

# CERTIFICATE

## OF COMPLETION

*Elizabeth Howard*

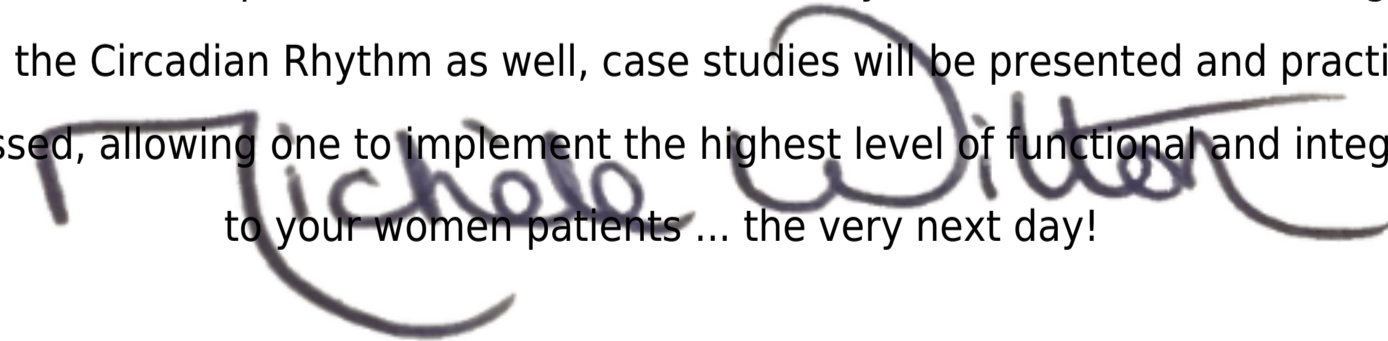
*Menopause: Understanding its Many Health Implications and  
Harnessing the Benefits of Natural Therapies*

Menopause spells the end of ovarian estrogen production and of reproductive capabilities, and although the sometimes debilitating hot flashes take center stage, many other symptoms and ailments occur as a consequence of estrogen deficiency.

Estrogen is the master of metabolic homeostasis – the regulator of fat and sugar metabolism, the protector of the brain, and the master of the circadian rhythm. The loss of ovarian estrogen production signals the onset of a host of medical issues for peri and menopausal women.

**AWARDED BY**

The presentation will provide a comprehensive overview of the many critical roles which estrogen plays, along with its relationship with the Circadian Rhythm as well, case studies will be presented and practical and effective protocols will be discussed, allowing one to implement the highest level of functional and integrative medical care to your women patients ... the very next day!



MICHELE WILTON

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