

Symptoms Associated With Menopause

- Anxiety and mood swings
- Breasts shrinking & sagging
- Hair Thinning
- Depression
- Dry skin
- Fatigue
- Headaches
- Heart Palpitations (a fluttering sensation of the heart)
- Hot Flashes and/or night sweats
- Insomnia
- Libido Decreased
- Memory loss & difficulty concentrating
- Urinary incontinence
- Vaginal bleeding Irregular (changes in menstrual cycle)
- Vaginal pain or dryness
- Vaginal Thinning

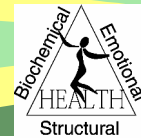
For more information,
go to:

www.yourmenopausetype.com

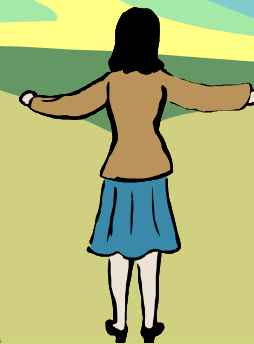
You can order test kits at:

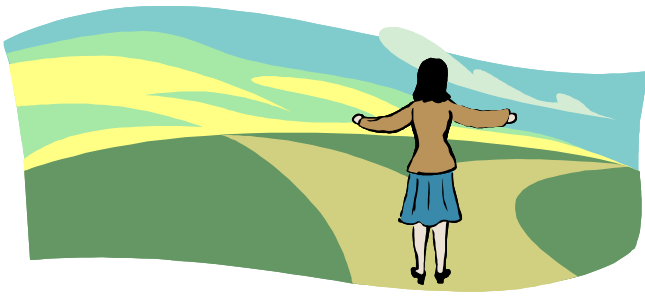
MWLC@SBCglobal.net

Is it time to
Make a
Decision
about
Hormone
Replacement
Therapy?



Michiana Wellness & Longevity Clinic
Dr. William Lyden
605 West Edison, Suite G
Mishawaka, IN 46545
Phone: 574-258-4444
Fax: 574-258-4445
Email: MWLC@SBCglobal.net





*When it comes to
Hormone
Replacement Therapy,*

**You Have More
Options Than
You May Think.**

Automatically taking prescription hormones is NOT the answer. There are twelve different types of menopause, and each type requires a unique approach suited to your specific Menopause Type®:

- Ideal
- Low Testosterone
- High Testosterone
- Low Estrogen
- Low Estrogen, Low Testosterone
- Low Estrogen, High Testosterone
- Low Progesterone
- Low Progesterone, Low Testosterone
- Low Progesterone, High Testosterone
- Low Estrogen, Low Progesterone

- Low Estrogen, Low Progesterone, Low Testosterone
- Low Estrogen, Low Progesterone, High Testosterone

Consider The Menopause Type® Questionnaire

The Menopause Type® Questionnaire (MTQ) will show you what type of menopause you have based on the subjective symptoms of menopause. Subjective symptoms are things you experience and may report to your Healthcare Professional. Aches, pains, hot flashes, fatigue, and irritability are examples of subjective findings.

You can take the Menopause Type® Questionnaire at Michiana Wellness & Longevity Clinic or at www.yourmenopausetype.com and bring your results to your Holistic Healthcare Professional, like William Lyden, DC, DACBN, DABCI, for recommendations.

If you take the questionnaire at www.yourmenopausetype.com, the results are confidential. You are not required to provide your name, e-mail or other identifying information that will directly associate you to the questionnaire.

Simply ignoring menopause can be serious. Risks associated with menopause include colon cancer, dementia, diabetes, heart disease, osteoporosis and tooth loss. So when it's time to make a decision about hormone replacement therapy...

**Talk to Us at the
Michiana Wellness
& Longevity Clinic**

Before making final determination of your Menopause Type® it is also important to evaluate the objective signs of menopause. Objective signs are things that can be observed by either directly or with the use of medical instruments or tests. Dry skin, lumps, X-ray reports, bone density studies, EKG readouts and lab tests are examples of objective findings.

William Lyden, DC, DACBN, DABCI has been trained to make recommendations suited to your unique menopause type®.

**Make an
Appointment
Today!**

574-258-4444