



WHN'S 2021 SYMPOSIUM PHYSIOLOGIC RESTORATION

The Next Generation in Hormone Replacement Therapy



Brooke Azie-Rentz, ND



Dr. ACE, NMD



Gretchen Jones PA-C



Anthony Llabres, FDN-P, BSc



Rebecca Provorse, ND



Julie Taguchi, MD



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This conference is designed to provide more advanced management strategies for delivering physiologic restoration, as well as in-depth tools for optimizing hormones in challenging cases.

Attendees will have a chance to update their knowledge of hormone treatment protocols as they relate to breast cancer, bone physiology, heart disease, adrenal insufficiency, estrogenomics, detoxification, and sexual dysfunction.

Saturday & Sunday

April 24 & 25, 2021

See back for Objectives and Schedule

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Objectives:

- Clarify the differences between Physiologic Restoration (PR) and other rhythmic delivery protocols (and why these differences matter).
- Review some of the more challenging symptoms a patient might experience on PR and how to trouble-shoot them.
- Walk through real-life cases, to achieve a more comprehensive picture of working with patients who use this HRT modality.
- Review and discuss clinical management guidelines regarding utilizing, adjusting and interpreting lab values of physiologic restoration with common and difficult case studies.
- Determine treatment of the outliers, and learn clinical pearls that have been effective in those patients.
- Look at what labs to order and how to interpret them to evaluate the need for detoxing, or further testing of detox pathways and SNP's with the goal of optimizing hormone treatment protocols.
- A basic overview of how to use supplements to shift these pathways to minimize side effects and maximize the benefits of BHRT.
- Explore the research which reveals that contrary to the headline reports, (such as the WHI which state that HRT is detrimental to the cardiovascular system), in actuality, the only therapy to both decrease female mortality and increase a women's life expectancy is estradiol therapy in menopause.
- How to implement the Dutch test to optimize Cortisol for adrenal health.
- Useful info from Dr Jeffries on safe uses of physiologic cortisol.
- Learn why women need testosterone replacement, the key benefits of healthy testosterone levels, appropriate dosing schedules, symptoms of excessive dosing and when to dose.
- Review of bone physiology, the effect of hormones on bone physiology, and the treatment options for osteoporosis.
- Review general cancer risks involving landmark studies incorporating current treatment for breast cancer with Physiologic Restoration.

Physiologic Restoration: The Next Generation in Hormone Replacement Therapy

Saturday, April 24, 2021

- 10:00** A Practitioner's Advanced Guide to Physiologic Restoration.
Rebecca Provorse, ND
- 12:00** The Good, the Difficult & the Beauty of Physiologic Restoration: Case Studies Examined.
Gretchen Jones, PA-C
- 12:45 - 1:30 BREAK**
- 1:30** An introduction to Estrogenomics, Detoxification and How it can Interfere in your Success with Physiologic Restoration.
Brooke Azie-Rentz, ND
- 2:45** BHRT and Cardiovascular Health.
Greg Wolf, MD

Adjourn @ 4:00

Sunday, April 25, 2021

- 10:00** Cortisol, the Missing Link? Using Dutch Test to Evaluate
Anthony Llabres, FDN-P
- 11:30** Women Need Testosterone Too.
Dr. ACE, NMD
- 12:30 - 1:30 BREAK**
- 1:30** Can Physiologic Restoration Reverse Osteoporosis?
Julie Taguchi, MD
- 2:00** Physiologic Restoration, What about Cancer?
Julie Taguchi, MD
- 3:00** Faculty Q & A Panel

Adjourn @ 4:00