



## BONUS EDUCATION

### **Dr. David Zava**

<https://www.youtube.com/watch?v=YJKv8GA5mkM>

Dr. Zava, PhD highlights the safety of bioidentical hormones and the difference between synthetic derivatives used in traditional medicine.

### **Dr. Kent Holtorf**

<https://www.youtube.com/watch?v=Sq8rsd1mxY4>

Dr. Kent Holtorf, MD puts to rest the debate over the safety of bioidentical hormones.

### **Dr. Aviva Romm**

The Stress Response Part 1

[https://www.youtube.com/watch?time\\_continue=142&v=Qr8PO5Npvys](https://www.youtube.com/watch?time_continue=142&v=Qr8PO5Npvys)

Dr. Aviva Romm, MD provides a thorough and excellent review of the positive and negative effects of stress on women's health as well as the benefits of using adaptogens.

### **Dr. Aviva Romm**

The Stress Response Part 2

[https://www.youtube.com/watch?time\\_continue=2&v=NIZZMppy8yk](https://www.youtube.com/watch?time_continue=2&v=NIZZMppy8yk)

The role of adaptogens and a detailed discussion of common botanicals.

### **Dr. James Wilson**

A Clinical Approach to Adrenal Fatigue

<https://icahealth.vids.io/videos/4c9ad9b11e1ae1c4c4/a-clinical-approach-to-adrenal-fatigue>

Dr. James Wilson, DC ND PhD, author of the book Adrenal Fatigue, gives an excellent and thorough review of the role of the adrenal glands, effects of chronic stress on the Hypothalamic Pituitary Axis, and covers symptoms, lab tests and treatment for this common condition found in clinical practice.

### **Dr. James Wilson**

Podcast

Adrenal Health and Fatigue

[https://www.youtube.com/watch?time\\_continue=755&v=fqrGAEfVvM4](https://www.youtube.com/watch?time_continue=755&v=fqrGAEfVvM4)

In this interview with Dr. James Wilson hosted by Power2Practice, you will learn how to recognize the unique pattern of Adrenal Fatigue from other causes of fatigue. Dr. Wilson also discusses extensive tips for treating this common clinical disorder including supplements. Excellent review.

**Jim Paeoletti, RPh.**

Functional Approach to Hypothyroidism Part 1

<https://www.power2practice.com/webinar-recording-functional-approach-to-hypothyroidism/>

Excellent overall review of thyroid metabolism and the multiple causes of hypothyroidism.

**Jim Paeoletti, RPh.**

Functional Approach to Hypothyroidism Part 2

<https://www.power2practice.com/webinar-recording-functional-approach-to-hypothyroidism/>

A thorough exploration into the causes of poor conversion of T4 to T3 (functional hypothyroidism). Optimizing poor thyroid receptor response (functional hypometabolism) is also addressed in detail.

**Jim Paeoletti, RPh.**

Functional Approach to Hypothyroidism Part 3

<https://www.power2practice.com/webinar-recording-a-functional-approach-to-hypothyroidism-part-3-of-3/>

An in-depth discussion on thyroid testing and thyroid replacement options.

**Jim Paeoletti, RPh.**

Autoimmune Thyroid Disorders

<https://www.power2practice.com/webinars/>

An in-depth discussion on Hashimoto's Thyroiditis, including the role of gut dysbiosis and gluten, and diagnosis and treatment guidelines. Excellent review.

**Paul Savage, MD**

Physiological Dosing

<http://info.zrtlab.com/watch-physiologic-dosing-webinar>

Dr. Savage gives an excellent detailed presentation on physiological dosing of hormones in menopausal women and which testing modalities are best.

**Alyssa Burns-Hill, PhD, MSc, FRSPH, MIHPE**

Mental Health and Hormones

<http://info.zrtlab.com/mental-health-hormones-form>

Dr. Burns-Hill discusses the Mind-Body/Body-Mind relationships through three interesting case studies.

**Paul Savage, MD**

Nuts and Bolts of BHRT Male Case Studies

<https://www.power2practice.com/august-webinar-recording-nutz-and-boltz-of-bht-male-case-studies/>

Dr. Savage discusses male HRT through case studies and also the use of HCG.

### **Jim Paeoletti, RPh.**

Cases Studies in Endocrine Imbalance

[https://www.zrtlab.com/webinars/case-studies-in-endocrine-balance/?\\_hsenc=p2AN-qtz-9Vh5pv1vjL7MbQY8t6DvRnVOALuiWAlStHFOe6mmUH3qCrqWmlhLWyOXp3zM-wuD3h4BOyR4AATpUwhgrbmOsXtqoEvFw&\\_hsmi=84149628&hsCtaTracking=c6874ea7-7bfe-40e1-a07e-8895670210d8%7Ccd6a11ca-f925-4d9e-8ed2-4bcaf9cc1138](https://www.zrtlab.com/webinars/case-studies-in-endocrine-balance/?_hsenc=p2AN-qtz-9Vh5pv1vjL7MbQY8t6DvRnVOALuiWAlStHFOe6mmUH3qCrqWmlhLWyOXp3zM-wuD3h4BOyR4AATpUwhgrbmOsXtqoEvFw&_hsmi=84149628&hsCtaTracking=c6874ea7-7bfe-40e1-a07e-8895670210d8%7Ccd6a11ca-f925-4d9e-8ed2-4bcaf9cc1138)

Jim Paeoletti presents practical examples of approaches to achieving hormone balance by sharing lab interpretation and protocol suggestions for sex hormone, adrenal and thyroid hormone imbalance.

### **Angela Mazza, DO**

Promoting Metabolic Function and Insulin Sensitivity through Lifestyle Intervention

[https://www.youtube.com/watch?time\\_continue=3&v=4B1gy5GxZYA](https://www.youtube.com/watch?time_continue=3&v=4B1gy5GxZYA)

Dr. Mazza discusses the pathophysiology of insulin resistance, PCOS and male hypogonadism through interesting case studies.

### **Deborah Matthew, MD**

Myths Associated with Menopause

<https://www.youtube.com/watch?v=9zzDkYfPfHw>

Dr. Matthew exposes the truth about 3 common menopausal myths, including the need for hormone replacement as we age and associated risk of cancer.

Myth 1: When you go through menopause it's natural and you don't need hormone replacement. Myth 2: Hormones are dangerous and cause cancer. Myth 3: If you're not "older" or in menopause, you don't have a hormone problem.

### **Deborah Matthew, MD**

"Scared that Estrogen Replacement will Cause Breast Cancer? Let's talk"

<https://signaturewellness.org/2019/03/26/scared-that-estrogen-replacement-will-cause-breast-cancer-lets-talk/>

Dr. Matthew's blog post reviews the evidence that estrogen therapy does not increase risk of breast cancer. In fact, data suggest that it actually prevents it. (Great citations included!)

### **Thomas Guilliams, PhD**

New Advances in the Treatment and Assessment of HPA Axis Dysfunction Part 1 and 2

<http://info.zrtlab.com/stress-hpa-axis-dysfunction-webinar?submissionGuid=128f5254-f6d9-4d9e-8544-a932f2baf011>

### **Allison Smith, ND**

Interpreting Estrogen Metabolites

<http://info.zrtlab.com/interpreting-estrogen-metabolites-form>

Dr. Smith provides a thorough discussion on the interpretation of estrogen metabolites in dried urine, their effect on risk of cancer and how supplements can alter the metabolic pathways.

**David Zava, PhD**

Topical Webinar Delivery

<http://info.zrtlab.com/watch-topical-hormone-delivery-webinar>

Dr. Zava clears up the confusion about which testing method is best for the various delivery methods for hormones.

**David Zava, PhD & Kate Placzek, PhD**

Utility of Neurotransmitter Testing

<http://info.zrtlab.com/utility-of-neurotransmitter-testing-form>

In depth discussion about the various neurotransmitters, the disorders that can result from their imbalances and how neurotransmitter testing can greatly assist the clinician in management.

**Jennifer Landa, MD**

Female Sexuality Clinical Case Studies

<https://www.youtube.com/watch?v=NYZgoLxb4Tg>

Rewire Your Desire Video Series for Patients

Hormone expert and Sexpert MD, Dr. Jen Landa is the Amazon best-selling author of The Sex Drive Solution for Women and creator of Rewire Your Desire, a program designed to help women regain their sex drive.

<http://drjenniferlanda.com/rekindle-your-desire/>

**Allison Smith, ND**

Putting It All Together, Case Studies

<http://info.zrtlab.com/case-review-putting-it-together>

Dr. Smith discusses several interesting hormonal case management studies including one with a pheochromocytoma. Good tips for the provider.

## BLOGS AND ARTICLES

### METFORMIN ARTICLES

<http://jeffreydachmd.com/2014/02/metformin-anti-aging-miracle-drug/>

Excellent synopsis on the many benefits of taking Metformin and raises the question: Should we all be taking it?

<https://www.worldhealth.net/news/metformin-may-promote-anti-aging/>

Could Metformin be the fountain of youth?

<http://www.lifeextension.com/Magazine/2017/4/Metformin-Slashes-Cancer-Risks/Page-01>  
Excellent review of the cellular antiaging benefits of taking Metformin. Most impressive is that research has found that diabetics taking Metformin live 15% longer than healthy individuals without diabetes!

<https://joshmitteldorf.scienceblog.com/2012/11/26/is-metformin-an-anti-aging-drug/>  
A concise article outlining the anti-aging and anti-cancer effects of Metformin.

### **HYPERINSULINEMIA VS HYPERGLYCEMIA**

<http://blog.zrtlab.com/hyperinsulinemia-vs-hyperglycemia>

A clear discussion on the importance of diagnosing Insulin resistance and its' association in PCOS patients.

### **EFFECT OF NEGATIVE EMOTIONS ON HEALTH**

[https://articles.mercola.com/sites/articles/archive/2018/05/17/effect-of-negative-emotions-on-health.aspx?utm\\_source=dnl&utm\\_medium=email&utm\\_content=art1&utm\\_campaign=20180517Z1\\_UCM&et\\_cid=DM207304&et\\_rid=307411191](https://articles.mercola.com/sites/articles/archive/2018/05/17/effect-of-negative-emotions-on-health.aspx?utm_source=dnl&utm_medium=email&utm_content=art1&utm_campaign=20180517Z1_UCM&et_cid=DM207304&et_rid=307411191)

Dr Mercola discussed in detail the detrimental effects of anger and stress on our bodies and how to nurture emotional wellness.

### **NAC VS. METFORMIN IN PCOS**

<http://www.pcosnutrition.com/nac/>

Interesting article discussing the benefits of N-Acetyl Cysteine in women with PCOS. Recent studies suggest NAC may be better than Metformin in improving fasting blood sugar and insulin levels and may have a beneficial effect on fertility!

### **PCOS NATURAL PRESCRIPTION**

<https://avivaromm.com/pcos-natural-prescription/>

Dr. Romm discusses the importance of dealing with insulin resistance in difficult to manage patients with PCOS. She offers an excellent extensive natural prescription approach.

### **PMS**

<https://avivaromm.com/pms/>

Approaches to manage PMS.

### **WHY WE SLEEP**

<https://articles.mercola.com/sites/articles/archive/2018/02/03/why-we-sleep.aspx>

Excellent article emphasizing the biological foundation for our mental and physical health is sleep and how the lack of it leads to chronic illnesses including Alzheimer's, cancer, heart disease and ultimately a shortened life span!

### **HEALING MENSTRUAL PAIN**

RADIO SHOW

<https://avivaromm.com/healing-menstrual-pain/>

OR BLOG <https://avivaromm.com/dysmenorrhea/>