



February was the month of love, romance, and... hormone-induced mood swings? One minute you're floating on cloud nine, the next you're crying over a paper towel commercial. If your hormones are taking you on an unwanted adventure, you're not alone – and more importantly, there's a reason for this hormonal rollercoaster.

Your body has its own way of sending distress signals, and they shouldn't be ignored.

If you're experiencing:

- Breast tissue that feels lumpy, tender, or painful to touch
- Monthly cycles that seem more like flooding than flow
- Debilitating cramps that interfere with your daily life
- Unexplained weight gain, particularly around the midsection
- Mood swings that feel like an emotional roller coaster
- Persistent fatigue, even after adequate rest
- Irregular sleep patterns or insomnia

These aren't just inconvenient symptoms – **they're potential indicators of estrogen dominance**, a condition that deserves your attention. [Hear my take on it here!](#)



Estrogen doesn't just float freely in your body. It follows specific metabolic pathways, and the route it takes can significantly impact your health.

The Good Route (2-hydroxyestrone pathway):

- Promotes healthy cell function
- Supports proper hormone balance
- Associated with reduced health risks

The Problematic Route (16-hydroxyestrone pathway):

- Can stimulate excessive cell growth
- May increase cancer risk
- Often associated with the uncomfortable symptoms listed above

When estrogen takes the wrong pathway, it doesn't just create uncomfortable symptoms – it can potentially lead to more serious health concerns.

The good news? We can identify which path your estrogen is taking through specialized testing.

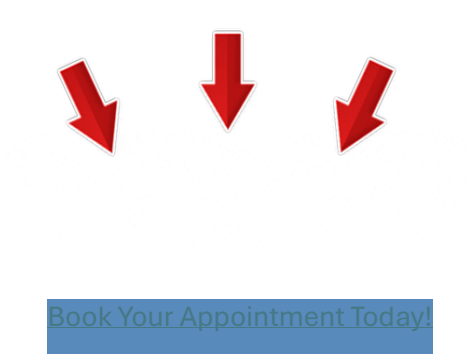
Through comprehensive hormone pathway testing, we can:

- Map your specific estrogen metabolism pattern
- Identify any imbalances or concerning patterns
- Create a personalized treatment plan
- Monitor your progress with follow-up testing
- Implement preventive strategies for long-term health

This February, make a commitment to understanding your body better. **Dr. Loretta specializes in identifying and treating hormone imbalances with a comprehensive, evidence-based approach.**

[Book your appointment today](#) - in-person or telehealth available!

And don't forget to check out my book ["Lymph-Link"](#)



Yours in health,

A handwritten signature in black ink that reads "Dr. Loretta". The signature is fluid and cursive, with a long horizontal line extending from the end of the name.

PS: Are you following me on [Instagram](#)? The algorithm likes to hide my content from people sometimes because I speak out against mainstream medical advice. Let me know if you see my posts by following me and [commenting on this video](#).



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