

May, 2018

## Pellets and Why We Don't Believe In Them!

---

Greetings!

Thank you, Lyn Hogrefe, for the wonderful article "Pellets and Why We Don't Believe in Them". The article does a fantastic job explaining the theory on why to use pellets and why it isn't the smartest option for your health. There are better options to balance your hormones than using pellets.

Check out the latest in Dr. Piana's Corner. The testimonial shares a clients experience with her scan. But, it takes it one step further talking about actions taken after to solve the issues uncovered.

There are many conditions that will respond very well to medicupping. Ask me about how I can help you at your next appointment or message me with any questions you may have. More details and wellness tips you can easily add to your routine can be found by visiting [www.MindfulWellnessMassageandBodywork.com](http://www.MindfulWellnessMassageandBodywork.com).

Having a problem or need assistance to feel better? Please ask me during a session or send me a note via e-mail or Facebook. I may be able to provide a simple solution using essential oils, a Thermography Scan, Body Brushing or using Guided Imagery.

### Jacky



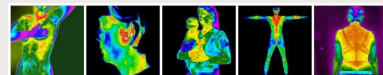
Pellets and Why We Don't Believe in Them!

By Lyn Hogrefe

Pellets! To Do or Not To Do? I think the first thing we need to understand is what they are and what they do. Pellets are small implantable fused hormones that are typically testosterone or estradiol, that are inserted underneath the skin of the hip with a local anesthesia. Usually pellets are reinserted, for women, every 3 months. Clinical studies were done on men to determine dosing and men are given dosing every 4-5 months. The dose for women was extrapolated from the dosage for men, and

Dr. Piana's Corner

Thermography Testimonial



Recently, I had my upper body thermoscan at Jacky Groenewegen's Mindful Wellness Medical Thermography. This was my second scan. My husband and I each had our full body scan previously. When my results came back, I made a Skype appointment once again with the wonderful Dr Piana. He remembered me and we thoroughly went over each part of my scan. We saw quite a lot of redness in my upper back and neck area. Red indicates inflammation. As a former Chiropractor, he

herein lies a problem: women tend to need more insertions (about every 3 months) and there is an unpredictable conversion to DHT (dihydrotestosterone) and/or estrogen-estradiol (E2) and estrone (E1). (Estrone is the breast cancer cell proliferator) Some women do fine with pellet implants, while others, if their pellet converts mostly to estrogen, will gain weight. If these women convert these pellet implants mainly to DHT, they will start showing masculinizing symptoms such as: male pattern baldness, facial and body hair, acne, and voice deepening, among other health issues. Once these issues develop, the damage has been done. Symptoms often materialize after the 3rd and 4th pellet insertion (about a year) but I get emails from women weekly who experience hair loss and male pattern baldness as soon as their first pellet implant. Another concern for pellet users is that these pellets often lead to extremely elevated levels of testosterone that is much higher than normal female physiology. We call this "supra-physiologic dosing" as opposed to "physiologic dosing"—exactly what each body needs.

For me, personally, pellets for women simply don't make sense. All that testosterone being implanted continuously has to go somewhere. Women aren't meant to metabolize all that testosterone. And when it converts to estrogen, it is problematic. Women over the age of 35 are already estrogen dominant. Why? Because we begin to lose our progesterone (that balances out our estrogen) around age 35. Remember these 5 words: Estrogen is a FAT STORER. So when all that testosterone in the pellet begins to convert to estrogen, this is the weight gain piece. So why would I want to put even more estrogen into my already estrogen dominant body? Even more importantly is the whole estrone piece. Why would I want to increase my risk of breast cancer with the testosterone pellet converting to estrone, which, again is the breast cancer cell proliferator? Estrogen dominant women already have a heightened risk for breast cancer. So for me, to put anything in my body on purpose, that could heighten this risk for breast cancer just doesn't make sense.

suggested that I seek Chiropractic care as his opinion is that my inflammation is due to some misalignment of my upper spine. He also saw a little redness in my stomach that indicates I need to expand my diet to include more variety. Dr Piana sent me to his website for education and options. Such great information at a great value! I so appreciate the option I have to get a thermoscan instead of a mammogram that puts radiation into my body. We have Jacky's brochures at my Mason and Vandalia Happy Hormone Cottages, as well as at our brand new Integrative Hormone Center in Centerville that houses my Happy Hormone Cottage, our Men's Health Center (BioMale) and our compounding lab. Stop by to pick up a brochure, look around and say hi. We will welcome you!

Lyn Hogrefe MS Ed  
Founder & Exec Director Happy Hormone Cottage  
Founder Women's Health Initiatives Foundation  
Co-Founder Collective Wellness Partners



[Click Here to Purchase an Instant Massage or Thermography Gift Certificate](#)

## Essential Oil of the Month *Peppermint Essential Oil*

This invigorating essential oil has been used for centuries to help soothe digestive problems, relieve headaches, and freshen breath. Peppermint is also known to help with motion sickness, ease toothaches, inflammation and boost your mood. Enjoy using





It does seem like many women do ok with their first pellet insertion. Their hormone levels are typically lower than they used to be due to aging or having a hysterectomy, or changing due to childbirth, for example. So getting that first whopping supra-physiologic dose of testosterone gives women extra energy initially. Libido is also typically initially impacted. It is after the 2nd, 3rd, or 4th implant (about every 3 months) that significant health issues can arise. At my Happy Hormone Cottage, we spend a lot of our time fixing and rebalancing women who have had a negative experience with pellet implants. It does take time to rebalance these women, but it can be done. Optimal hormone balance in 3 areas: sex hormones, adrenal glands and thyroid is what we strive for.

*Testosterone in pellets converts to estradiol (E2) and Estrone (E1), which is the breast cancer cell proliferator. Women over age 35 are already estrogen dominant. Why would I want to increase estrogen dominance? This promotes weight gain and adds a heightened risk for breast cancer.*

Another huge area of concern with pellets is with hair loss and male pattern baldness. I have received literally hundreds of emails and continue to get several a week, from desperate women who are in various stages of hair loss from their pellet implants: from thinning hair, to bald spots to being practically bald. Hair is a big deal! Typically these women return to their healthcare practitioner who implanted the pellet to complain of their hair loss.....only to be chronically told that "your pellet has nothing to do with your hair loss. Check your thyroid," Or "our pellet is not responsible for your hair loss. It is what you have done the past few years with your erratic hormone replacement that is the culprit," etc. The truth is that when testosterone metabolizes via the pathway known as the 5 alpha-reductase pathway, the testosterone is being converted to DHT, which is responsible for male pattern baldness and hair loss. So the fact is that YES, THE PELLETS ARE INDEED RESPONSIBLE FOR THE HAIR

Peppermint Essential Oil to bring a sense of "coolness" to your well being. Helps with...

- Mental Clarity
- Curbs Appetite
- Settles Stomach

Aromatherapy Properties: Refreshing, mental stimulant, energizing, used to enhance well-being of digestive and respiratory system. Relieves bad breath. Good nerve tonic that helps with mental fatigue and nervous stress. Also great to keep ants away.

***Learn about more ways to use Peppermint Essential Oil by reading this informative article.***

Suggested Use: Use in a diffuser to freshen your environment. Add 2-3 drops to a bowl of hot water to inhale the fragrant steam. Since Peppermint may cause skin sensitizing in higher concentration, use only small amounts for body and skin care application; 1-2 drops per 1 oz. of unscented body care product, less if you are making body care for children.

Peppermint is a GRAS approved food additive and is a great spice for desserts, syrups, yoghurt dishes etc. Please note that you will likely need less than a drop per dish. You may want to decrease concentration by blending it with a Carrier Oil, and if not, always measure the drops before adding them to the dish.

**For more information...**

## Product of the Month Jojoba

### WHAT IS HobaCare Jojoba?

HobaCare Jojoba is the pure extract of the jojoba seed, which has been grown and then pressed and filtered to The Jojoba Company's exacting specifications. HobaCare Jojoba is exceptional due to the high quality of its seed source and the manner in which we have the seed pressed. "HobaCare" is the brand name we give our jojoba to distinguish it from so-called generic



LOSS AFTER THE PELLET HAS BEEN IMPLANTED. This hair loss could be anywhere from mild (as in thinning hair) to male pattern baldness in the front and sides of the hair...to extreme cases where almost all the hair is gone. What to do?

We suggest 4 things:

1. Stop getting pellet insertions
2. Purchase the supplement Saw Palmetto and take 2 capsules a day. This stops the conversion of testosterone to DHT (you can purchase this on my online store at <http://www.shophappyhormonecottage.com>)
3. Purchase, also, the supplement Biotin to promote new hair growth. You can take these 2 supplements together (**also available on my online store**)
4. Find a viable functional medicine facility, like my Happy Hormone Cottage, and my new Integrative Hormone Center, that is well-versed in optimal hormone balance, and does not believe in or use pellets as part of their protocol for women.

Lyn Hogrefe MS Ed

Founder & Exec Director *Happy Hormone Cottage*

Founder *Women's Health Initiatives Foundation*

Co-Founder *Collective Wellness Partners*

#### MEET LYN

Lyn Hogrefe, MS Ed, is the founder and executive director of the Happy Hormone Cottage, which she started 9 years ago in the heart of Centerville, as a safe place for women to share their stories, be heard and validated. Through her own journey with an emergency radical hysterectomy at the age of 49, she recognized the huge gap between what our doctors and standard of care were telling us about hormone balance, and the truth about the needs of our body and the important tasks of our hormones. With the help of her compounding pharmacist husband, she fought her way back to wellness, and opened her Happy Hormone Cottage to educate women on their options for natural hormone balance, prevention of disease and wellness throughout life.

Today, Lyn has 3 Happy Hormone Cottages and a new Integrative Hormone Center and Pharmacy in the Centerville, Ohio; as well as a consulting business-HHC Consulting-to teach

"jojoba oil" obtainable elsewhere. HobaCare Jojoba is available as "pesticide-free" (as close to organic as you'll find available) and as "Certified 100% Organic". Please refer to the end of this section for a thorough discussion of pesticide-free and certified 100% organic HobaCare Jojoba.

Jojoba is excellent for:

- Revitalizing the skin before or after a shower or bath
- A superior massage medium for adults, children and babies
- Removing make-up, deep-cleansing the skin and facial massage
- Conditioning scalp and hair
- Providing soothing relief from psoriasis
- Conditioning and softening cuticles
- Soothing and conditioning skin after exposure to the sun
- A base or carrier for blending your own essential oils

It is non-allergenic, does not stain and does not clog pores or turn rancid. Jojoba has an indefinite shelf life!

*Click to keep reading...*

*Price: \$17.99*

For more information...

Click here to join our new Facebook Group Holistic Health Practitioners of Greater Cincinnati... We are building a trusted community of holistic practitioners and holistic minded people who are searching for holistic answers.



Scrubs, bugs and Tea

#### *Peppermint Iced Tea*

- 4 decaffeinated green tea bags
- 1/4 c. Blue Agave (optional to add sweetness) or use a little Stevia



doctors across the country how to become proficient in optimal hormone balance. The 2nd edition of her book, "Own Your Journey...to Natural Hormone Balance" was published in 2016, solidifying her as a Warrior for Women's Wellness. In 2016, she also co-wrote the award winning book, "Success Powered by Relationships" with 20 other area women. During the summer of 2015, Lyn began her "Lyn Hogrefe Women's Health Initiatives Foundation," supporting New Hope for Cancer, where 100% of monies raised goes directly to New Hope for Cancer.

In 2017, Lyn partnered with 3 other area female entrepreneurs passionate about building awareness and creating change in their community. Collective Wellness Partners ([www.CollectiveWellnessPartners.com](http://www.CollectiveWellnessPartners.com)) is a collaboration of experts who serve their community by giving free seminars centered around learning how to live our best lives naturally. That same year, Lyn was featured in the book, "Lean In Ohio 100 Women Trailblazers."

Lyn has been recognized in Dayton as a WIBN Top 25 Woman to Watch; in Cincinnati as CincyChic Woman of the Year, and an Athena Award Finalist; and most recently, she was selected by the West Chester Liberty Chamber Alliance as a Woman of Excellence. *Lyn's passion is women helping women understand the truth about their bodies, and to learn the most natural options for aging gracefully and healthfully, with a focus on preventing disease.*

*Lyn Hogrefe MS Ed Founder & Exec Director  
Happy Hormone Cottage  
Founder Women's Health Initiatives Foundation  
Co-Founder Collective Wellness Partners*



## ATTENTION

- 3 drops **Peppermint essential oil**
- 3 limes

In the bottom of a 64-ounce pitcher, pour agave and peppermint essential oil. Pour hot water over top and stir. Add tea bags and steep until it has a dark caramel color. Quarter limes. Fill serving glasses with ice and squeeze one lime slice in each glass. Pour tea over ice and garnish with a sprig of mint and serve.

### **Strawberry Salt Scrub**

Ingredients:

- ½ cup Fresh Strawberries
- 1 Tbsp. **Jojoba**
- ½ Tsp. Salt

Begin by washing and removing the leaves from the strawberries. Then mash together the strawberries, jojoba, and salt. Apply to damp skin using a circular motion. Rinse and your skin will feel soft and smell lovely.

### **All Natural Bug Spray**

- 4 drops **citronella essential oil**
- 4 drops **lemongrass essential oil**
- 4 drops **rosemary essential oil**
- 4 drops **eucalyptus essential oil**
- 4 drops **peppermint essential oil**
- 1/4 cup pure witch hazel

Directions

1. Add all ingredients into a **small glass** or **plastic atomizer**. Shake.
2. Shake well and apply liberally.

### **Citronella**

**Citronella** : As an insect repellent, Use 2-3 drops in a **diffuser**, burner or vaporizer near an open window.

### **6 WEEK PROGRAM**

- IMPROVE PAIN
- LOSE WEIGHT
- IMPROVE MOBILITY
- IMPROVE SLEEP
- INCREASE STRENGTH
- WORK OUT IN A PRIVATE SETTING UNDER THE SUPERVISION OF THE STRETCH PHYSICAL THERAPY SPECIALISTS

# 40+ Ladies looking to start a SAFE workout program!

**FEEL BETTER, KEEP UP  
WITH GRANDKIDS,  
IMPROVE YOUR HEALTH,  
GAIN MORE ENERGY,  
DECREASE PAIN, GET  
UP/DOWN FROM FLOOR  
AGAIN.**

## COST: \$250

WHEN: CALL FOR SPECIFIC DATES  
AND TIMES THIS IS A 1 HOUR CLASS THAT  
WILL INCLUDE, CARDIO, STRENGTH,  
BALANCE AND FLEXIBILITY. THE  
INSTRUCTOR IS SPECIALTY TRAINED IN  
TRAINING OF ADULTS OLDER THAN 40  
YEARS OF AGE.

WHERE: STRETCH PHYSICAL THERAPY &  
TOTAL WELLNESS 4851 WUNNENBERG  
WAY WEST CHESTER, OHIO 45069

FOR QUESTIONS, OR TO SIGN UP,  
PLEASE EMAIL CORINNE  
*Office@STRETCHPHYSICALTHERAPY.COM*,  
OR CALL AT 513-874-8800

## Important news...

Mention this  
ad and save  
\$10 on your  
Thermography  
scan

Show someone how much you care by buying them a thermography scan! You can use your Flexible Spending or HSA fund to pay for your Thermography Scan.

Click to buy an instant  
Thermography  
Certificate

Every penny counts!  
Remember that you  
can avoid paying  
Sales Tax for massage  
therapy by getting a  
prescription from your  
doctor or  
chiropractor. All it



Like me on *Facebook*  
to receive short  
therapeutic wellness



*Get Tested, Get Treated...  
Get Better*

www.happyhormonecottage.com  
513-444-6343  
lyn@happyhormonecottage.com

needs to say is  
"Massage as  
needed." The doctor  
then signs and dates it  
and TA DA, it's good  
for an entire year!!!

tips to help your mind  
and body feel better.



Contact Us

Phone: 513-382-3132

*e-mail Jacky*

Website

*www.MindfulWellnessMedicalThermography.com*

*www.MindfulWellnessMassageandBodywork.com*

Connect with us

