



## **Our Scope of Practice**

The main focus of a Certified Women's Holistic Hormonal Health Practitioner (WHHHP) is to guide a woman to recalibrate her life, body, mind and hormones using supportive and holistic protocols to feel more like herself again.

My scope of practice through client consultation and collaboration with their PCP includes:

1. Using my in-depth knowledge and science backed protocols, I will gather comprehensive information to isolate key areas of concerns which will help me to educate and guide my clients using client specific practical tools and steps to achieve hormonal health by addressing the root cause of hormonal imbalance.
2. Recommending diagnostic tests for women's sex hormones like estrogen and progesterone; cortisol (saliva test) and thyroid hormone function test(ordered by the primary care physician) to address hormonal imbalance issues and come up with a diet and lifestyle change protocols to help with her symptoms.
3. Recommending diet and lifestyle changes to promote hormonal balance during various stages of a women's life.
4. Based on the results of saliva tests for women's hormone, I will collaborate and recommend to PCP for Bioidentical hormonal therapy prescriptions when applicable to help balance hormones.
5. Recommending adaptogens, vitamins and herbal supplements after discussing with her provider to help her with her symptoms.
6. I will be recommending detoxification protocols if applicable during consultations after consulting with the PCP.

7. I will be available to discuss with the PCP any questions they might have and guide them on hormonal protocols if needed.

Through my follow up consultations, I will be making changes to the patient's protocol in order to adapt to the needs of my client so that she get continuous help to reach hormonal health balance.