

*Overcome the
Medication Merry-Go-Round
Once and For All*

The ROOT CAUSE SOLUTION

*Guide to Perimenopausal & Menopausal Hormonal
Imbalances*



Dr. Douglas J. Pucci

DC, FAAIM - Functional Medicine, Neurology & Nutrition

Welcome

Congrats on accessing the Root Cause Solution Guide to Perimenopausal + Menopausal Hormones.

The purpose of the Root Cause Solution Guide is to answer a few frequently asked questions about hormonal health, give you an understanding of testing basics and the consequences of hormonal imbalances, and offer you a pathway toward the ultimate health reset.

About Pucci Wellness



Hi, I am Dr. Pucci. I lead patients through health transformation using functional medicine as a pathway to personal self-empowerment & lifestyle balance.



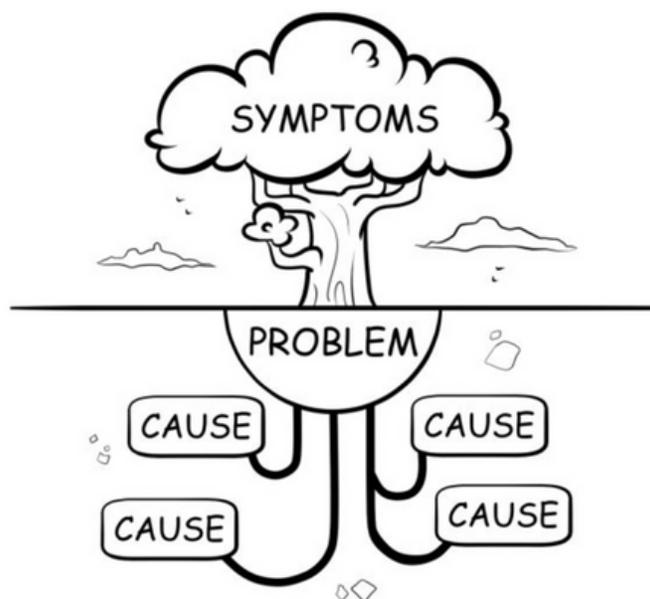
Hi, I am Cynthia. I help operationalize life-changing care packages, programs & courses for health care seekers just like you on the journey to discover your root cause solution.

Knowledge of Root Cause Concerns, Unique Insights & Powerful Functional Medicine Secrets That'll Transform Your Health & Wellbeing

The Root Cause Solution contains some of the biggest health breakthroughs and insights I've discovered over the past 30 years in my practice regarding Functional Medicine. This is uncommon knowledge that most doctors either don't want you to know or are too afraid to share with you.

This is what Functional Medicine is all about.

"The Root Cause Solution is about peeling back the layers of health symptoms and finally helping you get to the underlying **ROOT CAUSES of what ails you the very most."**



HORMONE TESTING GUIDE

Here's what you need to know about symptoms such as infertility, painful periods, hot flashes, night sweats, exhaustion & fatigue, stubborn belly weight, poor sleep, pain, difficulty staying focused, and crazy mood swings; they are not normal!

You've been told your entire life these symptoms are typical of women and come with the territory and age. Sure, these symptoms are "common," but it's not supposed to be this way.

The fact is, hormone drama is not a universal problem. Studies show women in industrialized countries are more likely to suffer the consequences of hormonal imbalance than other women. The cause is diet, lifestyle, synthetic hormones, and the surrounding environmental toxicants that disrupt the endocrine system.

Both the endocrine system and female sex hormones are quite complex, and unfortunately, conventional medicine has an overly simplified view regarding treatment - including testing. This guide will explain the different testing options available so you can make an informed discussion regarding hormone testing.



TAKE THE QUIZ AND GET

**A Functional Assessment of
Your Case FREE for 30 Min**

Available to Qualified Applicants Only | contact support@getwell-now.com

THE BASIC HORMONES

Estrogen

The female body makes three major types of estrogen hormones. The first and most abundant estrogen hormone produced in women of childbearing years is called estradiol or E2. It is important for maintaining regular menstrual cycles and the overall health of the female.

Estriol (E3) is really only detected in significant quantities during pregnancy during which it is produced by the placenta. The third major estrogen hormone is known as estrone (E1), which is the main estrogen hormone that the female body produces after menopause.

Serum estrogen tests are primarily focused on E2.

Progesterone

Progesterone plays a very important role in preparing the female body for pregnancy. Each menstrual cycle, after the egg is released, a structure known as the corpus luteum releases progesterone and causes a dramatic increase in progesterone levels.

The progesterone hormone prepares the lining of the uterus for attachment of a fertilized egg. It also prevents the thick lining from shedding if an egg is fertilized. (When the egg remains unfertilized, progesterone levels decrease and this lining sheds, which is the process that we know of as menstrual flow.)

When fertilization occurs, progesterone levels will remain high where they play a vital role in growing the placenta and establishing an appropriate environment for the fetus to grow. Progesterone tests help your doctor check your ovulatory function, your fertility, and to assure all is well during pregnancy.

Testosterone

Although testosterone is predominantly a male hormone, women do require low levels of testosterone in order to be healthy and happy.

- Women require a healthy level of testosterone for bone strength, increased cognitive performance, and an increased sex drive.
- Women with inadequate levels of testosterone experience low libido, which can become very frustrating and problematic for them. It can also increase the risk of osteoporosis as bones become weaker.

High levels of testosterone in women can cause some male secondary sexual characteristics, such as excess body hair, facial hair, and acne.

A woman's testosterone levels typically change throughout her life – especially as she gets older. If a doctor suspects low testosterone, they will order a blood test.

Follicle-stimulating and Luteinizing hormones

Follicle-stimulating hormone (FSH) is released by the pituitary gland where it stimulates the follicles in one of your ovaries to mature. The pituitary gland then releases luteinizing Hormone (LH), which is responsible for ovulation. These tests are used to check fertility, when there are problems with the reproductive system and to predict when a woman will naturally enter menopause.

Cortisol

Cortisol is more commonly known as the stress hormone. It is released by the stress glands, called your adrenals, and is a chemical messenger for all kinds of automatic functions from digestion and hunger, to sleeping and waking, including blood pressure and physical activity, as well as stress levels, insulin release, and so forth.

Thyroid Hormones

There are numerous hormones involved in healthy thyroid function. There are typically three that are routinely tested; they are TSH, T3, and T4. You can check for levels of thyroid-stimulating hormone (TSH), which is a hormone made by the pituitary gland, that stimulates the thyroid to make hormones. If the pituitary gland is producing abnormally high levels of TSH, it may mean that your thyroid gland is not making enough hormones. You can also measure the amount of free T3 and free T4 in the blood, which is the active or bioavailable thyroid hormones.

WHAT TO TEST

To Check Basic Hormones (on a blood test)

Most of the time, assuming there are no issues with fertility your doctor will check these:

- Estrogen
- Progesterone
- Testosterone

When moving into peri-menopause, the Dr might also check these:

- Follicle-stimulating hormone
- Luteinizing hormone
- Estradiol
- Total testosterone & Free Testosterone
- Full thyroid panel w antibodies

To Check Bioavailable Hormones (Hormone Replacement)

In functional medicine, anti-aging medicine, or for anyone taking BHRT, a salivary hormone test is used for:

- Cortisol & stress physiology
- Melatonin:cortisol for circadian development and difficulties sleeping
- E2:DHEA Ratios
- FSH/LH Brain signalling response
- Dosing awareness for estrogen & progesterone
- Priming for ovulation (infertility panel only)
- Early evidence of leaky gut aka secretory IgA

To Check Methylation of Hormones (Hormone detoxification)

Urinary hormone metabolites are the single best way to picture the entire Hormone Cascade; meaning, view all the various enzymatic conversions that are necessary for cholesterol, which sits atop the hormone cascade, to sequence into stress hormones like cortisol or sex steroid hormones like progesterone & testosterone.

- Aromatase activity
- Estrogen overload in women
- Excess or too little cortisol (pain relief)
- Fatty liver
- Poor detoxification
- and so on

HORMONAL IMBALANCES & THEIR CONSEQUENCES

Throughout women's reproductive years, hormones play a crucial role in cycle regulation. But that's not where the story ends; hormonal imbalances affect every tissue and organ in the body (including the brain), and the consequences continue into the menopausal years and beyond.

Because hormones impact so many things at all phases of life for both women and men, both physical and psychological consequences can result from hormonal problems.

Many symptoms of imbalanced hormones are either accepted as normal by those experiencing these problems or approached by conventional medicine as isolated issues, thereby missing the root causes.

- Psychological symptoms may be treated unnecessarily with antidepressants, anti-anxiety medications or other potentially mood-altering drugs, giving either temporary relief or having no effect at all.
- Likewise, physical symptoms may be addressed with pain meds or physical modalities, which again can result in temporary relief or no improvements. In fact, the number of symptoms may increase or existing symptoms may become worse.

Just some of the physical symptoms of a hormonal imbalance into peri menopause include heavy menstruation, acne, migraines, fatigue, how and where body fat is stored, changes in hair, skin or nails and decreased libido.

Into menopause, along with any of the above, including gastric distress, we see a lot more psychological symptoms of hormonal imbalances that include depression, irritability, panic attacks, lack of focus and excessive stress or worrying.

A good functional medicine doctor can pinpoint root causes for which hormones are out of whack through detailed, comprehensive testing, including by taking a deeper dive into your total wellbeing.

ROOT CAUSE CHECKLIST



COLLECT ALL 9 CLINICAL PEARLS

Get answers to common questions such as:

- What is the No. 1 Root Cause for Brain & Hormonal Imbalances
- What are 4 Overlooked Root Causes for Fatigue
- Could Autoimmune Thyroid be a Root Cause for Hormonal Imbalances
- What are 3 Questions I Should Ask before Taking Antidepressants
- and More

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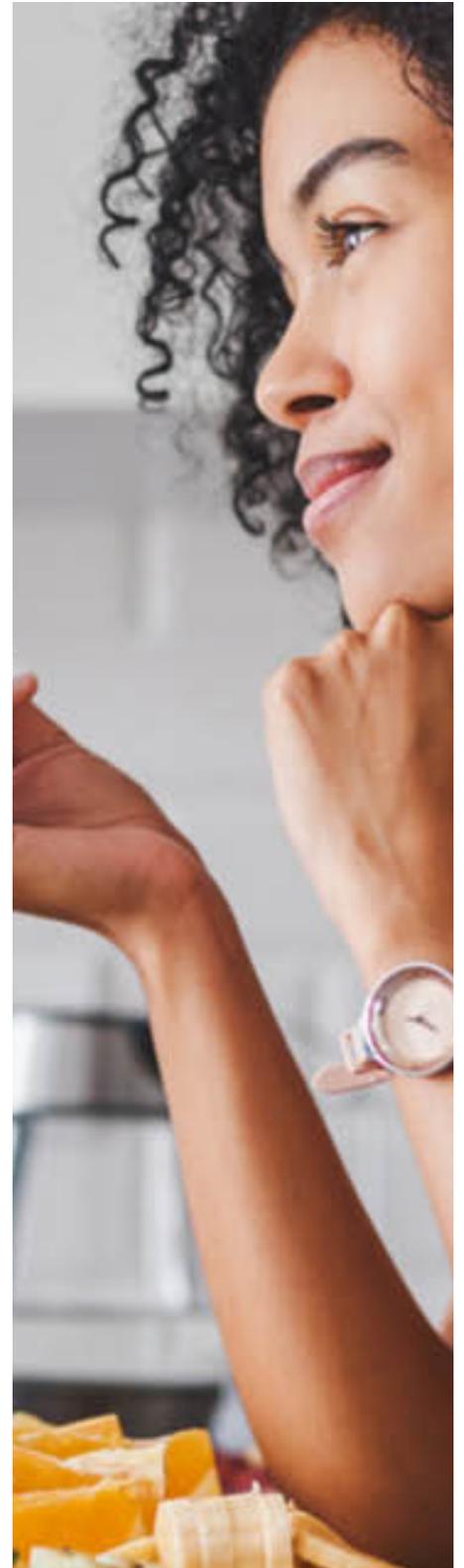


Get all 9 Clinical Pearls



TAKE THE HORMONE QUIZ

The purpose of the [quiz](#) is to ask you a few basic questions & share with you future clinical insights.



Wondering if Hormone Imbalances Cause Your Chronic Health Issues?

Before you take weight loss, mood altering or stress relief-type supplements or medications, you should know for sure if you have hormonal imbalances or not! And also whether something important has been overlooked in your body's biochemical makeup! Please get started by taking a short 2min quiz. And when you're ready, we will book you for a strategy call & send you a complete Welcome Packet and all the information you need to make an informed decision about your care...

Dr Pucci

TAKE THE QUIZ (Click Here)



Meet Miriam

"I am a huge fan of Dr. Pucci, and functional medicine as a pathway to health.

"Before coming to him, I tried various things, which did help to some degree, including chiropractic and getting orthotics, as well as sleeping pills and pain meds/creams, as well as trials of other medications.

"I would slog through life, using any precious moments in which I had energy to do the absolutely necessary tasks to get by. I tried various medications and a slower lifestyle. On several days, I was so weak, I had to use a cane to make it to my appointments. I had tried every medication and several types of doctors, including rheumatologists, psychiatrists, sleep studies and specialists, neurologists, etc."

"Finally, and after years of suffering, I met Dr. Pucci and my life took an uphill turn, immediately, from there.

"Dr. Pucci was warm and gracious and generous with his time. He knew what questions to ask to deeply and thoroughly assess my health, questions and lines of inquiry no one else had ever asked! Every diet change, physical and neurological exercise, and nutritional supplement was thoughtfully prescribed, according to the unique needs of my body in that particular time frame.



"Dr. Pucci both followed the lead of the changes my body was making, while having an overarching plan of how to lead me back to health.

"Things gradually began to change, as the layers of pain, brain fog, and fatigue slowly melted away. Although there were ups and downs along the way [...], within 5 months I was ready to participate fully in life again. From that time, my strength, clarity, and energy continued to improve. Today I feel more vibrant and healthy than ever, and I know the ways to take care of my body so that I feel confident I will continue to experience good health long into the future."

~ Miriam, Bergen County, NJ

FAQ'S

WHAT HAPPENS NEXT?

Take time to review each of the videos inside the [mini-course](#). The reason we've created these is to share with you some of the same kinds of struggles others have had being taken seriously for their hormonal imbalances, thyroid issues, pain, exhaustion, and general desire to find a natural, holistic approach.



WHAT HAPPENS BEYOND?

You are free to continue your search for more information about hormonal imbalances and investigate why conventional medicine is a failing model when it comes to chronic health conditions that leave you worn out, exhausted and fatigued on your own.

If you need my help and the support of my team, complete the root cause checklist and quiz before Booking A Time to Chat. The purpose of the call is to give you a few key insights, help identify whether you're a candidate for testing, and share with you a path forward to the ultimate health reset .

At any time that you need help, simply contact the office (201) 379-6502.

PSSSSST!?

DID YOU KNOW?

We Offer the Ultimate Hormone Reset

Want to make waves in your health + wellbeing? Set yourself in motion by filling me in with a few of your most important details & my expert team will help you become a patient and get the testing you deserve.



THE ULTIMATE
HORMONE RESET



Get Personalized Genetic Testing + Health Coaching Insights in 3 Key Areas from a Doctor You Know & Trust

FIND OUT HOW - BOOK TODAY

