

THE HAPPY HORMONE COTTAGE- What Makes Us Different!

Our Happy Hormone Cottage is a very personal endeavor to me. After experiencing hormonal issues myself at age 48-49, it became apparent to me that very little accurate knowledge or information was being relayed to women in this arena of hormone imbalance. Most women I met who were anywhere from mid-30's on up were experiencing issues with sleep, fatigue, energy, mood, anxiety, depression, low libido and weight. All had gone to their doctor and all were on some type of prescription medication for sleep, depression or anxiety. No doctor had suggested checking hormone levels because they were "too young" and the common belief is that checking hormone levels is reserved for women in the throes of menopause. I think the reality is that current standard of care does not see menopause as a significant health issue. It is simply a stage of life that aging women have to put up with, so the quickest, easiest way to "get through it" is to offer, in my words, the latest estrogen-of-the-month club product to eradicate the hot flashes and be done with it. Maybe a little pep talk comes with this estrogen, and we are encouraged to "suck it up and it will all be over soon." I think we deserve better.

The reality is that at our Happy Hormone Cottage, we don't focus on menopause. We focus on the HORMONE IMBALANCE that encompasses ALL women as we age, starting around the age of 35 and sometimes even younger. What we know is that as our progesterone levels begin to deplete, around the age of 35, we become estrogen dominant and here is where our hormone imbalance begins--with this imbalance of progesterone and estrogen. Our waning progesterone levels can promote issues such as sleeplessness, anxiety, depression, moodiness, irritability, aches & pains, sugar cravings and an increased risk for breast cancer. Why? Because unopposed estrogen can promote a heightened risk for breast cancer. Which leads me to my next question--if we are already estrogen dominant and we need progesterone to repair this initial hormone imbalance, then why is current standard of care about all estrogen all the time? I think this is a great question to be asking. And we need to be asking the right people--the people who are thinking outside the box of current standard of care, so are open to the latest research and the latest possibilities. This is what makes us different. WE actually check existing hormone levels and then work to replenish these depleted levels physiologically with topical hormone creams that are bio-identical to our own body's hormones and are customized for each woman to reestablish hormone balance. It is this physiological dosing that sets us apart. We don't believe in using any type of hormone therapy or delivery system that does not use physiological dosing. We have just seen too many critical health issues with delivery systems that use supra-physiological dosing. What sets us apart is that we also check adrenal gland function and a full thyroid panel (not just t4 and tsh), since we understand these body systems work together.

What makes us different is that we treat the body holistically (as a whole) and work in the realm of Functional Medicine. We recognize that current standard of care is 50 years behind the science and research and focuses on not only band aiding symptoms without addressing the cause but more importantly, does not look at the body as a whole. Current standard of care consists of specialist after specialist and each one just looks at one part of the body. Why? Our body obviously works together as a whole unit, so why not treat it as a whole entity? Functional Medicine takes into consideration life style, genetics, environmental stressors, and a whole host of other factors to get at the cause of issues to heal the body. Functional Medicine focuses on PREVENTION of disease and promotes WELLNESS. In my opinion, this is as it should be.

What makes us different is that our endeavor is led by a woman FOR women. We are truly a women helping women facility and we focus on EDUCATING our women one woman at a time so she understands:

- 1) what a hormone imbalance is
- 2) how it is detected
- 3) how it is treated in the most holistic way possible
- 4) which supplements work to also help reestablish balance and wellness
- 5) how she can take ownership of her journey to hormone balance as her FIRST step to wellness
- 6) how hormone balance is a LIFE LONG strategy to wellness

We understand that educating women first leads to a change in behavior and it is this change in behavior to a more holistic, best health naturally lifestyle that can be life changing. We know that if we positively impact even one woman, her entire inner circle is positively impacted. I also understand that what we do helps raise consciousness to the betterment of one's overall health.

What makes us unique is that we focus on validating our women by listening to their stories and believing them. Who knows our own bodies better than we do? We focus on reestablishing overall hormone balance in several key areas as an anti-aging strategy and promotion of wellness. What we know is that this is our first step to wellness. We have to own our journey to our best health, and this also includes eating right and exercise. Why? Because we know that what we place our attention on determines the quality of our lives.

Another aspect that makes us different and what I am most proud of is that we put 25% of our revenue back into our Cottage to continue to educate women in this area of hormone balance, holistic health and wellness. We walk the walk of our passion to educate women.

Finally, what makes us unique and different is that we are ALL about relationships. Our passion is our women's best health naturally. When our clients come to us and get started on their hormone therapy, we continue to check in with them monthly and then quarterly for as long as they are with us. We are always available to answer questions and address concerns. I am always simply an email away. I have a stellar staff of hormonally balanced, kind, caring and compassionate women working with me who are also all about building relationships and walk the walk of our passion. How can we be authentic if we have people working for us who aren't on our program? The answer is that we can't! So all of my employees are clients who are on our hormone therapy and supplements. This is huge! To sum this up, we are all about customer service, noninvasive hormone therapy, and relationship building. And this, among all the reasons above, is what makes our Happy Hormone Cottage unique, different and successful. I believe this puts us a step above other BHRT companies.