

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 quality 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)
- Dehydroepiandrosterone (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.

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
- 4227 Murray Avenue
Pittsburgh, PA 15217
(412) 421-4996**

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 create 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