



Customized Bio-Identical Hormone Replacement Therapy

The Happy Hormone Cottage is an education, resource, and wellness center focused on women helping women in the field of natural hormone balance. We specialize in facilitating each woman's journey to wellness by re-establishing optimal hormone balance. **How do we do this?**

1) Get Tested!

- The Happy Hormone Cottage provides the educational piece. We do this by offering a consultation in which we talk about YOU and YOUR symptoms. We then give you an overview of our process and determine if we are right for you.
- You begin your journey with testing. We never recommend any type of therapy before we know what is going on in your body. We use urine test kits from Precision Analytical Lab which provide us with the most accurate results of your hormone levels. Test kits are available for purchase in our offices.
- Your results are sent to our Nurse Practitioner who is specially trained to interpret your results.

2) Get Treated!

- Our Nurse Practitioner will prescribe an individual therapy that is just right for you.
- Your therapy will be compounded by the Piqua Compounding Lab. Jeff Hogrefe, R.Ph. works closely with his team to make sure each client's therapy is customized exactly to meet their needs. They insure this by analyzing each client's test results and symptoms.
- The Piqua Compounding Lab compounds each therapy using their State-of-the-Art Resodyne Mixer. They are the first compounding pharmacy in the United States to incorporate this mixer into its compounding process. Using this piece of equipment, allows Piqua Compounding Lab to consistently outperform other compounding pharmacies in terms of accuracy and potency on the order of 30-50X greater.
- The staff at the Piqua Compounding Lab is always available to help answer your questions. **Jeff Hogrefe, R.Ph.**



3) Get Better!

- The Happy Hormone Cottage provides continual support to all clients. We also encourage lots of communication from our clients; we love to hear your feedback!
- We retest your hormone levels annually so we can continually monitor hormonal changes and customize your therapy accordingly. Our goal is your optimal health!



*Happy Hormone Cottage Founder,
Lyn Hogrefe*

*Award winning educator, Top 25 Women
to Watch, Athena Award Finalist, Cincy
Chic Woman of the Year, Entrepreneur,
Blogger and Author.*

Lyn's passion is educating women!

[Visit our Website](#)

www.happyhormonecottage.com

[Email our Office](#)

info@happyhormonecottage.com

[Call Us](#)

513-444-6343

