

Dear Doctor,

I have been experiencing hormone deficiency symptoms and have done a lot of research (and not with Dr. Google) toward that end. I just finished reading the book, "*A Woman's Hormonal Health Survival Guide*" by Dr. Angela DeRosa and learned many new things about hormones and how they are affecting my health and well-being.

I really want to explore optimizing my hormones and hope that you will help me with this endeavor.

I am hopeful that you will work with me on assessing my hormonal balance.

Do you have the proper training and understanding of this specialized area of medicine? If you don't, do you want to learn?

There are many organizations that offer physician training in hormonal and anti-aging medicine. The American Academy of Anti-Aging Medicine (A4M) is one of the world's best organizations and offers fellowships and board certifications in this area of medicine. They offer courses, fellowships, and board certifications in this area of medicine. [www.A4M.com](http://www.A4M.com)

The Hormonal Health Institute: Executive Instruction for Medical Professionals is an organization, founded by the author of the book I mentioned above, that was created to train and mentor clinicians who want to learn how to best care for women (and men) through proper management of BHRT. This high-level concierge training offers one-on-one training for providers who want highly personalized, hands-on training and coaching with on-going mentorship and counseling. [www.drhotflash.com](http://www.drhotflash.com)

If you haven't read Dr. DeRosa's book, I encourage you to do so. Although it is written for patients like me, it stresses the importance of medical professionals not accepting conventional wisdom and learning the "true data" surrounding bio-identical hormone therapy.

Even if you are not comfortable assessing and treating me for hormonal optimization, I would ask you respect and support my journey.

Regards,