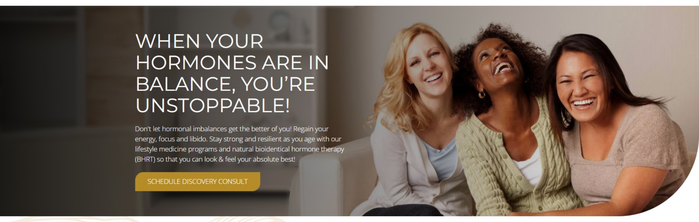


WHEN YOUR HORMONES ARE IN BALANCE, YOU'RE UNSTOPPABLE!

Don't let hormonal imbalances get the better of you! Regain your energy, focus and libido. Stay strong and resilient as you age with our lifestyle medicine programs and natural bioidentical hormone therapy (BHRT) so that you can look & feel your absolute best!

SCHEDULE DISCOVERY CONSULT

DO YOU EXPERIENCE THESE SYMPTOMS?

WE CAN TACKLE YOUR HORMONE SYMPTOMS & GET YOUR BODY BACK IN BALANCE

- Brain Fog
- Chronic GI Complaints
- Mood Changes
- Low Libido
- Fatigue
- Hot Flashes / Night Sweats
- Poor Sleep & Insomnia
- Weight Gain
- Pain During Sex
- Muscle Aches & Joint Pain

RESTORE YOUR YOUTHFUL VITALITY

We provide a range of anti-aging therapies including bioidentical hormone replacement therapy to help you stay youthful, sharp, and fit as you age so that hormonal imbalances don't drain you of your vitality. Don't let hormone imbalances call the shots! Take charge of your health with a personalized treatment plan that's safe and smart.

TAKE THE HORMONE QUIZ

HORMONE OPTIMIZATION

GET STARTED

TESTOSTERONE OPTIMIZATION

GET STARTED

FUNCTIONAL WELLNESS

GET STARTED

LIFE CAN BE A ROLLERCOASTER... YOUR HORMONES DON'T HAVE TO BE!

Natural & Safe

Bioidentical hormones, derived from compounds found in plants, are now being used in place of traditional HRT.

They are an exact match to hormones found in the human body making them free of pollutants that can raise your risk for certain illnesses & are highly customizable for proper dosing.

Personalized

In conjunction with our functional wellness approach, we carefully prescribe bioidentical hormone replacement to alleviate symptoms.

Your dosage is customized specifically to you, your physiology and specific needs based on your hormone testing, age, weight & risk factors.

Holistic

While BHRT can be life-changing, we look at the full "hormone health spectrum" by also reviewing all other aspects of functional health including nutrition, detox and lifestyle.

We provide personalized nutrition & detox guidance to compliment BHRT and help reduce inflammation and further balance your hormones.

MEET DR. FRANCINE WOODS

Dr. Woods first became interested in hormone health and anti-aging while practicing as MD trained in internal medicine. After suffering for years with symptoms like weight gain, fatigue, and irritability that was compromising her career and relationships, she worked with a hormone expert to get her hormones back in balance.

She soon realized that her struggles were not unique and that often people like her weren't getting the help they need. She then pursued additional education in hormone therapy and anti-aging with the American Board of Anti-Aging and Regenerative Medicine.

With her newfound expertise, she's committed to transforming lives by offering comprehensive hormone balancing programs that empower individuals to regain control of their well-being.

Her unique journey from struggling with hormonal imbalances to becoming a knowledgeable advocate for hormone health has inspired her to create a supportive and informed community dedicated to thriving through life's hormonal transitions. Join her in the journey toward vibrant health and vitality. You don't have to navigate this path alone.

LEARN MORE

TESTIMONIALS

IN OUR PATIENTS OWN WORDS

"I have a VERY demanding job so I originally went to see Dr. Woods because I felt like I was losing my edge and needed a tune up. I had a lot of brain fog, felt sluggish and gained some pounds around my midsection which is strange for me since I hit the gym at least 4 times weekly. After testing we found out my testosterone was on the low side. Now after getting that sorted out, I'm back in the game, back in shape and I feel my confidence coming back too!"

Will Pongo
Happy Patient

WHAT YOUR DOCTOR DOESN'T KNOW ABOUT

TREATING HORMONE IMBALANCES

Understanding Symptoms, Causes & Treatment Strategies

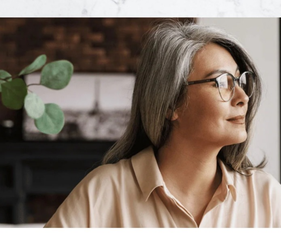
DOWNLOAD THE GUIDE

THE ONE-PAGE

HORMONE MAKEOVER BLUEPRINT

The 5-Step Process To Resolving Hormone Imbalances

DOWNLOAD THE GUIDE



TAKE THE FIRST STEP TO BETTER HORMONE BALANCE

Looking to restore hormone balance & vibrant health, but aren't sure about your options? Book a free phone consult to get the clarity & confidence you need!

BOOK FREE PHONE CONSULT

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