

## WHAT MAKES US UNIQUE

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Over the past few years since opening in August of 2009, I have received a lot of emails asking me how I got started: "What IS this place with the funny name?" "What do you mean-Happy Hormone Cottage?" "What makes what you do unique?" "How crazy are you.....really?" and the list goes on. So I thought it might be fun to share a few of the most frequently asked questions here, and then refer you to my website's FAQ section at [happyhormonecottage.com](http://happyhormonecottage.com) for the more generic questions on how you can get started with our program.

### 1) HOW DID YOU GET STARTED?

When I went through all of my hormone imbalance issues 8 years ago, I learned that there was no one in the medical profession to validate how I was feeling or even to offer me anything except surgery or drugs. Because I am married to a pharmacist, he also did not want me pursuing the drug therapy route, as he saw every day with his customers, the negative effects these drugs had on their overall health. So he went back to school to become trained as a compounding pharmacist, so he could work with my doctor to craft a more natural treatment plan for me. As I began to heal and feel better, I saw every other woman in their 30's, 40's, and 50's struggling with the same hormone imbalance issues of sleeplessness, anxiety, depression, fatigue, low libido and sadly, every one of them was on either an antidepressant or a sleeping aid. I remember coming home and telling my husband, "Oh my gosh! Every single woman I meet has the same hormone imbalance issues I had and they are ALL on drugs to bandaid their symptoms and ARE FEELING NO BETTER! They are just drugged!" I began to get passionate about educating women on what hormone imbalance issues are and to educate them on their options. Because they certainly weren't getting this education at their doctor's offices because their doctors also didn't know.

### 2) WHAT MAKES YOU UNIQUE?

We are a free educational resource center where women can come, tell us their stories, and feel validated. For many women, they have never had this experience. Our passion is women helping women learn the truth about natural hormone balance and their bodies as they age beyond 35, and then offering them more natural solutions than their healthcare practitioners can offer, since this is not taught in medical school. Our motto is "Get Tested, Get Treated and Get Better," along with "Become Educated, Empowered and Committed to YOUR BEST health naturally." When women come in for their consultations, they feel our passion and our interest in helping them and in encouraging them to help spread the word. We truly love and care for our women and this is even in our mission statement posted in each office: "To show our women that we hear them, they DO MATTER, and that we care." We do walk this walk!

### 3) WHAT KINDS OF CLIENTS DO YOU TYPICALLY ATTRACT?

We typically attract women (and men) who haven't felt well for awhile (several months to several years) and aren't getting anywhere with their doctor. Either they are told that this will pass so "go home

and deal with it" ; or "this is just what women go through"; or "here is a prescription for prozac or ambien"; or "you are too young to be experiencing hormone issues," etc. So we attract women who are sick and tired of feeling sick and tired OR the women who just KNOW there has to be a better way, so begin to search for answers on their own. We also get clients who are referred to us by their doctor, their husband, their friends or family because they just don't feel well and whatever they are doing isn't working. My favorite story is the email I received from a gal whose co-worker apparently signed her up for a consultation without her knowing it (she must really be cranky!) and when she got the reminder email about her upcoming appointment, emailed me back with an alarming gasp and said, "I didn't sign up for this!" My response was, "Well someone apparently thinks you need our help in hormone balance....." I laughed at that one!

#### 4)WHAT HAS BEEN YOUR GREATEST ACCOMPLISHMENT SO FAR?

You know, what I do.....this natural customized compounded hormone therapy is NOT our current standard of care. It is not taught in medical school so our healthcare practitioners do not know about it. Much of the time, we find their attitude to be "Condemnation Without Investigation is the Height of Arrogance." In other words, because they aren't familiar with it, it must not be valid. So I have learned that it is never easy to swim upstream against common beliefs--in this case, current standard of care, big pharmaceutical companies who are all about drugging for the masses (one size fits all), and our doctors. In fact, it is exhausting and often frustrating. So my greatest accomplishment is my passion for educating women on hormone imbalance IN SPITE of the resistance we receive on all sides. It is never easy being involved in a grass roots movement where the goal is to make a change for the better. But I know that MY truth has validity, has been done in Europe for 30 years, and is a viable alternative for many women. So we will carry on and continue to fight the good fight!

Our biggest success is our women who ARE feeling better on our therapy so THEY are telling their friends, family and inner circle to continue to spread the word. Do you realize that in just 3 years, we have opened offices in Kettering, Ohio; Mason, Ohio; Crestview Hills, Kentucky; and most recently in St. Louis, Missouri? Why? Because women are better (finally!) and women talk.

To learn more or to have us educate you, please call us at 513-444-6343, visit us online at [happyhormonecottage.com](http://happyhormonecottage.com) OR download our free mobile app at your app store by searching on happy hormone cottage. We look forward to serving you!