



When it comes to how you feel every day, your hormones run the entire show. These internal chemical messengers control everything from your energy levels and mood to your metabolism and sleep cycles.

As we age, or when our bodies deal with ongoing stress, hormone production naturally starts to drop. This imbalance is often the hidden culprit behind why you might feel like you are constantly running on empty. To help you get back to feeling like yourself, we offer personalized **Hormone Replacement Therapy (HRT)**, led by our **Nurse Practitioner, Samantha**.

Signs Your Hormones May Be Out of Balance

When your hormone levels fall out of their ideal range, it can trigger a domino effect of frustrating symptoms, including:

- Constant, unexplained fatigue
- Brain fog and trouble concentrating
- Sudden weight gain or difficulty maintaining muscle
- Poor sleep, night sweats, or insomnia
- Mood swings and increased anxiety

How PBHC's NP Customizes Your Treatment

We don't believe in guesswork or one-size-fits-all solutions. Under Samantha's care, your therapy is completely tailored to your specific body chemistry:

1. **Detailed Lab Testing:** Samantha starts with advanced blood work to see exactly where your specific levels—including estrogen, progesterone, testosterone, and thyroid—currently stand.
2. **Bio-Identical Hormones:** We use bio-identical hormones, which are derived from natural sources and exactly match the structure of the hormones your body naturally produces, making them easier for your body to use.
3. **Regular Monitoring:** Samantha stays by your side, consistently checking your labs and adjusting your plan to make sure you stay in the optimal zone where you feel your absolute best.

Balancing your hormones does more than just mask symptoms—it revitalizes your daily quality of life from the inside out. Here is what you can expect when you bring your levels back into alignment with Samantha, NP:

- **Sustained, All-Day Energy:** Say goodbye to the afternoon crash. HRT helps restore your body's natural energy production so you can get through your day without relying on extra caffeine.
- **Clearer Mental Focus:** Balance eliminates that stubborn "brain fog," helping you regain your sharp memory, concentration, and mental clarity.

- **Easier Weight Management:** Balanced hormones optimize your metabolism, making it much easier to lose stubborn fat and maintain lean muscle tone.
- **Deeper, Restful Sleep:** HRT effectively puts an end to night sweats and hot flashes, allowing you to fall asleep easier and wake up feeling genuinely refreshed.
- **Stabilized Mood and Outlook:** Correcting a hormone deficiency helps smooth out irritability, anxiety, and mood swings, restoring a steady sense of well-being.
- **Long-Term Bone and Heart Health:** Beyond just feeling better now, optimal hormone levels protect your bone density and support cardiovascular health as you age.

Ready to Reclaim Your Vitality?

You don't have to live with constant fatigue, brain fog, or low energy. Let's get a clear picture of what your body actually needs so you can start feeling like yourself again.

Call us today at (561) 333-8353 or stop by the front desk to book your personalized Hormone Evaluation with Samantha, NP!

Lemon Asparagus Chicken & Rice Bake

Ingredients

- 1 cup uncooked white rice
- 2 cups chicken broth
- 1-1.5 lbs chicken breasts (or tenders, if using breasts- cut THIN!)
- 1 bunch asparagus, trimmed & cut into 2-3 inch pieces
- 3 cloves garlic (or 1 tsp garlic powder)
- Juice + zest of 1 lemon
- 2 tbsp butter
- OPTIONAL: ½ cup heavy cream
- ½ cup parmesan
- Salt, pepper, onion powder, paprika, oregano

Instructions

- Preheat oven to 375°.
- Add rice and broth to a greased 9x13 dish.
- Stir in garlic, lemon juice/zest, and seasonings.
- Place chicken on top. Add asparagus and butter.
- Cover tightly with foil and bake 45-50 minutes.
- Remove foil, add parmesan, and bake uncovered 10 more minutes. Enjoy!

Recipe from @whitneykailyn_

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