



NATUROPATHIC PHYSICIAN
CERTIFIED MENOPAUSE
PRACTITIONER

**DR. LAURIE
MARZELL
N.D., M.C.M.P.**

WWW.DRMARZELL.COM

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by Dr. Laurie Marzell N.D., N.C.M.P. & Drea

BETTER SKIN

How to keep your skin looking youthful and how we can help!

HORMONES

Learn more about the role of hormones in your overall health

BLUE ZONES

What are they and what can we learn from them?

TURNING BACK THE CLOCK OF TIME: YOUR SKIN

How can you keep your skin as wrinkle free as possible? Help is on the way! For those of you who choose to take estrogen, you are already benefitting from the estrogen's profound effect on the skin. Estrogen is noted to stimulate and protect the collagen under your skin. This keeps away the wrinkles and also helps keep the moisture in the skin. It can work with hyaluronic acid to benefit or "plump up" muscles under the skin as well. We have formulated a specialized prescription cream with estrogen and hyaluronic acid to help you achieve happier, healthier skin. We would be happy to discuss this with you in your next office visit.



CLINIC NEWS

prescriptions

A gentle reminder that if your prescription is up for a refill, it is because you are due to be seen. Dr. Marzell offers refills until it is time to check in with her. It may mean that she needs to have a conversation with you to determine if the dosage is working or it may mean that labs need to be done. Either way, you are due to be seen. Please keep an eye on your prescription bottles and/or ask the pharmacist how many refills are left so you can plan accordingly. It takes an average of 3 business days to process a refill **after** receiving a fax from the pharmacy. Please always call your pharmacy first and be sure they are faxing us at 833.643.1228. Once a prescription is filled, we will send you a Message in your Patient Portal notifying you it was filled.

lab orders

When labs are ordered, we normally share a copy of them with you in the patient portal. We always recommend if possible, printing them out and bringing them with you to the appointment. Although we always fax over the order to the lab facility, technology isn't always reliable. Please watch the below video to learn how to access and download lab orders and image orders in your patient chart.

[CLICK HERE](#)

HAPPY BIRTHDAY: HAND OVER YOUR HORMONES



As we become older, we should relish the experience we have attained with one more year of life. Birthdays are markers of all we have accomplished in that extra year. If you take hormone replacement therapy, that year of life may have been more productive or even occurred at all because of taking those hormones. But some do not think so. Like an impatient child at school who checks the clock every other minute waiting for recess, some doctors would take away from a thriving and healthy patient, one of the most important tools they are using to maintain health.

Hormones help women and men keep their arteries clean to prevent heart disease. They help bones to remain strong. They protect brains from deterioration. They keep skin young and sex drive active and functional. Why would we take away something that is working so well for a patient? Because the myth from misinterpreted media lives on. The fear factor in prescribing hormone replacement for women and men overshadows the ultimate goal which should take president over all else: keeping patients as healthy as possible for as long as possible.

I remember one of my early patients who was starting menopause, who came to me for a consult. She was not taking any hormone replacement. She unloaded her purse with a drug to prevent bone loss, an antidepressant to treat her depression and anxiety and a statin drug to treat high cholesterol. She had developed these problems since menopause; or since the decline of her production of estrogen. I decided to consult the common sense-o-meter.

HAPPY BIRTHDAY: HAND OVER YOUR HORMONES

At what point did we lose it? A pile of drugs to treat the lack of hormones that had once kept a patient healthy. Why not give her back the same hormones that she now lacks? Isn't it better to use hormones that are natural to the body?

We did not have these hormone tools years ago, but we have them now! We prefer biologically identical hormones. After all, these are the exact molecules that we have spent most of our lives with. We now have a safe way to administer them which prevents blood clots and strokes which were once side effects.

Of course, there are some exceptions to hormone use, such a patient who has had or has cancer with hormone receptors on it. Obviously, this patient is not a candidate for hormone replacement. But luckily, that circumstance is more the exception than the rule.

So Happy Birthday to you! Hang onto those hormones! They will help you have many more.



OUR NEW FAVORITE PRODUCTS: HEADSPACE

Are you stressed out by the news, family problems, or other nail-biting events? I frequently recommend an app to help people de-stress called Headspace.com. This is a meditation app, but it also includes a whole variety of de-stressing suggestions, programs, etc. The founder, Andy Puddicombe, is a former monk who studied meditation for several years. He has one of the most calming voices, and makes a good deal of sense in providing tools to deal with the stressors of the day. It also has programs to help with sleep; such as music, stories, and meditations. Like most apps, you can do a trial with it to see if it may be valuable for you. Check it out. We could all use a little de-stressing now and then!



SUPPLEMENTS WE LOVE

IRON GUMMIES, YUM!

Do you know that many people are iron deficient, and do not know it? This is why it is so important to include iron studies, especially ferritin, an iron storage protein in the lab check-up. Many people who are concerned about health are decreasing their consumption of red meats. If you are not eating red meat, you should consider getting your iron from supplementation as not many foods are high in iron. For the menstruating female, restricting red meat may impair their ability to replenish blood supply from the monthly loss. I like to recommend blackstrap molasses. Despite the quizzical looks I receive, this food is high in iron, potassium, calcium and magnesium. It is delicious as a warm drink added to hot water, spooned over hot cereal, and of course there is gingerbread. Iron is essential for the body to reproduce red blood cells. It is also important in the brain and muscles. Without a sufficient amount, anemia could result. This means the body cannot make enough red blood cells to carry oxygen to the tissues. That results in fatigue, a frequent complaint. For those who need a convenient, easy to absorb iron source daily, there is a new product; iron gummi's! These tasty little cubes come in a variety of flavors, such as grape, cherry and even watermelon. They contain a good dose of iron, 45 mg. They have no simple sugar, only 15 calories. They even have a bit of vitamin C added to increase absorption, how nice! For those people who are low in iron, 1 to 2 of these chewy wonders daily will help to restore iron. This is why we stock them at the clinic. Call our office to order some delicious iron gummies.

:: RECIPES OF THE MONTH ::



BLUE ZONE

RECIPES

Have you heard of Blue Zones? They are regions of the world where people are claimed to live longer. The name "blue zones" derived simply during the original survey by scientists, who "used a blue pen on a map to mark the villages with long-lived population." Blue Zones host to many centenarians, living over the age of 100. (and living a healthy peaceful life!) They have been a source of many studies, in an effort to unlock their longevity and health. One of the common threads of each Blue Zone is lifestyle and diet. So rather than feature one recipe this newsletter, why not adopt some of the recipes that Blue Zones use? I'm sure there is a lot we can learn from them. Click below to find out more about Blue Zones and the recipes they use.

Check out Netflix to watch a documentary all about Blue Zones - it's very inspiring.

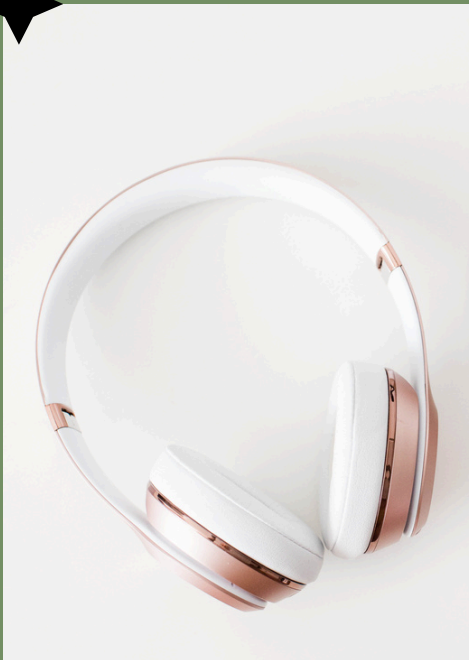
[CLICK HERE FOR THE RECIPES](#)

COMING SOON!



WE WANT TO HEAR FROM YOU

Ask Me Anything

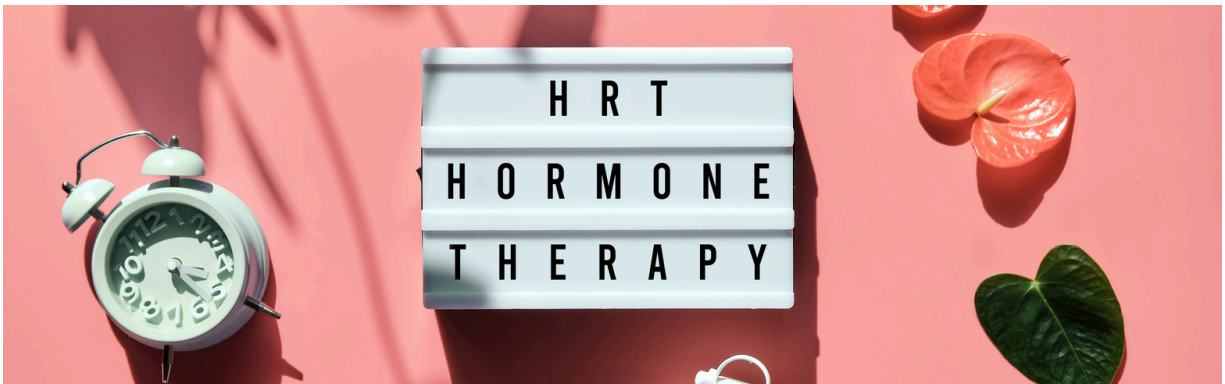


In an upcoming podcast segment, we are doing an AMA: Ask Me Anything. You submit the topics or questions you'd like to know more about, and we will answer them for you on air. We cannot wait to deep dive into your questions and help you stay empowered and educated on your favorite health topics. Submit your questions to: drmarzell@drmarzell.com with the title PODCAST.

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THE COST OF FEELING GOOD



patches gels vaginal rings

Estrogen replacement comes in many forms. At our clinic, we try to individualize the prescription for estrogen or progesterone to what works for the patient. That decision takes into account cost, convenience, effectiveness of application and safety.

What Form of Estrogen is Safest?

Topical estrogens do not increase the risk of blood clots or strokes with women, even women who are genetically prone to these risks. Oral pills do increase these risks. Topical estrogens would include gels, patches and the ring. The ring is placed vaginally by the patient. It not only delivers hormones to the vaginal tissues, but higher doses can provide hormones that will deliver to the whole body. Rings can stay in place and last for three months. Gels must be applied daily, and I usually recommend twice a day. They are easy to administer by rubbing into the thighs. The patch is applied to the upper hip. I prefer the “week long” patch. It delivers consistent hormones for about 5 days. Many women will require replacement of the patch at 5 days with a new patch.

Continued on the next page.....

(Have questions?! Send them in! We will highlight them in our next podcast.)

THE COST OF FEELING GOOD



How Do I Keep The Cost of Hormone Therapy Low?

A number of options are available. Insurance plans may cover your hormone prescription. Policies vary even within the same company, so you may wish to check coverage of your preferred form of hormones. If you are not covered or the cost is still expensive, you could check other options. Often patches receive the best insurance coverage for topical estrogen. Companies that manufacture topical gels usually offer coupons and discounts available online. They include manufacturers of Divigel, and estrojel. Also, compounded hormones are available and can be tailored to the needs of the patient. They are not available in patches, but can be formulated in gels. Also vaginal applications can be made in suppositories, and creams.

Also, pharmacies that dispense prescriptions often vary greatly in the prices patients are charged. Shopping around may make a huge difference in the cost you will pay.

Canadian pharmacies can be your friend in keeping your hormone therapy cost low. I encourage patients to google “Canadian pharmacies”. (We do have a couple that we work with as well that we can recommend) There are several. You can click into the various websites, search for the hormone therapy you would like to buy and can actually do a little comparison shopping. Another benefit is that the Canadian pharmacies offer three months at an even better discount. Unfortunately, recent events have required Canadian pharmacies to request payment in check, and this may delay delivery of your prescription. After you order your prescription, the Canadian pharmacy will contact me and confirm the prescription.