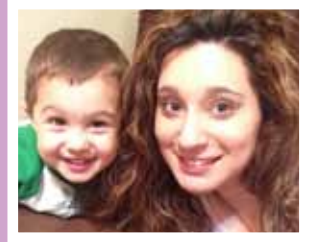


Smile!

you're in Katy Magazine's Mom & Me Selfie Showcase



Got selfies? Tag us on Instagram and you might see your pretty face here.

We're looking for selfies of siblings. Tag us, post on our Facebook, or email your photos to editor@katymagazine.com.



Thank you to everyone who participated in this fun submission contest!

Katy Women's Wellness

Common Health Issues for Women Over 30

by Amy Frank, P.A. -C

Why do I feel stressed out and tired all the time?

Many women experience this when their adrenal and sex hormones are out of balance. Hormonal imbalance affects cortisol levels and is a major reason many women feel exhausted and overwhelmed.

Is the inability to lose weight related to hormone imbalance?

Yes, in a lot of our cases, once women's hormones are balanced, they are able to lose weight much easier. It's amazing what a difference we see with weight loss when one's entire hormone axis is functioning well.

What are the warning signs of hormonal imbalance?

Some of the signs are headache, fatigue, weight gain, mood swings, acne, decreased sex drive, sleep disturbances, and irregular periods. You should schedule a full hormonal work up at Wellness Health Group if you suspect you may be out of balance.

What does a full hormonal work up involve?

We spend about an hour with each patient and conduct a series of tests including thyroid, metabolic and adrenal testing. From there, we will formulate a treatment regimen customized for you. Few practitioners will do this type of detailed hormone work up. Most will simply prescribe therapy based on your age and medical background. For best results, experts recommend visiting a dedicated hormone wellness center like ours.

If my hormones are in balance will it help improve my mood?

Yes, our center has had great success in improving the emotional and physical health of our patients. Once their thyroid, adrenal and sex hormones are in balance their mood naturally improves. I love what I do because I am able to restore hope in women and improve their quality of life.



21376 Provincial Blvd. Katy, TX 77450 713-401-1130



AMY FRANK, P. A. -C



Amy Frank, P.A. -C, of Wellness Health Group, has earned an outstanding reputation in Katy for improving women's health through *bio-identical hormone replacement and functional medicine*. She takes a natural and integrative approach to routine primary care issues.

OTHER SERVICES OFFERED

- Pellet hormones
- Detox protocols
- Thermography
- Customized nutraceutical protocols

SCHEDULE YOUR HORMONAL WORK UP

Schedule your one hour hormonal assessment with Amy Frank, P.A. -C of Wellness Health Group by calling 713-401-1130

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Do you have a question for our hormone consultant? Email hormonehelp@wellnesshg.com.

THE PERFECT PARTNERSHIP

We partner with these compounding pharmacies for natural, customized therapies personalized for you.



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BROOKSHIRE BROTHERS
HOPE COMPOUNDING PHARMACY

