

Happy Hormones

FOR LIFE

Happy Hormones FAQ's

Who are we?

We are a team of qualified and registered Nutritional Therapists and Functional Medicine practitioners who use evidence based protocols to support your health. We are not medical doctors. We don't diagnose or prescribe.

Our mission is to educate, empower and support you to fully optimise your health so you can feel better than ever as naturally as possible. We help you identify the root cause of your symptoms through comprehensive health tests and support you to address any underlying imbalances through food, lifestyle and targeted supplements.

We believe you should be fully informed about all the options available to you so you can decide what's best for your body. We will have no hesitation in referring you to your doctor should we feel you need medical support (including HRT) and we also partner with excellent private doctors and other practitioners that we refer you to if appropriate.

Who do we help?

We help women (and some men) who are struggling with hormone imbalances (pre, peri or post menopause), digestive issues, auto-immune conditions, infertility, fatigue, weight gain, mood issues, insomnia, anxiety, brain fog, hair loss, joint pain, hot flushes, PMS, migraines and much more.

We love working with clients who are 100% committed to their health and want to feel the best they can.

How do we work?

We don't believe in offering one off consultations (as many other practitioners do). The reason is that we will never get the best results for you by seeing you once.

Instead we offer programmes that include functional health tests that will help us work out what is causing your symptoms, so that we can create a personalised programme that's exactly right for you.

Our support sessions are all online, and our test kits are sent to your home (for the blood test we arrange a nurse visit or a local blood draw). We can ship test kits to most countries in the world (depending on local laws and customs regulations). Contact us if you'd like more information on which countries we can ship to.

What makes our programmes unique?

1 OUR TESTS – we use state of the art functional tests that are not available on the NHS or in mainstream medicine to look for the root cause of your symptoms.

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Here are some of the tests we use regularly;

Hormones; we use the most accurate and sophisticated hormone test in the world today. It's a urine test measuring 4 samples over 24 hours. It gives us a comprehensive look at your sex hormone levels but also their metabolites. This shows a much bigger picture of how hormones are actually behaving, and crucial information about what might be causing your symptoms. We also test adrenal hormones so that we can see how your body is dealing with stress (crucial for your other hormones).

Thyroid health; the Thyroid pathway involves several different thyroid hormones, and standard testing does not measure them all. It's important to test all of the markers that can indicate a potential thyroid weakness or auto-immune condition so that we can address the root cause and not just the symptoms. We look at TSH, T4, T3 and thyroid antibodies to identify any weakness in your thyroid health. And crucially we are looking for 'optimal' levels not just 'normal'.

Blood panel; Our Well Woman comprehensive blood screening test looks at FBC, liver, kidney, heart, Diabetes, inflammation and key nutrients.

Gut health; Our stool test is the most comprehensive and advanced on the market. It utilises cutting-edge technology to provide a true DNA-based assessment of your gut microbiome from a single stool sample. Key markers include bacteria (beneficial and pathogenic), yeast, fungus, parasites, inflammation, enzyme status, immune markers.

DNA Genetic Testing – a comprehensive nutrigenetics test that reports on gene variants in key biological processes that govern health and disease in the following areas; Lipid metabolism (heart health), Methylation, Detoxification, Inflammation and Oxidative stress, Insulin sensitivity, Bone health and Food responsiveness. It helps to identify genetic weaknesses in these pathways and so we can help improve, or mitigate these weaknesses using targeted diet, lifestyle and supplement interventions for better health, longevity, and disease risk mitigation.

2 OUR SPECIALIST KNOWLEDGE – these tests are super complex. We have invested time and money into gaining the specialist knowledge and experience to be able to properly interpret these tests and translate them into a personalised programme that gets the best results.

3 OUR EXPERIENCE – we have been doing this consistently for over 7 years and have now helped many hundreds of clients all over the world. Please check our testimonials page.

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- 4 **OUR TEAM APPROACH** – you are not just in the hands of one nutritionist. From day 1 you are looked after by a whole team focussed on making sure you achieve the best outcome.
- 5 **OUR MISSION** – we want every woman to thrive, not just survive. To feel better than they did in their younger years. We strive for OPTIMAL not just NORMAL. So you can live your best life NOW, not later.

Why do we specialise in testing?

IT'S ACCURATE

Even though we're pretty intuitive when it comes to symptoms, we don't like to guess. We like to have the backup of a physical test – because we're not infallible, and we want the absolute best for our clients – so if we know FOR SURE that something isn't where it should be, then we can put a natural protocol in place that laser targets that specific imbalance.

IT'S PERSONAL

Every BODY is unique. This is why the 'one size fits all' standard medical approach doesn't work for everyone. What we aim to do is to get to the root cause rather than just manage your symptoms.

Having a programme totally targeted for your own unique imbalances will help you get much quicker and more effective results – after all, that's what we're aiming for!

IT'S MOTIVATING

Having test results motivates you to stick to the programme. It's all well and good telling you to make some changes, but seeing it on paper makes it REAL.

Why isn't this testing free?

- 1 The state of the art tests we use are not available on the NHS or within most mainstream health providers (excluding some blood tests). They are only available to private practitioners.
- 2 The Happy Hormones team of practitioners are highly trained and skilful. We have invested heavily in our education and training in nutrition and health, and continue this investment with ongoing CPD. These tests are very complex and need expert interpretation, as well as ongoing support to help you implement your programme.
- 3 Each programme is bespoke to each individual client. There is no 'cookie cutter' general approach. You get a highly personalised and unique programme so that you get the best outcomes for your body and your health.

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Are our programmes covered by health insurance?

Sadly not in most cases, and that is as frustrating for us as it is for you! In our medical system, it's mostly NHS regulated services that are covered. But this is changing and there are a couple of schemes that are now accepting some of our tests, so it's always worth checking with your insurer.

How much does it cost?

Costs vary according to which tests and programmes you need, but prices range from £495 to £2500. On our more comprehensive packages, we offer payment plans over 3 months for those wanting to pay in stages.

How can I sign up for this?

Testing isn't something you should be buying off the internet! These tests are very complex and need trained specialists to understand and interpret them for you. We need to talk to you first to learn more about you and assess whether we can help you.

Simply email **support@happyhormonesforlife.com** and we will get an initial call arranged, free of charge.

The Happy Hormone Test Packages Might Be For You IF;

- You are doing everything right but still not feeling your best
- You've been told your test results are 'normal', but you still have symptoms
- You want a personalised programme that's exactly right for you
- You want to get to the root cause rather than just manage your symptoms
- You're interested in putting a preventative plan in place to reduce your risk of more serious conditions
- You want to optimise your health to the fullest
- You're willing to invest in your health
- You've tried everything else!

Apply today for a free call

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CLIENT STORIES



"Getting tested through Happy Hormones was the best decision I have made in recent years! I was on the floor with fatigue, brain fog, mood swings, nausea, body aches and interrupted sleep. I was also gaining weight at an alarming rate despite no change in diet. Through testing we discovered I had an underlying thyroid issue, and I was able to address it through some diet and lifestyle changes, and along with targeted supplements, I started to feel like me again. I would highly recommend working with Nicki and her team, it was well worth the investment - the change in me was unbelievable!"

Celine Hooper



"I'd say signing up to Happy Hormones testing package was one of the best things I've done. To invest money towards yourself, probably for once in your life, and in doing that it gives you that strength and that resilience to actually move on and do more for others."

Marion Davis



"I can honestly say that if it wasn't for Happy Hormones, my company 'Actually' would not exist. After a long period of really struggling with my energy and concentration, they were able to pinpoint exactly what was wrong and help me put it right so that I had the energy to get on with my life and work"

Sara Price



"The tests to determine your hormonal state are invaluable. I've known I've had a problem for years but could never prove it until now."

Jane, Lancashire



"Thank you for my full testing package. It's literally changed my life. Feeling very grateful. Fantastic service. Thank you team. "

Nikki Sammons