

Dear Dr. Turner,

First of all I want to personally thank you for all your help, patience, and understanding. I can't tell you how much I appreciate you're your knowledge on the subject of natural medicine. I started reading up on natural medicine about five years ago after talking to my oldest sister, who had been doing some research herself. At the time I was about five years into menopause and had been seeing my current OB/GYN doctor of 15 years. He is an excellent doctor of traditional medicine and I had been using traditional hormone replacement for about three years, with very little luck. Yes, it helped the symptoms, but did nothing for my overall health. To be quite honest, I was miserable. After talking with my sister, I began reading and researching natural hormone replacement. My husband, by referral, had begun seeing you for some health issues of his own and learned that you were practicing natural/alternative medicine and recommended that I see you. I was anxious to talk to you after reading Suzanne Summer's book, "The Sexy Years". Upon my first visit I gave you a list of all the symptoms I had been experiencing and brought with me everything I was currently taking for my problems. At the time I was experiencing constant hot flashes, bloating, migraine headaches, night sweats, fatigue, the inability to sleep through the night. I was exhausted and drained. After ten minutes of explaining my situation, you spent over an hour talking to me about natural hormone replacement and my overall health. You told me that my hormone levels had diminished to the point of that of an 80 year old woman. At the end of my visit you recommended and prescribed natural hormone replacement and a good daily vitamin, then asked me to return for follow-up in two weeks. Within two weeks my life/health changed significantly. Most of the hot flashes had vanished, the headaches were basically gone, I was beginning to experience more energy, and was beginning to sleep at night, something I hadn't done in years. I awoke feeling ready for the next day refreshed. I was a much happier person.

At my two week follow-up appointment, the first question you asked me was, "Are you still having hot flashes?" I said yes, occasionally and you said, "Then you are not using enough," and suggested I use the high strength dose hormone cream. We talked more about the changes I would see and you asked me to return again in a few weeks. By the time my third visit came, the hot flashes were gone, completely. I was amazed! I hadn't felt this good in years. My husband loved what was happening. And I have to admit good things are happening in our relationship. My husband is now taking advantage of testosterone replacement as well and this has jazzed up our marriage even more not to mention the health benefits that come with it.

I just want to thank you again for all the help you have given me to make the remaining years of my life healthier and more enjoyable. Every chance I get, I discuss using natural hormones with other women, and explain how it has turned my life back around.

Thank you, thank you, thank you,

Chris McKinney

*Individual Results May Vary