Dr. Rachel’s “Hormones & Beyond Program” for Women and Men

Why Beyond?
Although Dr. Rachel has a specialized practice in hormone replacement, she is uniquely qualified as a naturopathic physician to take into consideration many aspects of health and treat you holistically. Hormones are a key component in optimizing wellness, but health goes beyond hormones.

Dr. Rachel can recommend diet plans tailored to your needs, help with weight loss, and improve your digestive function and immune health. She can look for and address risk factors for heart disease beyond what your primary care doctor will test. Dr. Rachel helps manage insulin resistance, diabetes prevention and osteoporosis. She has specialized training in nutrigenomics, an exciting area of medicine where she can provide recommendations based on your genetics.

Because Utah Natural Medicine is partnered with leading labs, she has access to a plethora of information to help meet your health care goals. Dr. Rachel will be your partner as you navigate through not only what is the best hormone combination for you, but also what testing and treatments may help you most. Get ready to vitalize your health with Hormones & Beyond!

Step 1. Online patient intake forms.
Please allow 20-30 minutes to complete these forms that serve as an important first step in your partnership with Dr. Rachel. She will review these with you during your initial consultation and refer back to them periodically.

Step 2. Initial Consultation
Allow 2 1/2 hours for your first visit at Utah Natural Medicine. The appointment with Dr. Rachel can range from 90-120 minutes. Dr. Rachel will review your health goals, concerns and health history and do a physical exam. She will develop an individualized care plan with you that will include recommendations for lab testing, and may include diet and lifestyle modifications, supplementation, botanical/herbal medicine, recommendations for acupuncture or prescription medicine. Depending on Dr. Rachel’s findings, you may initiate treatment after this visit or testing may be needed first. Immediately after your visit, our staff will review your care plan with you to carefully ensure that all necessary parts of the initial care plan are implemented and answer your questions.

Step 3. Lab testing
Depending on Dr. Rachel’s findings, you may have blood testing with our phlebotomist directly after your first visit, go to an off-site lab, or you may initiate treatment and test 6-8 weeks later. Blood testing must be completed 2 weeks prior to your follow up appointment.

Cost for labs depends on if you have insurance benefits and what tests are ordered based on findings and goals established in your initial consultation with Dr. Rachel. We offer significantly discounted pricing for patients without insurance and for those on Medicare. You may not bill Medicare for labs ordered and you may not take lab orders to your in-network doctor. Dr. Rachel is responsible for labs she orders, interpretation, and treatment.

Step 4. Follow-up consultation and re-checks
Dr. Rachel will review labs with you and will answer any questions you may have. You may start treatment after this visit or she adjust doses if needed based on labs and how you are responding to treatment. If you are initiating treatment in this follow-up visit, then lab testing will be ordered again and another follow up will be scheduled in 6-8 weeks. This process will be repeated until hormone levels are optimized for your individual needs. Once this has been achieved, it is only required to repeat testing and meet with Dr. Rachel annually.

Optional Direct Access Membership - limited availability