

"Menopause treatment must never be one-size-fits-all. No woman should be just another one of 70,000,000 hormone replacement therapy prescriptions that are written out of habit every year. Each woman is unique, and her menopause support should be unique to her."

-Dr. Linda Barufaldi

Your Personal Plan Begins with your Initial Consultation

During your initial visit your consultation will include a complete comprehensive Menopause Symptoms Questionnaire.

Dr. Barufaldi will present you with a detailed explanation of the biochemical transition, hormone imbalances, and symptoms of pre-menopause and menopause that you are experiencing. Together, you will plan your adrenal support and bone density support.

Dr. Barufaldi will advise you of the benefits to you of safe, natural, effective, simple alternatives to HRT (hormone replacement therapy). When appropriate, Dr. Barufaldi will order laboratory tests.

Please, call today for an appointment.
(619) 299-0577



Linda Barufaldi, D.C.

Dr. Barufaldi is the clinical director of the Chiropractic Clinic of Hillcrest. Her practice offers expert:

- chiropractic treatment
- bone density support
- rehabilitative exercise programs
- physical therapy modalities
- nutritional & herbal therapies
- massage therapy
- fitness training
- orthotics

Acupuncture is available on site.

Referrals from Medical Doctors are welcome.

Referrals to M.D.'s are available.

Dr. Barufaldi is an experienced lecturer who teaches seminars throughout the West. She provides continuing education for physicians in the California Chiropractic Association.

Learn more about Dr. Barufaldi at:
MenopauseMadeEasy.com
Read her popular
"Live Long and Prosper"
column and vital facts
about woman centered issues.

"I want to ease your transition through menopause without the dangers of HRT."

Menopause is Natural...



...treat it
naturally.



menopause made easy

**SAFE
SIMPLE
PERSONAL
EFFECTIVE**

NATURAL SOLUTIONS TO
THE CHALLENGES OF MENOPAUSE

MenopauseMadeEasy.com

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Menopause is **NOT** a disease.

It is your body's natural transition back to the hormone production system of your childhood.

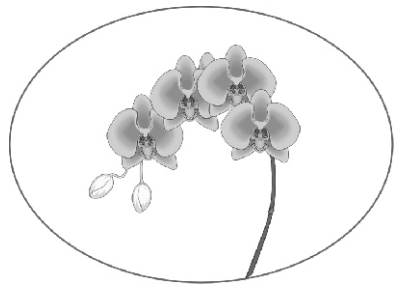
Menopause, like puberty, is a gradual, normal, natural process that occurs over several years.

This process can be made more difficult by stress, adrenal gland exhaustion, and by the fact that we are older during menopause than we were during puberty.

These important factors and your individual body chemistry lead to the variety of symptoms which may be present during menopause.

Many woman experience symptoms during menopause, but which symptoms YOU may develop, the intensity and frequency of those symptoms, and your response to treatment are as unique as you are.

To ease your symptoms, your treatment should be comprehensive, specific, easy to follow, designed for your personal needs, and above all, safe.



SURVEY

National Institute of Health Reports:

Hormone Replacement Therapy causes

- **43% increase in strokes**
- **29% increase in heart attacks**
- **200% increase in blood clots**
- **22% increase in cardiovascular disease**
- **26% increase in invasive breast cancer**

from the Journal of American Medical Association, July 17, 2002

Symptoms are related to low estrogen, low progesterone, high or low testosterone, a disturbance in the progesterone/estrogen ratio, imbalances in combinations of these hormones, and adrenal stress.

LOW ESTROGEN: Hot flashes, sleep problems, mental & physical depression, fatigue, feelings of being weighted down, decrease in verbal skills (the "senior moment") vaginal dryness, stress incontinence, bone loss, and increased risk of heart disease.

LOW PROGESTERONE: Unrest, uneasiness, jitters, fatigue that is unsettling, and sleep problems.

DISORDERED PROGESTERONE AND ESTROGEN RATIO: Increase in joint aches and increase in allergies.

HIGH TESTOSTERONE: Agitation, anger, frustration, increase in facial hair, oily skin, acne, increased risk of diabetes, heart disease, increased risk of invasive breast cancer and endometrial cancer.

LOW TESTOSTERONE: Loss of normal vim & vigor, loss of libido, procrastinating (esp. in decision making), hot flashes, increased risk of bone loss, and increased risk of angina.

What's the answer? Dr. Barufaldi will take an in-depth history of your symptoms, their timing, and intensity, even some changes you may not realize are related to hormonal fluctuations. She will then do a mathematical analysis of your symptom profile to evaluate your hormonal levels, determining if your estrogen and progesterone are normal or low, and if your testosterone is high, normal, or low.

Then she will prescribe an herbal and/or nutritional treatment plan. After 3 weeks, a follow up evaluation determines if your hormonal balance has been re-established or if further nutritional/herbal intervention is required. Most patients have achieved control of their symptoms in one or two visits.

It's fast, effective, and best of all, it's safe and natural.

Listen to what Dr. Barufaldi's patients have to say:

MM: *"As soon as I took the natural pills, my sleeping problems and hot flashes went completely away."*

KM: *"I am recommending you to my whole family. My hot flashes and fatigue are gone! I feel great."*

BM: *"I am completely off hormones and have no problems at all. I can't believe it!"*

Remember, it is possible to transition off (possibly) dangerous drug hormones and still have freedom from the adverse symptoms of menopause.

Menopause is natural...treat it naturally. Call (619) 299-0577 to see how we can help.