

New One Stop Wellness Clinic's Hormone Balancing using Bio-identical Hormones

One Stop Wellness Clinic, now offers anti-aging medicine, which focuses on accurate balancing and testing of adrenal, thyroid, and male and female hormones; without overdosing or using synthetic pharmaceuticals.

Edina, MN (September 2012) - One Stop Wellness Clinic is proudly announcing their wellness program consisting of hormone testing and balancing, weight reduction, and acupuncture. Each program helps the other for better results and state of wellbeing.

To focus more on the topic of hormone balancing, Steven Shu, MD and Katie McClellan, PA-C, have a special interest in diagnosing and treating even the most subtle of hormone imbalances. They test your hormone level and restore your optimal hormone balance without ever using pharmaceuticals that are not natural to the body. Patients have reported how incredible they feel in various aspects of their life after having their hormones tested and then treated using natural hormones. Testing and balancing your hormones is crucial to provide support not only for your personality and mood but also internal organs and ability to lose weight.

The One Stop Wellness Clinic not only tests the reproductive hormones, but they also test the thyroid and adrenal systems that are so often thrown out of balance in response to stress. Your consultation will involve a detailed medical, symptom, and lifestyle history. This is usually followed by accurate saliva testing of your key hormones to test how your body deals with your life stress. These results can reveal stress related excess or deficiencies in adrenal hormones, which can subsequent lead to imbalances of our thyroid and reproductive hormones as well. Then, if the testing reveals an imbalance, a low-dose bio-identical hormone cream, tablet, or nutritional supplements are prescribed to help restore your normal hormone balance.

"We have so many patients stating that they are tired all the time or gaining weight easily and having a hard time losing it; and other patients saying they have terrible mood swings, irritability and a decreased libido. All these symptoms could mean you are suffering from a sex, adrenal, and/or thyroid hormonal imbalance. After proper evaluation and treatment of these imbalances, patients come back to me feeling like a brand new person and with more energy and happiness", stated Katie McClellan, PA-C.

Each hormone office visit can be billed to insurance and do not require a physical exam at the first visit.

One Stop Wellness is the latest in wellness services for Minnesota and the surrounding states. Our wellness program is comprised of both practitioner guided bio-identical hormone therapy using natural hormones and weight loss programs based on each individual. Our mission is to provide the highest level of personalized service to each of our patients. For more information on One Stop Wellness Clinic, please visit the center's website at <http://www.onestopwellnessclinic.com>.

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