women helping women. Our mantra is "Empowering Women to take charge of their quest for hormone balance on their journey to healthy living." We look forward to serving you!