

# Naturopathic News

February 2017



## Happy Hormones

Do you feel overworked and run down? Do you suffer from mental fatigue and have difficulty concentrating? Have you lost that peppy stride in your step and you feel like you're just trying to make it through each day?

What's keeping you from happiness and living your best life?

The key to health and happiness may be in your hormones. Which ones are most important? The hormones in your brain (serotonin, dopamine, GABA, melatonin), thyroid, adrenal gland (cortisol), and reproductive system (estrogen, progesterone, testosterone), to name a few.

Have you been checked by your doctor? Did your doctor report that everything was normal, but you still don't feel well? Maybe it's time to take a closer look. Additional medical and naturopathic testing may reveal hidden highs and lows that need treatment. I can prescribe pharmaceutical bio identical hormones to help you feel well again.

Now, we know that the key to happiness is seeing the good in people, valuing what each other has to offer, accepting each others unique differences, forgiving mistakes, loving one another, prayer, and constantly evolving to be a better self.

But, what if the key to happiness was also in your hormones?

Let's take a closer look. The happiness inside you, awaits.

## Family Health & Cancer Support

*Dr. Amita Sachdev BScN, RN, ND has been practicing family-centred naturopathic medicine for over 15 years.*

*With previous nursing and teaching experience, Dr. Amita Sachdev can help you and your family meet all your health care needs, safely, effectively, and naturally.*

*Ask me about the most effective natural therapies to help patients achieve the best results in fighting their cancer in conjunction with their medical treatments for a truly integrated approach to health.*

*Follow me on twitter @AmitaSachdev*



*Remember to try our 15 MINUTE FREE "Meet with Amita" to see if your health concerns are best addressed by Dr. Amita Sachdev ND*

**Amita Sachdev BScN, RN, ND** [www.DrSachdevND.com](http://www.DrSachdevND.com)

To "**meet with Amita**" in Kleinburg  
Kleinburg Integrative Health Clinic  
10480 Islington Avenue, Unit 10  
Kleinburg, On, L0J 1C0  
416 - 919 - 1914 🍏 [www.kihclinic.com/dramita](http://www.kihclinic.com/dramita)

To "**meet with Amita**" in Maple  
New Location & Hours in Maple  
Call for details  
🍏 416 - 919 - 1914