

Bio-Identical Hormones: A Natural Solution

As Women age and transition through **Peri-menopause and Menopause**, they may begin to experience sudden inexplicable weight gain and other symptoms such as **low energy, depression, irregular cycles, hot flashes, night sweats, insomnia and more**. Many women exercise regularly with no success in losing unwanted weight or body fat which can be extremely frustrating and discouraging.

Early signs of hypothyroidism are natural symptoms that come with Peri-menopause and Menopause. You should also be on the lookout for other significant symptoms such as:

- Weight gain
- Hair loss
- Fluid retention
- Memory loss
- Slowness of thought
- Constipation
- Bloating

If you are experiencing these symptoms your best choice of testing is the Saliva Hormone Test.

In 2009, Avita opened their 1st Integrative Clinic in North Brampton specializing in Saliva Hormone

Testing for Women. Saliva Hormone Testing is much more accurate than Blood and provides the practitioner and client with a base line of 5 Hormone Levels — Estradiol, Progesterone, Testosterone, DHEA and morning Cortisol.

The last two are for the Adrenal Gland — as many women suffer from Adrenal Fatigue or Adrenal Dysfunction.

The benefit to the client is validation and the ability to work with Customized Treatment Options of Bio-Identical Hormones, Natural Supplements or a Combination of both.



**Kelly from Avita
Integrative Health**

At Avita, we specialize in treating **Weight Loss and Hormone Balance naturally**. Our Homeopathic Weight Loss Program alone will assist the client in burning fat and balancing hormones through fat loss. Combining the Weight Loss Program with the Saliva Hormone Test goes one step further in treating cause and providing the client with a natural foundation of support through supplementation and detoxification.

New this month! Complimentary On Line Group or 1:1 Coaching Sessions on Menopause & related topics. Only a limited number of spots are available.

Lets get started! Call NOW OR TEXT **416-884-8444** to book your **Complimentary Consultation** or email Kelly at **kelly@avitaintegrativehealth.ca**. Also visit **hormonetesting.ca**. They are located at **245 St. David St. N. in Fergus**.

IS YOUR BODY SHAPE A WEIGHT ON YOUR MIND? DO YOU WANT TO FINALLY GET THAT WEIGHT OFF... FOR GOOD?



"I have tried every diet out there with some temporary success, losing around 20 lbs. After a few months, I am back up with more. I contacted Kelly, as with most women in their 50's; I was starting to experience health problems associated with the weight gain. Their program is distinct from the others because of it's homeopathic approach to address more than what goes in your mouth. It was attractive to me because it is using scientific research and natural products to assist me." – PAT

"My name is Liz and I just turned 65. I started with the program in May 2019 after my cruise, determined to lose at least 20 to 35 lbs. I have worked with many programs, always gaining the weight back! I was guided with kindness and it taught me the value of a positive mind-set." – LIZ



it's time

Call or text **416-884-8444** & let's get YOU started!

The Menopause Diet

Lose ½ to 1lb per day



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