

Dear Doctor,

I have been experiencing hormone deficiency symptoms and have done a lot of research (and not with Dr. Google). I've 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 am hopeful that you will work with me on assessing my hormonal balance. However, before we begin, I wanted to better understand if you are comfortable with this and have the training and specialization to do so.

If you are not comfortable, Dr DeRosa is also the founder of The Hormonal Health Institute: Executive Instruction for Medical Professionals is an organization that was created to train and mentor clinicians who want to learn how to care for women (and men) through proper management of BHRT or Bioidentical Hormone Replacement Therapy. This is a comprehensive, CME accredited training course for providers who want to become experts in this important area of medicine.

[www.hormonalhealthinstitute.com](http://www.hormonalhealthinstitute.com)

If you haven't read Dr. DeRosa's book, I encourage you to do so. It was eye opening.

[www.drhotflash.com](http://www.drhotflash.com)

Although it is written for patients like me, it stresses the importance of medical professionals questioning 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,