



Dear Patients,

More and more women are discovering that modern medicine is not meeting their needs. We have been misled about the risks of hormone replacement therapy, while the benefits have been largely ignored. Traditional medicine focuses on treating sickness, but we need to reverse that trend and focus on what it takes to be well.

Unfortunately, most doctors still believe that hormones are dangerous and fail to acknowledge how they prevent heart disease, osteoporosis, sarcopenia, and dementia—not to mention how they can save marriages and help us be more tolerant of our kids. All women should be informed of both the risks and the benefits of hormones and then make individualized decisions about what is right for them. I strongly recommend *The Hormone Health Zone* by Dr. Don Colbert for anyone who wants to educate themselves on this subject.

Patients are also increasingly advocating for their own health needs. They are seeking care from doctors who practice outside of the box. As a result, my practice is completely saturated. I am aware of the need for bioidentical hormone therapy in our community, and it weighs heavily on me. Therefore, I have hired two nurse practitioners to help me meet this demand. I hand-picked them both. They have been working under my guidance for months and are now ready to see patients on their own. They have completed the Biote hormone training conference in Dallas and will help me meet the needs of our community and my busy practice.

As I learn more about what it takes to be healthy—a clean diet, less stress, more exercise, spending time in natural sunlight, good sleep, and being grounded to the earth—I realize that I am a walking contradiction. I have spent more than 30 years working 80-hour weeks, stressed to the max, with no free time to address my own health needs. I will be slowing my practice down to address my own health, and I hope all patients will be understanding and respect me for finally prioritizing my own well-being. I will continue to collaborate with the nurse practitioners on a daily basis to make sure your needs are met. My nurse, DeeAnn, has as much experience as I do in managing hormones and will continue to be an integral part of our team.

Thank you for your loyalty and understanding as I make these changes. I am committed to ensuring you continue to receive the same high-quality, personalized care you have come to expect.

With gratitude,

Dr. Ashley Tamucci