

THE HORMONE SOLUTION

A smiling woman with long brown hair, wearing a straw hat with a black band and a beige crocheted cardigan over a white top. She is sitting outdoors on a beach, with her hand resting on her chin. The background is a bright, sunny beach scene with dunes and some greenery in the distance.

Natural Methods to
Reclaim Your Health

DR. SUSAN E. SKLAR

**ARE
HORMONES
HOLDING YOU BACK
FROM HAVING
THE LIFE
YOU WANT?**

**NATURAL
METHODS TO
RECLAIM YOUR
HEALTH**

INTRODUCTION

Is your weight climbing despite your best efforts? Do you wake up tired and get more fatigued as the day wears on? Do you lack the energy to do the hobbies and pursuits that were once your passion? Is your relationship in trouble because you're not "in the mood?" Are hot flashes disrupting you during the day and waking you up at night? Do you have trouble sleeping even though you are exhausted? Do you have moods that keep you from enjoying yourself or cause you to be short-tempered with your loved ones? Have you stopped socializing with friends and given up on activities you once loved? Is it a struggle to keep up at work? Has your "get up and go" gotten up and left? Have you been to doctors who say "your tests are all normal" and "what do you expect at your age?" Are you frustrated and wondering if there is help for you?

There is a solution! You can get back to feeling like your "old self" – energetic and vibrant again. You can get back to the sexier, younger you. Imagine having the energy to go to work, care for your family and enjoy your hobbies and passions. You can feel happier and more resilient and stop snapping at those around you. How about sleeping like a baby and waking up refreshed? No more "to do" list left undone. Instead of making excuses for not socializing with friends, you can have the vitality to go out and enjoy yourself. The truth is: you don't have to "just live with it."

If this is possible, then why do you still suffer? Maybe you've tried diets and supplements—but nothing seems to work. Perhaps you haven't known where to go for help—a doctor that is willing to give you the time to listen and to find the correct diagnosis and a treatment plan that leads to healing... not just treating the symptoms with multiple medications for the rest of your life. Maybe you lack the energy and focus to find a solution. Or maybe you're in a rut. You've given up and given in and now you feel "stuck."

The book is written for you. I know the information in it can change your life.

Always Advocating for Your Health,

Dr. Susan Sklar

START OUT BY TAKING OUR QUIZ TO SEE IF HORMONES ARE SABOTAGING **YOUR HEALTH:**

OVERALL HEALTH

Do you have reduced energy or are easily fatigued?	Y	N
Do you have insomnia or poor sleep quality?	Y	N
Do you lack a "sense of well-being?"	Y	N

HEALING AND IMMUNITY

Do you have increased healing time?	Y	N
Do you have decreased joint flexibility?	Y	N

BODY COMPOSITION

Do have increased (unwanted) body fat?	Y	N
Do you have reduced muscle mass or muscle strength?	Y	N
Do you have reduced (limited) exercise performance?	Y	N

HAIR, SKIN, AND BONE

Do you have thinning skin or hair?	Y	N
Do you have dry hair or skin or brittle nails?	Y	N

METABOLISM

Do you have cold intolerance?	Y	N
Do you have heat intolerance?	Y	N

MENTAL HEALTH

Do you have reduced memory or concentration?	Y	N
Do you have mood swings?	Y	N
Do you have depression or anxiety?	Y	N

SEXUAL AND REPRODUCTIVE FUNCTION

Do you have low sex drive (libido)?	Y	N
Do you have vaginal dryness or painful sexual intercourse?	Y	N
Do you have Premenstrual Syndrome or other menstrual problems?	Y	N
Are you peri-menopausal, menopausal or post-menopausal?	Y	N
Do you have hot flashes or night sweats?	Y	N

5 POINTS FOR EACH YES ANSWER.

Total Points for This Section

**WHAT DOES
YOUR SCORE
MEAN? ARE
YOU MILD,
MODERATE OR
SEVERE?**

Your score is an indication of the severity and type of hormone imbalances that exist in your body. These are likely to be the reason for many of your symptoms.

The higher your score, the more likely you are to have deficiencies and imbalances in your hormones. These are likely to be the reason for many of your symptoms. A score from 15 to 25 means there are mild hormone problems to be fixed. A higher score from 30 to 60 means there are moderate hormone problems. A score 65 to 100 means there are severe hormone problems responsible for health problems.

Keep reading to find out what you can do...

HORMONE INTRODUCTION
AND BACKGROUND

Conventional medicine has always held the belief that aging is inevitable and that the progressive deterioration that occurs in our adult years cannot be altered. Fortunately, there is an exciting revolution in science and medicine that identifies aging as a problem that can be managed and treated. One of the most important treatments for the disease of aging is hormone supplementation. Hormones decline in all people as they age. Many physicians assume this is the way it should be, and therefore the medical community has been very slow to offer hormone replacement therapy to the average citizen as a means of combating many of the negative effects that accompany aging. The idea that aging can be controlled has been met with a certain amount of resistance. If a younger person were to be diagnosed as having a hormonal deficiency, it would quickly be corrected. Unfortunately, physicians have not been trained to treat the average person with a deficiency if the deficiency is thought to be due to the natural aging process. Researchers from around the world have now shown that the hormonal deficiency associated with aging is no different from that of a younger person with a hormonal imbalance.

Over the last 50 years, research in the fields of endocrinology and immunology has improved our knowledge as to how and why we age. The endocrine system regulates our body's temperature, reproduction, growth, aging and immune system. Communication between the nervous system, the endocrine system and the immune system makes it possible for us to adapt and survive in our environment. It is through hormones that these systems interact to accomplish this mission. Hormones are molecules that are released into the blood stream and exert biochemical effects on receptor sites. Hormones serve as messengers from the central nervous system telling our internal organs how to function.

THE HORMONE SOLUTION

Hormones are amino acids linked together into long chains called polypeptides. These polypeptides are manufactured in endocrine glands, which include the adrenal glands, the testes, ovaries, pancreas, thyroid, pituitary gland and pineal gland. When there is degeneration and aging of the organs, the levels of hormones diminish. In addition, as we age, the specific receptor sites in the cells tend to change and become insensitive to the hormones. Whatever the cause may be, any decrease in stimulation of the receptor site will result in a decrease in stimulation of the cell, decrease in cellular repair, decrease in protein synthesis, and inability for the cell to regenerate and a gradual destruction of the cell. This is what occurs with aging. With the advent of genetic engineering, it is now possible to produce natural hormones that in every way match those produced by our body. The medical procedure to replenish these hormones with natural hormones is called "natural" hormone replacement therapy, which is the science of simply restoring the balance of the endocrine system to that which we had at an earlier age.

Hormones control virtually all of the functions of the body including our reproductive, immune and metabolic systems. Hormones actually determine how we age by controlling our overall physical and mental health. As the levels of hormones decline so do our physical and mental capabilities. We lose our energy, vitality, and health, as well as our longevity. By restoring these hormones to their youthful levels it is now possible to restore our youthful zeal and energy and to strengthen and bolster our bodies as well as our minds.

We can eliminate and reverse many of the symptoms that we have come to associate with aging. We can also regain the youthful resilience that enables us to cope gracefully with the stressors that challenge us every day. It has been shown that the catabolic changes seen in normal aging, including osteoporosis, muscle atrophy, sleep disorders and decreased sociability are in part caused by a decrease in hormones. Aging in men and women is associated with reduced protein synthesis, decreased lean body mass, decreased bone mass and increased body fat. The body composition changes are accompanied by a progressive decline in the secretion of hormones. Replenishment of these hormones to physiological levels (optimal, but within normal limits and not excessive) has been shown to alleviate these age-related changes.

Much of what goes wrong in old age is the effect of our hormones no longer maintaining the balance that they once did. In fact, the diseases that have become associated with normal aging, such as diabetes, heart disease, and cancer are largely a result of what happens when the correct balance of hormone levels is upset. By restoring the proper hormone balance, immunity is restored and this can prevent many of the diseases associated with the aging process. In summary, some research has shown that declining hormone levels are the basic causes of many ailments associated with aging and hormone replacement is the solution to alleviate these ailments.

Remember the key is to replenish all of the deficient hormones back to a more youthful balance, thereby producing a synergistic effect between the hormones. Which hormones to replenish, how much to replenish and how to adjust the hormones so that they have a synergistic effect is the art and science of the new specialty of natural hormone replacement. We applaud you for taking the first step; now let us help you achieve the quality of life you desire.

READ BELOW TO LEARN ABOUT **SPECIFIC** **HOMONES** AND WHAT THEY CAN DO **FOR YOU**

TESTOSTERONE IN MEN

This hormone can also decline significantly as men age. Declining levels in men can cause loss of muscle mass and strength, erectile difficulties, mood changes and diminished sex drive. Testosterone is the primary male sex hormone, responsible for male sexual development and critical in maintaining erectile function, libido, normal energy levels, and mood. It also controls a wide range of other physical functions throughout the body. As with other hormones, testosterone declines with age and at the age of 80 is only one fifth of what it was in youth. Testosterone levels begin declining when a man is in his thirties. Because the drop in testosterone is gradual, the symptoms of andropause (the name of midlife testosterone decline) appear over a longer period of time as compared to female menopause. Symptoms appear as a gradual decrease in energy, thinning bones and muscles, increased abdominal fat, depression, and impaired sexual function. Testosterone deficiency has also been linked to hypertension, obesity and increased risk of heart disease. Stress, lack of physical activity and poor diet also play a role in declining testosterone levels. These factors, along with nutritional deficiencies, can cause low testosterone in young men as well as midlife and older men.

TESTOSTERONE IN WOMEN

In women, decreased amounts of testosterone affects the critical thinking processes, muscle mass and strength, and sex drive. It is secreted by the adrenal glands and ovaries. When women reach menopause age, ovarian production of testosterone stops, leaving the woman with only half of her prior level. While women need a much smaller amount than men it is very important for enhancing a woman's libido and also appears to enhance the functions of estrogen in this regard. Is it any wonder, then, when desire tanks in midlife for women? Testosterone is important for maintaining muscle mass which helps to control body fat and weight as well as maintain good energy levels. In both males and females it also helps to strengthen bones in preventing osteoporosis.

Benefits of Testosterone Replacement

- ✓ Increase in bone density, bone formation and bone minerals
- ✓ Increase in energy
- ✓ Improvement in sexual function
- ✓ Decrease in body fat
- ✓ Increase in HDL and decrease in LDL levels
- ✓ Decrease in heart disease
- ✓ Improved brain function, learning and memory
- ✓ Improved blood glucose levels
- ✓ Decreased blood pressure
- ✓ Increase in sexual desire
- ✓ Increase in both muscle strength and in the diameter of muscle fibers
- ✓ Enhancement of skin and hair texture

ESTROGEN

Estrogen is produced in the ovaries and adrenal glands. Men also produce estrogen through a conversion of testosterone, although in an extremely small amount. There are three types of estrogen found in a female's body, estrone, estradiol and estriol. The levels of all of these hormones fall dramatically at the onset of menopause. Symptoms characteristic of menopause are hot flashes, insomnia, vaginal dryness, bladder problems, difficulty concentrating and anxiety. With time, many of these symptoms diminish. Unfortunately, the chronic disease processes, such as cardiovascular disease, stroke, osteoporosis, and Alzheimer's only increase in the absence of estrogen. Men produce small amounts of estrogen which help to maintain healthy arteries.

The rapid bone loss after menopause has been attributed to the decline in the production of estrogen, which is essential for bone growth. In addition the loss of estrogen results in the development of heart disease, which is the number one killer of both men and women. Postmenopausal women on estrogen have a 70% decrease in mortality from heart disease. Estrogen has also been shown to lower total blood cholesterol and raises HDL, the good cholesterol. Not only does estrogen protect vessels of the heart, it also protects vessels of the brain and may protect against Alzheimer's disease.

There is no doubt that estrogen can protect a woman against many of the diseases of aging and that post menopausal women on estrogen typically feel better and stay healthier.

Benefits of Estrogen Replacement

- ✓ Protects against heart disease
- ✓ Protects against stroke
- ✓ Decreases cholesterol
- ✓ Prevents and or lowers incidence of Alzheimer's disease
- ✓ Improves memory
- ✓ Decreases symptoms of menopause
- ✓ Prevents osteoporosis by slowing down the process
- ✓ Improves vaginal dryness and eliminates bladder problems

PROGESTERONE

Progesterone is a hormone produced by the ovaries and adrenal glands and functions to balance the effects of estrogen. Natural progesterone enhances the action of estrogen as these two hormones were meant to work together to maintain a normal hormonal balance. The lack of progesterone causes osteoporosis, heart disease, decrease in libido and a significantly diminished quality of life. The combination of natural progesterone and estrogen can prevent this downward spiral by keeping women vital, strong and healthy. Men produce small amounts of progesterone in the adrenal glands. It helps to promote calmness.

The ovaries begin producing progesterone in earnest around puberty, and the monthly ebb and flow of this hormone during the menstrual cycle, in harmony with estrogen and other hormones continues until menopause. Progesterone's primary role during this period is to help make the uterus ready for implantation of a new embryo, the first major event – after fertilization of the egg – in the 9 months of human gestation. If the egg is not fertilized, progesterone production temporarily ceases, and the uterus sheds its endometrial lining.

Benefits of Progesterone Replacement

- ✓ Aids sleep
- ✓ Calms anxiety
- ✓ Protects against fibrocystic breasts
- ✓ Natural diuretic
- ✓ Acts as a natural antidepressant
- ✓ Aids thyroid hormone action
- ✓ Normalizes blood clotting
- ✓ Helps keep blood sugar levels normal
- ✓ Protects against endometrial cancer
- ✓ Helps protect against breast cancer
- ✓ Promotes bone building and protects against osteoporosis

ESTROGEN AND PROGESTERONE HORMONE IMBALANCES IN WOMEN

Imbalances between estrogen and progesterone cause a number of problems for women in their reproductive years and beyond. Stress tends to drain our progesterone levels while we make more cortisol which is our major stress hormone. When this happens, we do not have a proper balance between estrogen and progesterone. This can result in the types of menstrual problems such as heavy and painful menstrual periods. A condition called estrogen dominance can occur when estrogen is too high compared to progesterone. This imbalance can cause weight gain, uterine fibroids and endometriosis in addition to menstrual problems. Balancing these two hormones through the supplementation with bio identical progesterone is a safe and simple way to relieve these problems which can cause significant distress to women.

In peri-menopause, which can begin as early as our mid-30s, progesterone is the first hormone to change. Many of the symptoms of peri-menopause such as anxiety, erratic menstrual periods, menstrual symptoms of heavy flow and painful flow, and increased premenstrual symptoms are the result of insufficient progesterone.

In midlife, eventually, estrogen levels also become erratic. Sometimes they are higher than they have ever been before. When this happens, women will experience sore breasts, fluid retention and swelling, and frequently mood changes. When estrogen levels decrease, hot flashes, night sweats, and difficulty sleeping can result.

At menopause, both estrogen and progesterone levels become quite low or nonexistent. At this time some women have significant difficulty with anxiety, depression, hot flashes, night sweats, insomnia, vaginal dryness and painful sex, weight gain and many other symptoms.

PREGNENOLONE

Pregnenolone is one of our steroid hormones. It has anti-inflammatory effects and has been used to treat arthritis. It also has an important function in the nerve transmission in the memory portion of the brain. It is produced in the brain and the adrenal gland. It is a precursor hormone to other important hormones such as cortisol, as well as DHEA and progesterone. In the ovaries, pregnenolone is a precursor to estrogens and progesterone, and, in the testes, pregnenolone is a precursor to testosterone. Although pregnenolone serves the role as a precursor to other hormones, alone it

works to keep the brain functioning at peak capacity. Its levels are highest in the brain and studies have shown that it enhances many of our mental functions. New and exciting research has also shown that pregnenolone works as a cellular repairer, particularly in the brain and nerve tissue and it protects cerebral function by guarding against neuronal injury. Pregnenolone is to the brain what other hormones are to the body. In countless studies, pregnenolone has been shown to reverse age-related deficiencies in spatial memory performance and to have protective effects on memory in different models of memory loss.

Benefits of Pregnenolone Replacement

- ✓ Promotes nerve regeneration
- ✓ Decreases symptoms of arthritis
- ✓ Reduces the signs of aging skin (when applied in cream form)
- ✓ Enhances memory
- ✓ Improves sense of well-being
- ✓ Increases energy
- ✓ Increases mobility
- ✓ Improves sleep quality
- ✓ Reduces the harmful effects of stress

DHEA

(dehydroepiandrosterone)

DHEA is a hormone essential to vitality, energy, immunity, weight control and sex drive. It is at its peak levels when we are in our 20s. By our mid-forties its levels are half of what they were earlier in life. DHEA levels decrease when we are under stress. In order for us to produce enough cortisol, which is our major stress hormone, we may deplete our body's own supplies of DHEA. Reduction of stress and subsequent reduction of high cortisol levels help to maintain adequate DHEA.

DHEA is produced in the adrenal glands, gonads and brain. The mean concentration of DHEA in serum decreases progressively from a peak at age 25 to less than 20% of that peak before the age of 70. Much of what we consider the "natural process of aging" is, in fact, decline of DHEA. In addition, levels are typically low in those with chronic diseases, such as cancer and AIDS, and heart disease as well.

Benefits of DHEA Replacement

- ✓ Improves function of the immune system
- ✓ Improves brain function
- ✓ Hinders the damage that stress can cause
- ✓ Increases energy
- ✓ Reduces body fat and cholesterol, thereby preventing heart disease
- ✓ Increases insulin sensitivity
- ✓ Potent antioxidant by preventing formation of free radicals
- ✓ Improves mood
- ✓ Cognitive enhancement

THYROID HORMONE

Thyroid hormone regulates our metabolism. It affects the activity of every cell in the body. It is involved in body weight, memory, emotions, temperature tolerance, bowel function, and the quality of the skin, hair, and nails. Thyroid hormone levels decline as we age. In addition, cellular sensitivity to thyroid declines as we age, so seemingly normal levels may not be effective.

It is a metabolic hormone secreted by the thyroid gland. There are two types of thyroid hormones, Thyroxine (T4) and Triiodothyronine (T3). T4 is inactive and kept in reserve, T3 is the active hormone. Thyroid hormones control the growth differentiation and metabolism of each cell in the body. They also control how fast our body uses the fuel that we consume particularly carbohydrates and fat. This in turn helps to regulate our temperature and body fat percentage. The thyroid hormones T3 and T4 are produced in the thyroid gland. About 80% of the thyroid hormones we produce is T4, the inactive thyroid hormone that is typically held in reserve by the body. T3 makes up only 20% of the thyroid hormone, but is about four times more potent than T4 and is the active hormone that the body uses to function. T4 is converted into T3 when thyroid hormone is needed.

The release of the thyroid hormones is controlled by the thyroid stimulating hormone (TSH), which is produced in the pituitary gland. Low circulating levels of thyroid hormone are detected by the hypothalamus which then instructs the pituitary to release TSH. When sufficient amounts are released the hypothalamus communicates with the pituitary to stop or slow down. Because of this complicated feedback loop high levels of TSH in the blood often means the pituitary

is trying to stimulate production of the thyroid hormone but the thyroid gland is not responding. This condition known as hypothyroidism is more common in women and the elderly.

Benefits of Thyroid Replacement

- ✓ Regulates temperature, metabolism and cerebral function
- ✓ Increases energy, body temperature and warmth
- ✓ Increases fat breakdown resulting in decreased weight and lower cholesterol
- ✓ Protects against cardiovascular disease
- ✓ Improves cerebral metabolism, so improves mood and thinking abilities
- ✓ Prevents cognitive impairment
- ✓ Relieves symptoms of thin sparse hair, dry skin and thin nails

MELATONIN

Melatonin, which is widely known for its sleep enhancing effects, also has other important actions in the body. It is produced by the pineal gland which is in the brain. It is the conductor of the finely-tuned orchestra that is our hormone balance. Melatonin is a mood enhancer. It is a powerful immune system booster. It is a cancer inhibitor. It decreases high blood pressure and migraine headaches.

Melatonin is produced naturally in the body by the pineal gland. The levels are higher at night, are suppressed by bright light, and decline as we age. Melatonin manages the circadian rhythms or inner clock by lowering body temperature, which, in turn, controls our sleep/wake cycle. For years, melatonin, has been popular to treat jet lag and insomnia. By using melatonin as a supplement, the sleep/wake cycle can be adjusted to allow quality rest at night and optimal function during the day.

Melatonin is derived from the essential amino acid tryptophan. When tryptophan is consumed through the foods we eat, it is converted into the neurotransmitter serotonin and then broken down further into melatonin at night. Light suppresses the release of melatonin, while dimming light transferred through the eyes into the pineal gland stimulates the release of more melatonin into the blood stream.

Benefits of Melatonin Therapy

- ✓ Powerful antioxidant effects
- ✓ Potential benefit in preventing and treating cancer
- ✓ Immune enhancing properties
- ✓ Promote better sleep
- ✓ Avoid jet lag
- ✓ Biologic regulation of circadian rhythms

VITAMIN D

Vitamin D is a fat soluble vitamin which is actually not a vitamin (which must be consumed through diet) but is in reality a hormone (which is produced in the body). Vitamin D is important for bone health and prevention of cancer and cardiovascular disease. Its importance is being recognized increasingly since it is involved in over 400 metabolic processes in the body. Vitamin D can be made from the action of sunlight on our skin. However, because of use of sunscreens and recommendations to avoid bright sun, most people are deficient, often significantly.

- ✓ Maintain muscle mass
- ✓ Aid weight loss
- ✓ Increase energy
- ✓ Improve mood
- ✓ Prevent cardiovascular disease
- ✓ Prevent cancer
- ✓ Prevent autoimmune disease
- ✓ Prevent Alzheimer's

WHAT ABOUT HORMONE SAFETY

One of the biggest questions from the public is whether hormones are safe. Hormone treatment can be very safe if some precautions are taken. One is the use of bioidentical hormones. These are hormones that are chemically exactly the same structure as our own natural hormones. Using this natural form of hormones, monitoring levels and properly combining them enables us to restore your hormones back to youthful levels safely. Here are some important points about hormones:

- ➔ **Estrogen has been the topic of controversy in terms of breast cancer risk and blood clot risk.**
- ➔ **Many of these studies have used unnatural forms of estrogen and synthetic progesterone which increase risks. The horse based oral form of estrogen, Premarin, and the synthetic form of progesterone, called Provera, cause these additional risks.**
- ➔ **Combining bioidentical estrogen, with bioidentical progesterone and testosterone has been shown to improve safety and eliminate concerns about increased risk of breast cancer.**
- ➔ **Testosterone does not increase risk of prostate cancer. This common misconception had its origin many years ago in an incorrect and misunderstood paper published in the 1940s.**
- ➔ **Testosterone does not lead to increased heart disease in men. In fact, healthy levels of testosterone are associated with a lower risk of heart disease in men.**

REAL LIFE STORIES

I want to tell you about patients we have cared for at the Sklar Center for Restorative Medicine. Their stories are not unusual. We see many people on a regular basis with problems like theirs.

Take the case of Geneva. She was 53 years old and had lost her lust for life. Here's what she told me when I first met her:

Hot flashes keep me up at night. My memory starting going when I hit menopause last year. And I'm kind of down all the time, which is not typical for me. My husband wonders what is going on because I'm crabby and I don't even want him to touch me. I'm so tired, I've had to cut back on lots of activities—things that really made me happy, like playing volleyball, going to the theater and regular gatherings with a group of friends I've known since college.

I just get through each day and do what I absolutely have to and then go home and crash. I've seen my primary care doctor, an endocrinologist, and my gynecologist. None of them found anything wrong. They said this was normal for my age. They said there was nothing they could do for me. Am I going to have to live like this the rest of my life? I asked them if they could check my hormone levels, but they just said they would be low since I am in menopause so there was no point in testing them.

Or what about Harold? He was a 51 year old gentleman with multiple problems.

He came to see me because of low energy, he was very overweight, and was feeling down. He was a high power guy running multiple businesses, but his big concern was that his 30 year old girlfriend was pregnant and about to deliver in two months. Harold was concerned about having enough energy to enjoy and raise a new baby. He had the benefit of a family member in the medical profession who had heard about bioidentical hormones. Harold thought they might be the solution for him.

We tested Geneva's and Harold's hormone levels and found that they both had multiple low levels of hormones that are essential to feeling good and having the vitality to enjoy life. We set up a personal plan for each of them that included hormone restoration, lifestyle instructions for stress reduction, healthy diet and proper exercise. Within a short time they both had increased energy, vitality, and were able to pursue their passions in life. Oh, and Harold had a beautiful baby boy.

FINALLY, A SOLUTION!

If you feel like Geneva or Harold, you are not alone. The solution is to work with an expert who will get you “unstuck” and feeling great. The best investment you can make in yourself is to work with a doctor who knows how to get at the real causes of your problems and come up with a step by step plan to restore your health and vitality—a doctor who listens to you and forms a healing partnership with you to find your unique solution. Put an end to frustration and confusion by having a caring, knowledgeable doctor to guide you. Maybe you’ve dreamed of a doctor who could do this. Well, dream no more. Dr. Sklar and her team at the Sklar Center for Restorative Medicine has the experience and the expertise to get you results. For over 25 years, Dr. Sklar has been working with people like you to achieve maximum wellness.

Dr. Sklar has extensive experience in treating hormone problems—with great success treating symptoms such as fatigue, moodiness, overweight and insomnia. She has “been there” herself—once in the same position you’re in—fatigued, moody and wanting to make a change.

She combines the best of conventional medicine with alternative treatments to achieve optimal results. She has the unique ability to customize your treatments for maximal success, and she takes the time needed to do it.

When it comes to finding a solution for your health, we don’t say “it’s your age,” or “you’ll just have to live with it.”

We say
“the buck stops here.”

Contact Dr. Sklar today to set up your complimentary FREE Consult:

 **562-596-5196** or **info@sklarcenter.com**

HERE IS YOUR BONUS **ADRENAL ASSESSMENT!**

Have you had a time of severe stress in your life?	Y	N
Have there been significant losses in your life through death or illness?	Y	N
Are you fatigued?	Y	N
Are you emotionally overstressed currently?	Y	N
Do you have poor memory or concentration?	Y	N
Are you developing a spare tire (fat around your mid-abdomen)?	Y	N
Do you suffer from depression or down moods?	Y	N
Do you have low blood pressure?	Y	N
Do you experience a "second wind" (high energy) at bedtime?	Y	N
Do you get light-headed when sitting or standing from lying down?	Y	N
Do you frequently have low body temperature? (Less than 98°F)	Y	N
Do you need caffeine get going in the morning or after lunch?	Y	N
Do you wake up tired even after a full night of sleep?	Y	N
Are you prone to injuries?	Y	N
Are you often ill with colds and flu?	Y	N
Do you suffer from chronic pain?	Y	N
Do you suffer from insomnia?	Y	N
Do you have PMS (premenstrual syndrome)?	Y	N
Are you menopausal or peri-menopausal?	Y	N
Do you have hypoglycemia (low blood sugar) symptoms such as headaches, sleepiness, mood swings, or shakiness if skipping meals?	Y	N

5 POINTS FOR EACH YES ANSWER.

Total Points for This Section

If you scored between

0 - 20

You are in good health

25 - 40

You are under some stress

45 - 50

You may have adrenal burnout

50 - 75

You likely have adrenal burnout

75 - 100

You are in severe adrenal burnout and it is important that you take immediate steps to correct this condition and prevent further adverse affects on your health.

*Please note that this is not a diagnostic test, but only a guide to help you determine the level of your adrenal stress.

If you'd like to learn more about how I can help you reach your health goals, be sure to email me personally at **info@sklarcenter.com** or call us at **562-596-5196** and we can schedule a Free Consult so we can determine how I can best help you.

I really look forward to working with you!
Always Advocating for Your Health,



Dr. Susan Sklar

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