

How to Balance Your Hormones Naturally?

- The phrase “hormones” generally includes the thyroid, the adrenals, the female and male hormones, the hormones that promote sleep, and many others. The balance of hormones is delicate and critical. Since hormones are interrelated, one imbalance can interfere with the balance of other hormones and the body as a whole. They are essential for several processes, including the management of insulin resistance, control of weight, stabilization of mood, immune system health, maintenance of healthy bones and muscles, nutrient absorption, and nutrient assimilation. Dr. Naggar’s areas of focus in hormone health are the following:
 - Optimization of thyroid function
 - Management of adrenal insufficiency
 - Management of PMS, fibroids, endometriosis, and PCOS
 - Support for menopause and perimenopause
 - Promotion of Sexual Wellness
 - Natural Preconception preparation and Fertility Enhancement for males and females.

What do you need to know about hormones?

- The hormones are the body's primary communication channel for numerous signals. Communication breakdowns between the various organs are symptoms of hormone dysfunction. Age, increased levels of pollutants in the body, chronic stress, gastrointestinal health, the availability of micronutrients, diseases, drug usage, dietary and lifestyle habits, circadian rhythms, past trauma, ideas, and beliefs all affect hormones.
- Patients seeking hormone balancing must be aware that, when assessing hormone function in the body, we must take the following things into account:
 - Adequate production
 - Correct transportation
 - Cellular response
 - Hormones detoxification
- To assess cases like thyroid dysfunction, fatigue, HPA axis issues, PMS, irregular periods, delayed conception, infertility, mood changes, breast tissue changes, transitioning into perimenopause, or ceased cycling as in menopause, determining the underlying cause of hormone malfunction is crucial.

Our Process

In her holistic approach to naturopathic medicine for hormone health, Dr Rasha a naturopathic doctor, uses various treatments to optimize Hormone health and improve the overall quality of life.

Here is how the entire process works:

Step 1: Initial consultation and lab testing.

The estimated duration of the initial consultation is 60 minutes. During the initial appointment, patients get to discuss their health goals with Dr. Rasha. At the end of the initial consultation, we will order basic and functional lab tests and may provide a treatment plan according to medical standards of care. The treatment plan includes diet and lifestyle modification, herbal medicine, homeopathy, supplements, and craniosacral sessions.

Step 2: A follow-up visit for lab review and extended treatment.

The estimated duration of the follow-up visit is 30-40 minutes. The doctor explains lab results during the follow-up and provides a comprehensive treatment plan roadmap.

Step 3: Consecutive follow-up visits.

We will manage the patient's progress, modify the treatment plan, and address other conditions as and when needed.

All content on Dr. Rasha El Naggar's Website is intended for educational purposes, not medical advice.