

Natural Hormone Therapy

Do you have hot flashes, irregular menses, mood swings, decreased libido, insomnia, or fatigue and think your hormones may be the cause?

Hormone therapy may be approached naturally with therapies including bio-identical hormones, herbs, and relaxation techniques, among others. Bio-identical hormones are synthesized from yams and soy, and are identical in chemical structure to human hormones. In contrast, prescription hormones such as premarin (estrogen) and prempo (estrogen plus progestin) are not identical in structure. This estrogen originates from equine urine and the progestin is chemically synthesized.

At South Tampa Adult, Dr. Tanya Gold uses saliva or blood testing to determine the cause of your symptoms. If a specific problem is identified, a customized treatment plan can be created to meet your individual needs.



Hormone testing may include:

- DHEAs
- Free and total testosterone
- Estradiol
- Progesterone
- Cortisol levels checked throughout the day

If you would like to learn more about what natural hormone therapy can do for you, please contact our South Tampa office for a personal consultation.

Dr. Tanya Gold practices both Family Medicine and Holistic Medicine. To schedule an appointment please call (813) 254-8055 or schedule online.