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- The Hormone Dance
By: Dr. Cecilia de Martino, B.Sc., N.D.



To Book an Appointment

By Email:

info@sellerswellness.com

By Phone:

519-208-6900

****STARTING DECEMBER 1ST, 2015, CHRISTY MATHERS, RMT, WILL BE ADDING EVERY OTHER TUESDAY FROM 8 AM – 2 PM TO HER SCHEDULE.****

CHRISTY'S HOURS:

Tuesday – 8 AM-2 PM
Wednesday – 3 PM-8:30 PM
Thursday – 10 AM-6 PM
FRIDAY – 2:30 PM-7 PM

The Hormone Dance

By Dr. Cecilia de Martino, ND

Whether you are a woman whose periods are irregular, too heavy or too painful. Or whether you are a woman who has hot flashes, difficulties staying asleep and losing weight, the common denominator is hormone imbalances. Our most talked about hormones are: thyroid, estrogen, progesterone, testosterone, melatonin and cortisol. When one or more of these are out of balance, it can make us feel completely off. Getting your hormones checked can be a very valuable insight into your health. The best way to measure your hormones is through your saliva. This measures the hormones at a cellular level indicating what hormones your tissues are using and taking up.

As a naturopathic doctor who has passed the prescribing exam, I am now eligible to prescribe bio-identical topical estrogen, progesterone as well as thyroid hormone. I prefer to use these as a last resort. I first make sure that the stress hormone cortisol is balanced, that the digestion is working well and that the liver is detoxifying the hormone properly. Once all the natural and lifestyle options have been exhausted, bio-identical hormones may be an option.

Bio-identical hormones are identical to our own bodies hormones unlike the traditional synthetic Premarin hormone which is made from a pregnant horse's urine and has had a lot of research showing that it causes cancer and cardiovascular risks. Bio-identical hormones have a smaller risk profile and can relieve many symptoms.

If you believe that your symptoms are due to your hormones and would like to test them, make an appointment with me at the clinic. www.drcecilia.ca

Fees Increasing for Chiropractic Services

New fee schedule for chiropractic services effective January 1st, 2016

Initial Chiropractic Assessment	\$80.00
Subsequent Follow-up	\$40.00
Initial Pediatric Assessment	\$50.00
Subsequent Pediatric Follow-up	\$25.00
Acupuncture and Chiropractic	\$65.00
Acupuncture ALONE	\$55.00

If you have any questions/concerns, please don't hesitate to contact us by phone or email.