



DOCTORS NATURAE - HEALTHY HORMONE PROGRAM OVERVIEW

MISSION STATEMENT

The **Healthy Hormone Program** was developed by Doctors Naturae to provide a complementary perspective on preventing and treating hormone imbalances. This program supports previously established medical diagnostic and treatment options; while affording patients with the opportunity to correct hormone imbalances holistically. The program provides education and support to women and men interested in maintaining or improving hormone balance, as well as, overall health and wellness.

THE 3 PILLAR PROGRAM

REBALANCE (CREATING A STRONG FOUNDATION)

1. NATUROPATHIC HORMONE ASSESSMENT

1. Comprehensive patient health history and hormone focused assessment (1.5 hours)
2. Naturopathic review of hormone balance checklists (to be completed by the patient prior to the initial consultation)
3. Objective hormone assessment – physical examination, pH assessment, Urinalysis, and serum hormone testing (conducted by medical doctor) or in-house salivary hormone testing
4. Individualized hormone balancing protocol

2. NATURAL NUTRITION HORMONE ASSESSMENT

1. Comprehensive nutrition history and hormone focused assessment (1 hour)
2. Objective nutrition assessment – BIA testing, Waist-to-hip ratio measurements, BMI, RMR, and hormone body type analysis

REBUILD (RESTORING OPTIMAL HORMONE FUNCTION)

1. ANTI-INFLAMMATORY DETOXIFICATION AND HORMONE BALANCING NUTRITION

1. 21-day anti-inflammatory detoxification – Restores hormone and acid/base balance
2. Post-detoxification nutrition – Nutritional counselling in “clean eating” for hormone health (glycemic load, hormone balancing foods, nutritional for “hormone” body type)

2. HEALTHY HORMONE SUPPORT

1. Replenishing core nutrients – multivitamins, EFAs, antioxidants, and probiotics
2. Individualized nutraceutical care for the purpose of rebalancing specific hormone concerns

REINFORCE (SOLIDIFYING HORMONE BALANCE)

1. WHOLE BODY REVITALIZATION

1. Focus on fitness – Group and one on one fitness programs (outsourced)
2. Extra energy – Understanding the hormone connection for better sleep and sex
3. Stress survival – Developing superior stress coping mechanisms
4. Soul satisfaction – Relaxation and therapeutic massage therapy
5. Hormone healthy home – Learning how to eliminating harmful xeno-hormones

FEE SCHEDULE

The healthy hormone program is designed to provide a comprehensive service at an affordable rate for patients. The total cost of the program is \$450.00 + GST and does not include the cost of nutritional supplements or additional therapies.

- Naturopathic Hormone Assessment Total ND cost due on IV \$350 + 45.50 = \$395.50
 - Rebalance (Naturopathic Initial Visit) - \$175 + HST
 - Rebuild (2nd Naturopathic Visit) - \$100 + HST
 - Reinforce (3rd Naturopathic Visit) - \$75 + HST
- Natural Nutrition Hormone Assessment
 - 1 hour initial consultation and 2, 30 minute follow-ups – \$340 Value for \$100
 - 1 supplement option (see below)
- Additional Hormone Balancing Therapies and Laboratory Testing (Optional)
 - Bowen Therapy - \$75 + HST
 - Auricular Medicine - \$100 + HST (45 minute treatment)
 - Salivary Hormone Panel - \$220 + HST
 - Adrenal Function Panel - \$220 + HST
 - Urinary Thyroid Assessment - \$225 + HST

PROGRAM SCHEDULE

- Week 1 – Initial Naturopathic Visit and Initial Nutrition Visit
- Week 4 – Follow-up Nutrition
- Week 6 – 2nd Visit Naturopathic
- Week 8 – Follow-up Nutrition
- Week 12 – 3rd Naturopathic Visit

SUPPLEMENT OPTIONS

Option 1

- Ultra-InflammX
- 3 Elevate Me Bars

Option 2

- Perfect Cleanse Kit
- NutraSea + D
- BioK (excludes brown rice formula)
- 3 Elevate Me Bars

Option 3

- 2 * Douglas Labs
- 3 Elevate Me Bars

Option 4 (Vegan)

- Harmonized Vegan Protein
 - BioK Sprouted Rice 15 pack
 - 3 Elevate Me Bars
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