

Hormonal Counseling Fact Sheet

What is Hormonal Counseling at The Hetrick Center?

At The Hetrick Center, we will test a patient's hormone levels to ensure accurate hormonal treatment. We will then treat and correct the patient's symptoms with specific natural supplements based on the test results. Various types of tests are used to determine a patient's particular needs. Based on the history gathered, the best test is ordered for the patient. These are non-invasive saliva tests in which the patient takes saliva samples at specific intervals throughout the day. Saliva testing tests free hormones which gives a more accurate, less invasive result than blood or urine testing. The entire female cycle is tested, not just one day.

Once the test results are back, Dr. Mary Colman can customize a supplement or natural hormone protocol to meet each patient's individual needs. Each individual differs with what and how much they need and Dr. Colman closely monitors this. This will enable the patient to achieve appropriate and compatible physiologic levels of hormones and increase the patient's sense of "well being."

By removing underlying hormonal deficits and imbalances,
the patient will receive a better quality of life.

What symptoms can benefit from Hormonal Counseling?

Premenstrual Syndrome

Irritability
Weight Gain
Emotional Outbursts
Inability to Sleep
Infertility Issues

Pre-, Peri- and Post-Menopausal Symptoms

Depression
Inability to Lose Weight
Hot Flashes
Migraine Headaches
And More ...

The right balance of hormones is important to long-term emotional, mental and physical health.

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