

# BIO-IDENTICAL HORMONE REPLACEMENT MAP



## VISIT ONE

Questionnaire filled out and labs drawn to assess hormone deficiency. Process of bio-identical hormone replacement therapy and pellets explained.



## 5 WEEKS POST INSERTION

Stop by for a lab draw to assess hormone levels. Follow up 1 week later to discuss results.



## VISIT THREE

Follow up on labs and hormone pellets. Evaluation of improvements and side effects addressed. Free hormone boost is given if indicated. Nutrition/environmental toxin consult recommended if needed.



## VISIT FOUR

3-6 months after initial insertion return to clinic for 2nd pelleting. This appointment is made the moment you feel the pellets wearing off (ex: fatigue, hot flashes return). Labs drawn this visit to evaluate levels and pellet insertion takes place. F/U 3-6 months later.



## VISIT FIVE AND ON

Pellets continue to be inserted every 3-6 months. Labs will be drawn at least annually with hormone replacement therapy. Continue enjoying benefits of HRT!

## BIO-IDENTICAL HORMONES

As the body ages, it begins to produce fewer hormones. This can lead to feelings of sluggishness, weight gain, mental fog and overall decrease in quality of life. Not all hormone replacement options are the same though.

The Healing Sanctuary uses Bio-Identical Hormones, hormones that are identical in structure to the hormones made in the body. Instead of creams or shots, a small pellet, formulated individually, is implanted below the skin. This pellet produces a more consistent and stable delivery method, providing a steady hormone level over three to five months.

Feeling better starts with talking to your provider.