

To date the most sought after service at *WellNurture* has been that of people seeking help for hormone imbalance. Women and men wanting alternatives to synthetic hormones or other medications that only address symptoms have experienced optimal results with natural hormone replacement.

Hormones give you the power to stand strong (men and women) with freedom from fatigue and the endurance to do the things you want. They support your passions giving your life purpose and meaning. In the face of hormonal dysfunction health is absent.

``When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied.`` - *HEROPHILOS*

At *WellNurture* as registered natural medicine practitioners they assess symptoms, provide lifestyle and dietary counselling, supply access to hormone level testing, refer to one of two MD`s on site, then intervention with a compounding pharmacist completes the process.

Use of hormones remains controversial based on the WHI, a study of Synthetic hormones that ceased in 2002 due to high rates of cancer among participants. Natural or bio-identical hormones molecularly represent the same as the body produces. To date there are several clinical studies that advocate the relative safety of their use. Many clinicians prefer to use them over their synthetic counterparts. Usage is practiced throughout North America and in many European countries.