

Bioidentical Hormone Replacement Therapy (BHRT)

uses bioidentical hormones which are derived from plants like soy and yams, which are then purified and converted into chemical structures that exactly match the human hormones naturally produced by our body → therefore their bio-identical reference. The plant-derived bio-identical hormones function exactly the same as the hormones the body makes and in fact, the body recognizes them as if they were endogenously produced. BHRT has a long history of safe and successful use, first identified in 1942 and since used extensively.

We all age, and with time levels of our hormones naturally wane, leaving especially women to suffer horrendous symptoms related to perimenopause and beyond. The goal is to replace what nature and time have lost and restore equilibrium, so women and men can easily navigate menopause and andropause, without feeling like aliens in their own body.



Food IS medicine!



BHRT and Functional Medicine applies to both women and men!

You don't have to suffer in silence anymore! Your symptoms are not "in your head," they are real symptoms reflecting the declining levels of your hormones, or hormonal imbalance resulting from poor diet, exposure to environmental toxins and endocrine disruptors, medication side-effects or gut dysbiosis.

You too can age gracefully, feeling great and benefiting from the protecting effects of bioidentical hormone replacement!

ARE YOU SUFFERING FROM?

- Low libido
- Sleep disturbances
- Low energy/Fatigue
- Weight gain/Inability to lose weight
- Brain fog
- Irritability/Agitation
- Stress
- Memory Loss
- Food Cravings (salt, sugar)
- Acne
- Mood swings
- Hot flashes
- Gut dysbiosis
- Anxiety and depression
- Food sensitivities
- Irregular/Painful periods
- PCOS (polycystic ovarian syndrome)
- Thyroid disease
- Urinary incontinence

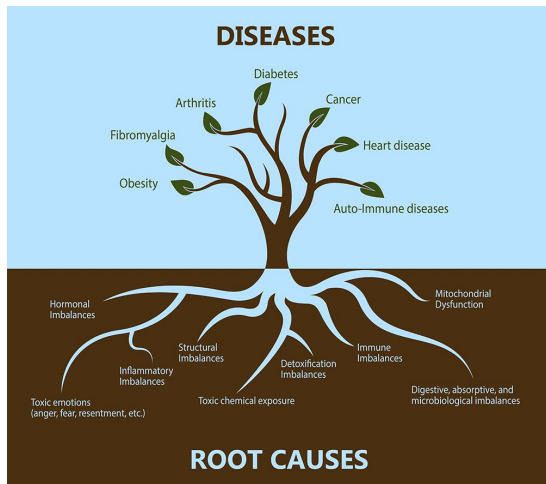
GET THE ANSWERS YOU NEED!

These symptoms can reflect hormonal imbalance. Traditional hormone testing lacks the depth of information that comes from saliva, dried urine and dried blood spot testing. I can help you get tested to find the root-causes of your symptoms. I would be honored to be your lifeline on your journey to balance your hormones naturally!

Contact Us
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Not participating with medical insurances





Functional Medicine is about finding the root-causes of your symptoms, rather than applying a Band-Aid to mask your symptoms with medications.

The three ‘R’s of Functional Medicine as a Path Forward:

Remove: eliminate the offending problem: unhealthy/inflammatory diet, endocrine disruptors, heavy metal accumulation, etc.

Replace: Replace necessary nutrients, vitamins, minerals necessary to support adequate detoxification and elimination of harmful substances and hormones from your body, improve your gut microbiome with pre-/probiotics, as well as support your gastric acid and digestive enzymes as necessary.

Repair: Restore your circadian rhythm, support your well-being with adequate choices of diet, lifestyle, professional-grade supplements, and bio-identical hormone replacement.

Who We Are

At True Health Solutions Clinic, Dr. Alawa uses Functional Medicine to identify the root causes of your hormonal imbalance and apply science-based medicine to restore your well-being.

Dr. Elena Alawa is a Board-certified osteopathic internal medicine physician, certified in Bioidentical Hormone Replacement and Functional Medicine, specializing in women’s and men’s health, with over 15 years experience in clinical practice.

We are bringing Telemedicine to you, so you have access to Bioidentical Hormone Replacement Therapy from the comfort of your home, anywhere in the state of Michigan. Bring the physician to your home, in virtual format! Moreover, have testing done in the comfort of your home, without waking up early in the morning to beat the long lines at your local lab center. Complimentary shipping of lab supplies so you can test in your own home!

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My aim is to work with your PCP and GYN to help you restore your hormonal balance naturally!

Being ‘healthy’ is not about being perfect in every way but achieving and maintaining balance. Give your body what it needs to heal, remove the obstacles to healing, and the healing will follow!