

BALANCING MY FEMALE HORMONES

I was referred to Options Center and Helen Cox by a friend of mine. I was having some peri-menopausal symptoms that, at the time, I didn't even know were peri-menopausal symptoms. I had cyclical migraine headaches for about the last 10 years, heavier and heavier menstrual flow, and feeling very tired a couple of days out of the month. And I thought this was just normal!

At my first appointment, Helen suggested that I do a saliva test/hormone panel. After receiving the results, she suggested some supplements to balance my hormones.

What a difference! I now have a "new" normal! No more headaches or fatigue and easier, lighter menstrual flow. I didn't know I was feeling as bad as I was until I felt so good again.

I have always exercised and eaten well anyway, but balancing my hormone levels through supplementation was a big piece of the equation to feeling good and managing my weight. I would highly recommend the saliva test to any woman struggling with peri-menopausal or menopausal symptoms. There is no need to endure them when you can feel good again!

C.W.