



HOW TO GET YOUR ZEST BACK AND LIVE YOUR BEST LIFE!

Sarah Quinn, Nurse Practitioner and Owner of Arcadia Wellness Center

Feeling fatigued? Gaining weight? Daily stresses becoming more stressful? Thankfully, bioidentical hormone replacement specialist, Sarah Quinn, Nurse Practitioner and owner of Arcadia Wellness Center in Arcadia/Biltmore is here to help.

Q: WHY IS IT IMPORTANT THAT OUR HORMONES BE BALANCED?

SQ: After 30 we see a hormone decline in both men and women, but it can happen even in their late-20's. When hormones are imbalanced, a person experiences a wide range of health problems including fatigue, weight gain, depression, low libido, and much more.

Decreased hormones are responsible for serious medical problems, too, like heart disease, metabolic syndrome, and even Alzheimer's.

Balanced hormones offer a better quality of life so a person can handle their daily stresses with ease.

Q: WHAT ARE SOME CAUSES OF HORMONE IMBALANCE IN BOTH MEN AND WOMEN?

SQ: Stress plays a huge role. I often see men and women who are in their 30's and 40's dealing with a lot of daily stresses and work stress. Hormones are the body's chemical messengers, so when a

person experiences chronic stress, messages get mixed up and cause havoc to the entire body.

Women going through menopause and men going through andropause tend to have an imbalance as well.

Q: HOW DOES OUR ENVIRONMENT PLAY A ROLE IN OUR HORMONE LEVELS?

SQ: There are a number of hormone-depleting toxins and pollutants in our environment. Foods with higher estrogen, like soy and tofu, contribute to hormonal imbalance. As do meats containing added hormones.

Balancing hormones gives our bodies more energy, and with that comes the ability to burn fat and build new muscle. People are also able to have better memory and feel more emotionally balanced.

Q: WHAT ARE THE ADVANTAGES OF HORMONE REPLACEMENT THERAPY?

SQ: Clients get their zest back! Bioidentical hormone replacement therapy helps with anxiety, depression, and sleep troubles. It also helps people get off cholesterol medications, blood pressure, and diabetes medications.

Outcomes are specific to each individual, but everyone notices a change for the better.

Whether that be weight loss, increased productivity and memory function, higher libido, or higher energy levels, among other benefits.

Q: HOW DO YOU HELP PEOPLE RE-BALANCE THEIR HORMONES?

SQ: I take a personal approach with each of my patients. I combine what the blood sample results tell me with what each patient's individual concerns and symptoms may be. This helps me to create a personalized plan for optimal quality of life. Everyone is unique, therefore my treatment plans are unique and are individually catered.

Q: MANY OF US HAVE A BUSY SCHEDULE, WHAT'S THE PROCESS LIKE?

SQ: I always cater to patients and their schedules. After the initial appointment, many opt for my Concierge Medical Provider Program. Clients have access to my personal cell number and email for any and all questions that come up through the course of treatment, whether it's during the week or on the weekend. With this individualized program, all office visits are included.

Q: HOW SOON CAN SOMEONE EXPECT RESULTS?

SQ: Results are always seen; however, it's different for everyone. Some patients see a change right away while others are a work-in-progress. This isn't a cookie cutter program; I work with individuals no matter how long it takes to obtain the desired outcome.

Q: IS THERE ANYTHING WE CAN DO AT HOME TO HELP BALANCE OUR HORMONES?

SQ: Taking care of yourself by eating healthy, getting quality sleep, and reducing stress are great places to start. But you can still experience a hormone deficiency, and that's where I come in.

Q: WHAT SETS YOU APART FROM OTHER PROVIDERS PROVIDING HORMONE REPLACEMENT THERAPY?

SQ: Life should be enjoyable and I truly care about giving my clients their quality of life back. I have 9 years of extensive experience in treating hormone imbalances, and stay up-to-date with the latest research and technology. Because I'm available and accessible to address issues right away, I'm able to adjust treatment plans as needed. My one-of-a-kind care plan approach is why my patients have the best results.

Bioidentical Hormone Replacement Specialist Sarah Quinn, Nurse Practitioner can be contacted at Arcadia Wellness Center, 2701 E Camelback Rd. #163, Phoenix, AZ 85016. To schedule an appointment, please call 480.351.3688 or visit www.arcadiawellnesscenter.com.

