

## Philosophy and Goals

**Holistic Health & Hormone Center** helps clients achieve optimum health through nutritional programs and Bio-Identical Hormone replacement therapies based upon the individual's health history, symptoms, lab test results and personal health goals. Our practitioners are results-oriented:

- We believe **the whole body must be treated** in order to achieve and maintain optimum health.
- We focus on **optimum lab test levels** to identify deficiencies and imbalances in body chemistry rather than relying on the "reference ranges" that are established as medical standards.
- Our **unique approach to lab testing**:
  - Identifies deficiencies and imbalances in body chemistry that are commonly overlooked;
  - Allows us to target specific areas to bring the body into optimum balance;
  - Helps us monitor symptoms and treatment.

**Holistic Health & Hormone Center** utilizes the very best nutritional formulations including vitamins, minerals, amino acids, glandular products, enzymes, homeopathics, herbs and natural hormones to help the body heal itself, improve the quality of life, prevent disease, and ultimately achieve optimum health. Bio-Identical Hormones provide women and men with safer options for hormone replacement. When hormone levels are optimized, people typically have more physical energy and strength, greater mental clarity, improved quality of sleep, increased libido, a more positive attitude, and look and feel younger.

## About DeLaney Gabriel

**DeLaney Gabriel, H.H.P.**, has been in private practice since 1984. As a Holistic Health Practitioner and Traditional Naturopath, she has specialized in Bio-Identical Hormone Therapy for women and men since 1989. Her personal goal is for women to know they have safer options for hormone replacement and that they can actually harm their bodies more by *not* taking Bio-Identical Hormones. DeLaney provides consultations, telephone appointments, and seminars for large and small groups.

DeLaney remains at the forefront of her field and regularly attends anti-aging, holistic, and medical conferences that present the latest research and clinical applications of complementary and alternative therapies used throughout the world. Her highly diversified background includes formal education, vocational training, independent study, and recognition in the following areas:

- Registered Nutrition Consultant (1989);
- Doctor of Naturopathy from Clayton College of Natural Health (1989);
- Board Certified Naturopath by the American Association of Naturopathic Physicians, District of Columbia (1991).

DeLaney has been a member of the American Academy of Anti-Aging Medicine (A4M) since 1993 and is a former Vice President of the California Naturopathic Association.

## Treatment Specialties and Scope of Practice

- Optimum Health Programs for women and men
- Anti-Aging Programs
- Bio-Identical Hormones for women and men (Natural Hormone Replacement)
- Women's Health Care
- Nutrition and Dietary Programs
- Weight Loss Programs
- General Practice: Chronic health conditions and disease prevention for people of all ages

Lab Tests	Bio-Identical Hormones	Regarding Primary Care	Insurance Coverage
<p>We specialize in ordering and interpreting lab tests to establish a baseline, assess disease and monitor treatment. While most medical doctors only look at high or low levels, we scrutinize every lab test result and carefully review them with patients during consultations and focus on optimum test levels. Lab tests may include blood tests, saliva tests, urine analysis, bone density studies, thermogram, ultra sound, mammograms, etc.</p> <p><i>Optimum health is achieved and validated with lab tests.</i></p>	<p>Natural hormones are referred to as "bio-identical" because they are identical to the hormones produced by the human body. We fully believe that Bio-Identical Hormones are safer than traditional Hormone Replacement Therapy, because they do not cause the side effects commonly associated with HRT. Bio-Identical Hormones include Estrone (E1), Estradiol (E2), Estriol (E3), Progesterone and Testosterone. They are available in sublingual tablets, creams and suppositories.</p>	<p>The practitioners at Gabriel Center for Optimum Health do not intend to replace primary care physicians, medical specialists or gynecological exams, etc. We always recommend natural products whenever possible for treating and preventing disease. However, if medical care is necessary for your health care, we recommend you contact your medical doctor.</p>	<p>We recommend you check with your health insurance company prior to receiving services to determine whether your insurance plan will cover all or a portion of the lab tests, office visits, consultations, Bio-Identical Hormones, and nutritional supplements that may be recommended in lieu of drugs.</p> <p><i>Please note: Our office does not bill insurance companies, but we will provide you with a "super bill" so you can submit it to your insurance company for reimbursement.</i></p>

## Professional Fee Schedule

Office Visits and Telephone Appointments:

First Appointment (60 minutes)	\$225.00	45-Minute Consultation	\$150.00
60-Minute Consultation	\$200.00	30-Minute Consultation	\$105.00
		15-Minute Consultation	\$60.00

*Fees for professional services performed outside of appointments are based upon the level of work performed and time involved.*

**Holistic Health & Hormone Center** – helping you achieve optimum health through Nutritional Programs and Bio-Identical Hormones.

*Specializing in Holistic Anti-Aging and Bio-Identical Hormones since 1991*