



About Dr. Robin Sinclair

Dr. Sinclair received her Doctorate in Naturopathic Medicine from National College of Naturopathic Medicine in Portland, Oregon. Prior to this she received her pre-medical education at Humboldt State University. Her Bachelors of Science in Interdisciplinary Studies focused on Biomedical Studies and Biological Psychology.

In September 2006, she joined forces with Happy N Healthy Family Medicine, a progressive medical clinic with a focus on prevention and quality patient care.

Dr. Sinclair strives to establish a partnership in health with her patients. By developing a treatment plan that works with each patient's needs and goals, she helps her patients to become an active part in their healing process. Her primary focuses are on woman's health, digestive health, pediatrics, counseling, Bowen Technique, homeopathy and general medicine.

First Office Visit ~ \$175

1.5 hour appointment

First Office Visit ~ established patient with HNH ~ \$ 150

1.5 hour appointment for established HNH patients

Return Office Visit ~ \$ 90

1.0 hour appointment for all returning patients

*Happy N Healthy
Naturopathy*

Bio-identical
Hormones



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Natural Options for Menopause

What are bio-identical hormones?

Bio-identical hormones are manufactured to have the same molecular structure as the hormones made by your own body. By contrast, synthetic hormones are intentionally different. Bio-identical hormones cannot be patented, therefore pharmaceutical companies make synthetic hormone preparations that are patentable, Premarin, Prempro, and Provera being the most widely used examples. These hormones however are not structurally identical to the hormones our bodies make, therefore they are metabolized differently.

Are bio-identical hormones better than synthetic hormones?

One of the advantages of bio-identical hormones is that our bodies recognize and metabolize them the same way that our endogenous, or bodies own, hormones are metabolized, thus minimizing side effects. Your local compounding pharmacist can then create a bio-identical hormone combination that is specific to you; something that's impossible with mass-produced products. They are commonly prescribed in the form of a cream however, they also are available as pills, lollipops, lozenges etc. depending on what works best for you.

How do I know if I need hormone replacement therapy?

Not all women require hormone replacement therapy (HRT) during peri-menopause. Some women find relief through diet, exercise, homeopathy or herbal medicine. Depending on your particular medical history and symptoms, the right plan can be created for you.

How can hormone replacement therapy benefit me?

The sex hormones estrogen (estrone, estradiol and estriol), progesterone and testosterone have a protective effect against several health conditions. Estrogen replacement can help relieve hot flashes, insomnia, irritability, mood changes, low libido, as well as prevent; vaginal atrophy, urinary incontinence, skin atrophy, hair thinning, facial hair, osteoporosis, CAD, Alzheimer's dementia, colon cancer, and age-related macular degeneration. Progesterone controls and balances the effects of estrogen, improves lipid levels, normalizes sex drive, increases action of thyroid hormone, assists in new bone formation, protects against breast and endometrial cancer, and decreases risk of coronary artery spasm. If you are low in these hormones, HRT may help to prevent disease as well as alleviate the symptoms that a deficiency may cause.

How do I know what hormones I may be low in?

Salivary hormone testing can help to determine which specific hormones you may be deficient in. There are three types of estrogens that the human body makes: estrone, estradiol and estriol. Estrone is the primary estrogen produced after menopause. Estradiol is the most potent, predominant estrogen produced before menopause. Estriol is very effective in alleviating many menopausal symptoms such as vaginal atrophy, dryness, vaginal infections, painful intercourse, and conditions of the urinary tract. Salivary hormone testing can show the individual levels of each of the estrogens as well as progesterone, testosterone, cortisol, and DHEA. From these lab results your doctor can prescribe a formula to be made at your local compounding pharmacist that is specific to you.

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