

Get your certification for Pre- and Postmenopausal Women



International Hormone Society

Expert level Certification:

# Hormone Therapies for Pre- and Postmenopausal Women

Courses extracted from the Evidence-Based Postgraduate Training Program

This training is highly updated, evidence-based, practical, and highly interactive through webinars and pre-recorded videos.



### The Hormone Consultation

- | Hormone consultation and actual complaints
- | Physical examination: Part 1 (scalp hair, face, neck)
- | Physical examination: Part 2 (chest, abdomen, back, arm, hands, etc.)
- | Laboratory hormone tests: Interpretation
- | Hormone treatments: Part 1 (GH, melatonin, thyroid, cortisol, DHEA, aldosterone, pregnenolone, & insulin)
- | Hormone treatments: Part 2 (estrogen & progesterone, testosterone, oxytocin, vasopressin, MSH, ACTH, PTH, calcitonin, thymosin-a-1, IGF-1, & EPO)
- | Hormone consultation follow-up
- | Extra learning material "patient cases"
- | Extra learning material "patients and colleagues questions"

### Thyroid Supplementation

- | Hypothyroidism: Diagnosis
- | Hypothyroidism: Treatment
- | Adjustments of thyroid therapy to disease
- | Autoimmune thyroiditis, hyperthyroidism: Diagnosis and treatment

### Estrogen & Progesterone Supplementation in Women

- | Female hormone deficiency: Diagnosis
- | Female hormone deficiency: Hormone and nutritional treatments
- | Female hormone therapy adjustments: How to solve problems and special cases
- | Genital cancers and female hormones in women: Management, scientific facts

### Testosterone Supplementation in Women

- | Testosterone deficiency in women: Diagnosis
- | Testosterone deficiency in women: Hormone and nutritional treatments

### Adrenal Hormone Therapies

- | Cortisol: Diagnosis
- | Cortisol: Treatment
- | DHEA: Diagnosis (medical history, complaints, physical signs, lab tests)
- | DHEA: Treatment
- | Aldosterone & pregnenolone therapies: Part 1 & 2
- | Patient cases: Cortisol, DHEA, fludrocortisone, and pregnenolone therapies

### Melatonin Supplementation

- | Melatonin deficiency: Diagnosis
- | Melatonin deficiency: Treatment
- | Adjusting melatonin treatment to disease
- | Melatonin therapy: Its potential to treat disease

### Growth Hormone and IGF-1 Supplementation (part 1)

- | Growth hormone deficiency: Diagnosis
- | Growth hormone: Treatment (subcutaneous GH injections; other hormone influences on GH, how GH improves the body, use of GH fragments)
- | IGF-1 deficiency: Diagnosis & treatment
- | Growth hormone & IGF-1 beneficial effects in disease (Part 1)
- | Growth hormone & IGF-1 beneficial effects in disease (Part 2)

## Growth Hormone and IGF-1 Supplementation (part 2)

- | Patient cases with GH and IGF-1 treatments
- | Additional learning material: Growth hormone & IGF-1 controversies

## Chronic Fatigue & Burnout: Hormone and Nutritional Therapies

- | Dietary and nutritional supplementations for fatigue
- | Hormone supplementations for chronic fatigue syndromes, part 1
- | Hormone supplementations for chronic fatigue syndromes, part 2
- | Burnout syndrome: Hormone and nutritional supplementation

## Psychological & Psychiatric Disorders: Anxiety, Depression, Low-stress Resistance, Psychosis: Hormone Therapies

- | Anxiety disorders: Hormone therapies part 1 & 2
- | Depressive disorders: Hormone treatments part 1 (thyroid, estrogen, testosterone in women)
- | Depressive disorders: Hormone treatments part 2 (cortisol, DHEA, aldosterone, growth hormone, melatonin, oxytocin)
- | Low-stress resistance: Hormone therapy

## Reversing Physical Aging

- | Reversing physical aging: Dietary, environmental and nutritional therapies
- | Reversing physical aging: Basic hormone therapies
- | Reversing physical aging: Systemic and topical hormone therapies
- | Reversing the aging of the 5 senses with hormone and nutritional therapies
- | Restoring scalp hair aging and disorders with hormone therapies
- | Reversing face and skin aging with hormone therapies
- | Reversing neck, chest, abdomen, back, and arm aging with hormone therapies
- | Reversing leg, pelvis, and genital aging with hormone therapies

## Sexual Disorders: Hormone Therapies

- | Hormone Therapies for female sexuality
- | Oxytocin deficiency & treatment

## Longevity: Hormone and Nutritional Therapies


- | Longevity factors and pharmaceutical drugs to live longer
- | Diets, foods, and drinks to live longer
- | Centenarian longevity factors and psychological attitudes to live longer
- | Centenarian hormone & nutritional levels
- | Hormone Therapies to live longer: Growth Hormone and thyroid
- | Hormone Therapies to live longer: Melatonin, DHEA, cortisol, aldosterone
- | Hormone Therapies to live longer: Estrogen & progesterone in women, testosterone in women

## Weight Loss Management

- | Diets that help reduce weight: Paleo diet, fasting, ketogenic diet...
- | Slimming hormone treatments (part 1): GH, IGF-1
- | Slimming hormone treatments (Part 2): testosterone, estrogen, and progesterone in women, cortisol, DHEA, oxytocin, melatonin
- | Slimming appetite-reducing hormone therapies: GLP-1, HCG

EXPERT  
LEVEL

# Why should you get the Hormone Therapies for Pre- and Postmenopausal Women: Expert level Certification?

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- + To **become an expert** in extensive hormone and nutritional therapies for women with recent studies.
  - + To obtain an **official certification** for your medical expertise in hormone therapy, acknowledged by the International Hormone Society (IHS).
  - + To **join the movement** of more than 2.500 physicians of the International Hormone Society, the IHS community.
  - + To get **access** to the **scientific references** available on the International Hormone Society website.

## Advice

- + The Hormone Therapies for Pre- and Postmenopausal Women: Expert level Certification is the most **updated** hormone training program **specialized for women's optimal health**.
- + With the finest e-learning materials of the **highest quality**.

The Hertoghe Medical School presents **13 modules** comprising **65 lectures** of approximately 2 hours in Hormone Therapies for expert level in Pre- and Postmenopausal Women. Through this certification, you will have access to all the **deep knowledge** you need to become a specialist in treating women in Pre- and Postmenopause with **extensive hormones and nutritional therapies**.

This training is highly **evidence-based, updated, practical**, and highly interactive through webinars and prerecorded videos. This program is based on Dr. Hertoghe's extensive **medical experience** and **knowledge**.

## Costs

The **fee for the Hormone Therapies for Pre- and Postmenopausal Women, Expert Level Certification**:

**PACKAGE PRICE = ~~8.700€~~ 8.400€**