

Ready for a hormone check?
**Book an appointment with
Samantha Powers, APRN!**

PALM BEACH HEALTH CENTER

CORE & ALIGNMENT

Why Pilates & Chiropractic are a Match Made in Heaven

TUESDAY, JULY 14TH 2026 | 6:15 PM

Join us for an exclusive, private evening dedicated entirely to your health, strength, and recovery. A quick, fun chat with our very own Dr. Andrea PLUS a 30-Minute Complimentary Mat Pilates Class! Learn how to activate your deep core and build stable, lean muscle.

Limited slots available. Exclusive to patients only. You must bring your own pilates mat to participate.

The Invisible Master Switch: Why It's Time to Check Your Hormones

Your hormones act as the invisible master switch for almost every single biological function in your body. When they are perfectly balanced, you feel like a well-oiled machine. But when they drop or fluctuate—even by a microscopic fraction—your entire quality of life can quietly unravel.

If you've been feeling "off" lately but your standard lab tests keep coming back "normal," it's time to stop guessing and look at the real data. Here is exactly why checking your hormones is the smartest move you can make for your health this season.

The Domino Effect of Hormonal Decline

Many people assume that hormonal changes are only a concern during major life milestones like menopause or severe aging. In reality, both men and women experience a steady, gradual decline in vital hormones—like estrogen, progesterone, testosterone, and DHEA—starting as early as their late 20s and 30s.

Because hormones control your cellular communication, a deficiency rarely shows up as just one symptom. Instead, it triggers a frustrating domino effect across your entire body.

- **The Metabolic Brake:** Sudden, stubborn weight gain (especially around the midsection) that doesn't budge no matter how clean you eat or how hard you exercise.
- **The Mental Fog:** Waking up feeling like your brain is wrapped in a cloud, struggling with focus, or experiencing uncharacteristic mood swings and anxiety.
- **The Energy Drain:** Crashing hard by 3:00 PM and relying on caffeine just to survive the afternoon, followed by tossing and turning at night because your sleep cycles are disrupted.
- **The Muscle & Joint Ache:** Hormones are deeply tied to tissue repair and inflammation control. Low levels can cause joint stiffness, slower recovery from workouts, and a loss of lean muscle tone.

If you've asked your primary doctor to check your hormones before, you might have been told, "Your levels are normal for your age." But here is the catch: "Normal for your age" just means you match the statistical average of everyone else your age who is also feeling exhausted, sluggish, and worn down.

At Palm Beach Health Center, our Nurse Practitioner, Samantha, doesn't look for average. She uses specialized, functional hormone testing to find your biochemically optimal zones. Samantha looks at how your hormones are actually interacting with one another, how your body is metabolizing them, and where the exact gaps are that are draining your vitality.

What Happens When You Restore the Balance?

Checking your hormones isn't just about identifying a problem; it's about mapping out a precise, customized solution. Utilizing Bioidentical Hormone Replacement Therapy (BHRT), Samantha, APRN can exactly replicate the molecular structure of the hormones your body naturally produces.

When your levels are safely and scientifically brought back to their peak zones, the transformation is profound:

- Your metabolism kicks back into gear, allowing your body to burn fat efficiently.
- Your brain fog clears, restoring sharp mental focus and stabilizing your mood.
- You unlock deep, restorative REM sleep so you wake up genuinely refreshed.
- Your cellular energy returns, giving you the stamina to enjoy your life, your workouts, and your family again.

STOP TOLERATING "FINE." LET'S GET YOU FLYING.

You do not have to accept fatigue, brain fog, or a sluggish metabolism as an inevitable part of getting older. Your body deserves a customized blueprint based on your actual data, not a guessing game. Ready to find out what your hormone levels are actually telling you?

Schedule your intake with our very own Samantha Powers, APRN, today! :)

Call Palm Beach Health Center at (561) 333-8353 or stop by the front desk during your next adjustment to book your comprehensive hormone consultation.

Looking Ahead: Get Your Supplement List Ready!

We also want to give you a quick heads-up so you can plan ahead: next week is our official Supplement Sale Week, where all supplements will be 15% off!

Start making your stock-up list right now so you don't run out of your daily essentials. If you aren't sure what you need to replenish or want to know which vitamins will best support your hormone therapy, ask Samantha, APRN, or our doctors during your visits this week.

We'll help you build your perfect protocol so you're ready to grab your favorites the moment the sale goes live next week!

Super-Seed Snack Bars

Ingredients

- 1/3 cup tahini
- 1/3 cup honey
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1 cup shredded unsweetened coconut
- 1/2 cup raw unsalted pepitas (see Tip)
- 1/2 cup unsalted sunflower seeds
- 1/4 cup chia seeds
- 1/4 cup hemp seeds

Instructions

- Preheat oven to 325 degrees F. Line an 8-inch-square pan with parchment paper, leaving extra hanging over 2 sides. Coat the parchment and pan sides with cooking spray.
- Combine tahini and honey in a small saucepan over medium heat. Cook, stirring, until just mixed and warmed, about 2 minutes. Remove from heat; stir in vanilla and salt.
- Combine coconut, pepitas, sunflower seeds, chia seeds, and hemp seeds in a large bowl. Add the tahini mixture and stir until evenly coated. Press the mixture firmly into the prepared pan.
- Bake until golden, 30 to 35 minutes. Let cool completely in the pan on a wire rack. Using the overhanging parchment, lift out the uncut squares. Place on a cutting board and cut into 25 squares.

Recipe from <https://eatingwell.com/>

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