

Gentle Hormone Restoration Therapy®

Rebalance Your Biochemistry



www.VitalHealthPharmacist.com

Meet Susan



Susan Merenstein RPh/Owner has over 40 years of clinical Pharmacy experience and over 20 years of experience in Gentle Hormone Restoration Therapy® and Nutritional Counseling. Her expertise has led to positive changes in health and overall well-being for her clients, greatly improving their qualify of life.

Susan's Motto...

- Be AWARE of your body and symptoms. "Listen" to your body.
 - EDUCATE yourself.
 - Be a PROACTIVE participant in health.

Hormone Balance.. The Key to Health

Changes in your hormones can affect your daily reality and well-being.

Hormones do not operate separately; they are like a SYMPHONY - when one of the instruments is "out of tune," the whole orchestra is affected.

Symptoms of Hormone Imbalance may include:

- Fatigue
- Poor Sleep
- Headaches
- Weight Gain
- Irritability
- Infertility
- Mood Swings
- Hot Flashes

- Loss of Sex Drive
- Depression
- Anxiety
- Bloating
- Breast Tenderness
- Irregular Menstrual Cycle
- PMS

"My energy level and general well being are exactly what I had hopes they would be as I travel through this part of my life.. Thank you Susan!" - C.E.

"This compounded bioidentical hormone therapy has made all the difference in my well-being and marriage...within one week of using the vaginal cream, I could feel a difference!"

- T.L.

Testing Your Hormones

Testing your hormones through Saliva/ Blood Spot is the only way to know the connection between your symptoms and your hormones.

Human Hormones Include:

- Estrone (E1)
- Estradiol (E2)
- Estriol (E3)
- Progesterone (P4)
- Testosterone (T)
- Dehydroepiandrsterone (DHEA)
- Pregnenolone
- Insulin
- Melatonin
- Cortisol
- Thyroid Free T3, Free T4, TSH TPO antibodies

Three Simple Rules for Gentle Hormone Restoration Therapy®

Rule 1: Use hormones only if you need them! (e.g., if they are measurably low and/or you have clear symptoms).

Rule 2: Use CUSTOM COMPOUNDED HUMAN IDENTICAL HORMONES* rather than synthetic hormones.

RULE 3: Use hormones in dosages that create hormone balance with little or no side effects.

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Available At-Home Test Kits



- Cardiometabolic Test
 - Fertility Test
- Heavy Metals and Essential Elements Test
- Iodine Test Kit
 NeuroAdvanced Profile Test
 - Saliva 5 Test
- Saliva/Blood Spot Combo Kit Test
 - Sleep Balance Test
 - Thyroid Imbalance Test
 - Vitamin D Blood Spot Test
 - Wellness Matrix Test

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The Process

Complete the Questionnaire

Fill out our free online initial consultation form and evaluation form on www.VitalHealthPharmacist.com



Test Your Hormones

In-Home Saliva/Blood Spot Testing determines baseline sex steroid adrenal, and thyroid hormone levels. Available for purchase at VitalHealthPharmacist.com Your results are sent to MAA within 5-7 days business days after receipt of your sample by ZRT lab.



Meet with Susan

Holistic Clinical Pharmacist Susan Merenstein will review your results with you and created a suggested protocol to be shared with your practitioner.



Receive Your Compounded Bioidentical Hormones

Your customized Human Identical Hormones are compounded in our on-site state-of-the-art lab.

We look forward to being part of your journey to optimal health!

CONSULT FEES: 1 HOUR: \$125.00 30 MINUTES: \$75.00