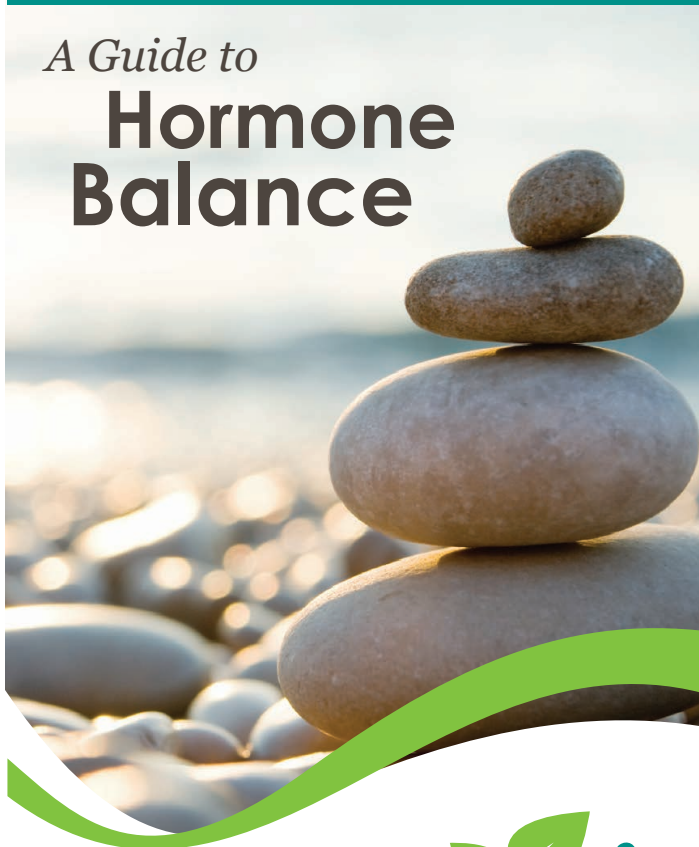


# Gentle Hormone Restoration Therapy®

## A Guide to Hormone Balance



**murray  
avenue**   
**APOTHECARY**  
Compounding Pharmacy Boutique

[www.MAAppgh.com](http://www.MAAppgh.com)

## Hormone Balance: The Key to Health

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*Changes in your hormones can  
affect your daily reality and  
well-being.*

Hormones do not operate separately; they are like a **SYMPHONY** – when one of the instruments is “out of tune,” the whole orchestra is affected.

**Symptoms of Hormone Imbalance may include:**

- Fatigue
- Poor Sleep
- Headaches
- Weight Gain
- Irritability
- Infertility
- Mood Swings
- Hot Flashes
- PMS
- Loss of Sex Drive
- Depression
- Anxiety
- Bloating
- Breast Tenderness
- Irregular Menstrual Cycle

“ My life has been changed dramatically since I began taking bioidentical hormones 4 years ago. I share my story wherever I go!  
- S.C. Hormone Therapy Client ”

## Get Started Today!

Visit [maapgh.com](http://maapgh.com) &  
Click Initial Consultation Form  
**FREE**  
Initial Symptom  
Questionnaire & Evaluation



## Testing Your Hormones

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Testing your hormones through **Saliva/Blood Spot** is the only way to know the connection between your symptoms and your hormones.

**Human Hormones Include:**

- Estrone (E1)
- Estradiol (E2)
- Estriol (E3)
- Progesterone (P4)
- Testosterone (T)
- Dehydroepiandrosterone (DHEA)
- Pregnenolone
- Insulin
- Melatonin
- Cortisol
- Thyroid - Free T3, Free T4, TSH, TPO antibodies.

## Three Simple Rules for Gentle Hormone Restoration Therapy®:

**Rule 1:** Use hormones only if you need them! (e.g., if they are measurably low and/or you have clear symptoms.)

**Rule 2:** Use **CUSTOM COMPOUNDED HUMAN IDENTICAL HORMONES\*** rather than synthetic hormones.

**Rule 3:** Use hormones in dosages that create hormone balance with little or no side effects.

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## The Process



### Complete the Questionnaire

Fill out our free online initial consultation form & evaluation.  
[maapgh.com/initial-consultation-form.html](http://maapgh.com/initial-consultation-form.html)



### Test Your Hormones



In-Home Saliva/Blood Spot Testing determines baseline sex steroid, adrenal, and thyroid hormone levels. Available for purchase at MAA. Your results are sent to MAA within 5-7 business days after receipt of your sample by ZRT Lab.



### Meet with Susan



Holistic Clinical Pharmacist Susan Merenstein will review your results with you and create a suggested protocol to be shared with your practitioner.



### Receive Your Compounded Bioidentical Hormones

Your Customized Human Identical Hormones are compounded in our on-site state-of-the-art lab.

**Be Patient! Your journey to optimal health takes time and commitment.**

### Consult Fees

1 Hour - \$125.00  
30 Minute - \$75.00

Real Results from Real People at  
[www.MAApgh.com](http://www.MAApgh.com)



## Meet Susan



Susan Merenstein, RPh/Owner, has over 37 years of clinical pharmacy experience & over 17 years of experience in Gentle Hormone Restoration Therapy® and Nutritional

Counseling. Her expertise has led to positive changes in health and overall well-being for her clients, greatly improving their quality of life.

### Susan's Motto...

- Be **AWARE** of your body and symptoms. "Listen" to your body.
- **EDUCATE** yourself.
- Be a **PROACTIVE** participant in your health.

“I recommend to any woman who is suffering from menopausal symptoms to try the compounded route. It has certainly changed my life.”  
- M.L.  
Hormone Therapy Client

Our mission at Murray Avenue Apothecary is to create a **triad of holistic health** between the physician, pharmacist, & patient.

## Murray Avenue Apothecary's Services

### A Patient-Centered Pharmacy Practice

- One-on-One Consultations
- Gentle Hormone Restoration Therapy®
- Individualized Compounded Medications
- Hair Regrowth Treatments
- Diabetic Neuropathy & Pain Creams
- Gluten-Free Medications & Supplements
- Absorbable Acetylated & Palmitated Glutathione
- In-Home Testing Including: Hormones, Food Sensitivities, Neurotransmitters, & Heavy Metal Toxicity
- Flavored & Topical Pet Medications

We take the 'bite' out of animal dosing!  
[PittsburghsPetPharmacy.com](http://PittsburghsPetPharmacy.com)



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