

## **Fatigued, Depressed, Overweight, Chronic Pain, Hormonal Symptoms: The Holtorf Patient Handouts**

(A top physician's educational information  
provided here as a resource for you)

As long as you get good, evidence-based information, I will go to whomever or wherever I have to in order to get it to you. Well, here are brief handouts that cover perimenopause, menopause, IBS, Chronic Fatigue, Fibromyalgia, male "menopause" (andropause), bioidentical hormones, thyroid function, and more. Enjoy. Whatever you read, we can discuss and begin to treat together. The good news is that with me you know you can proceed as gradually as you want. I will respond to any questions not explained in the information you find on these sites. I have been trained in strategies to help you attain your goals in practical, convenient, safe, effective, and supportive ways.

***The information provided via this link is intended for your education only. Please do not self-prescribe any of the items you read about in this material. You do not know the following:***

- ***if it is appropriate for you.***
- ***if it is appropriate for you based on your medical history.***
- ***if it will interact with anything else you are currently taking.***
- ***if any doses discussed are appropriate for your height and weight and possible sensitivity to any natural substances or medications.***

<http://www.holtorfmed.com/handouts>