



What Can Cause Hormones to Fall Out of Balance?

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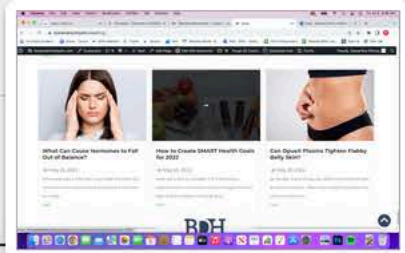


Can Opus® Plasma Tighten Flabby Belly Skin?

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As we age, many things can affect how loose the skin around our belly is. When your weight fluctuates, like when you become...

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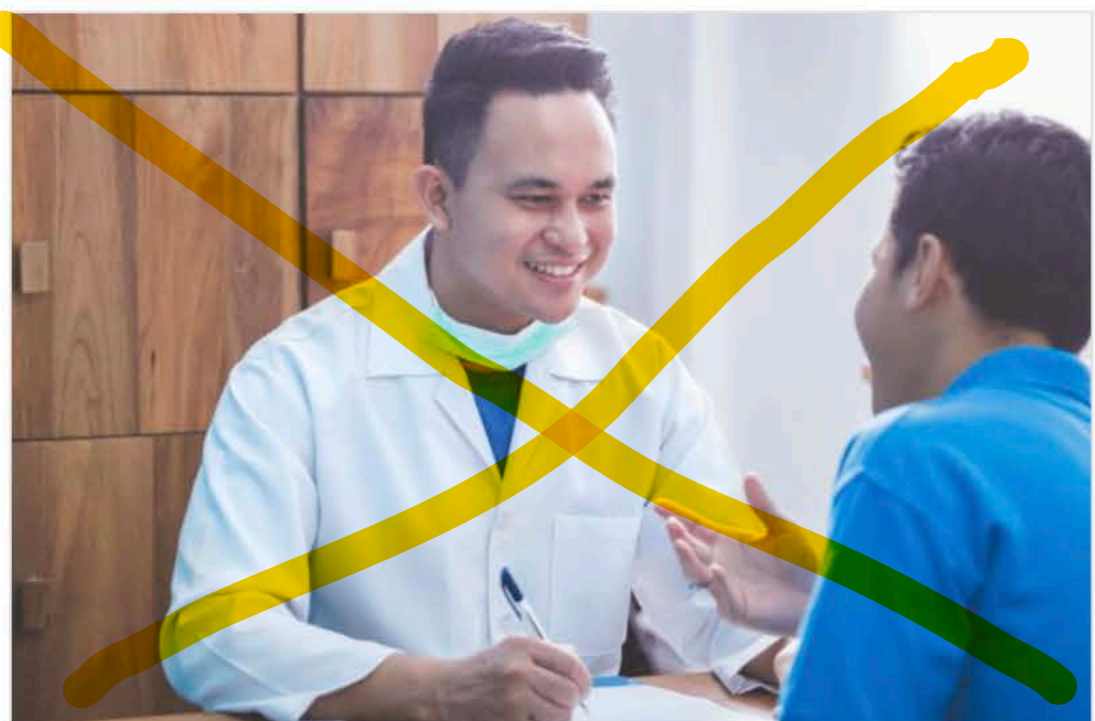
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cancer. If a test returns positive, you and...

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How To Know If Gender-Affirming Hormone Therapy Is Right For You

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Feeling like you're trapped inside the wrong body can be discouraging, frustrating, and even traumatic. Patients with gender dysphoria often experience extreme anxiety...

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Your brain uses 20% of your body's calories. If you're not eating right, you're more susceptible to memory issues, brain fog, and even...

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How to Deal with Sexual Trauma

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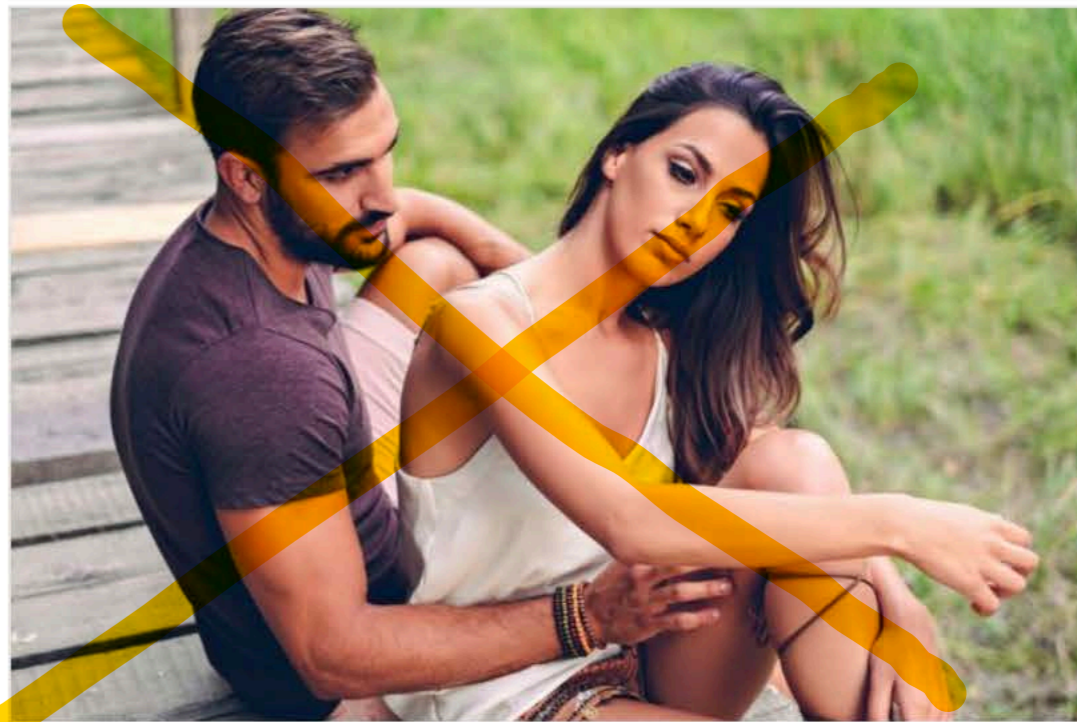
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you age, from weight fluctuation to genetics. These things can cause flabby arms...
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menopause is a key reason why. When women's bodies begin this transition, they can experience...
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Morpheus8, RF Microneedling Benefits: Your Guide to Great Skin

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Are you worried about loose skin, fine lines, facial aging, acne, stretch marks, or wrinkles? RF (radio frequency) Microneedling with Morpheus8 is your...

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BRCA testing provides you with vital information about you and your family's chances of developing cancer. If a test returns positive, you and...

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How to Tell Your Partner You Have an STD

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Not telling your partner about your STD/STI status puts their health at risk. Left untreated, STDs can cause serious health problems, ranging from...

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I Have Flabby Arms After Weight Loss. Can Opus Plasma® Help?

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What Are The Best ways to Strengthen your Core?

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Planks, not crunches, are the best exercise for abs and overall core strength. There are many mysteries that go unsolved in life, now...

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7 Symptoms of Menopause and How to Treat them

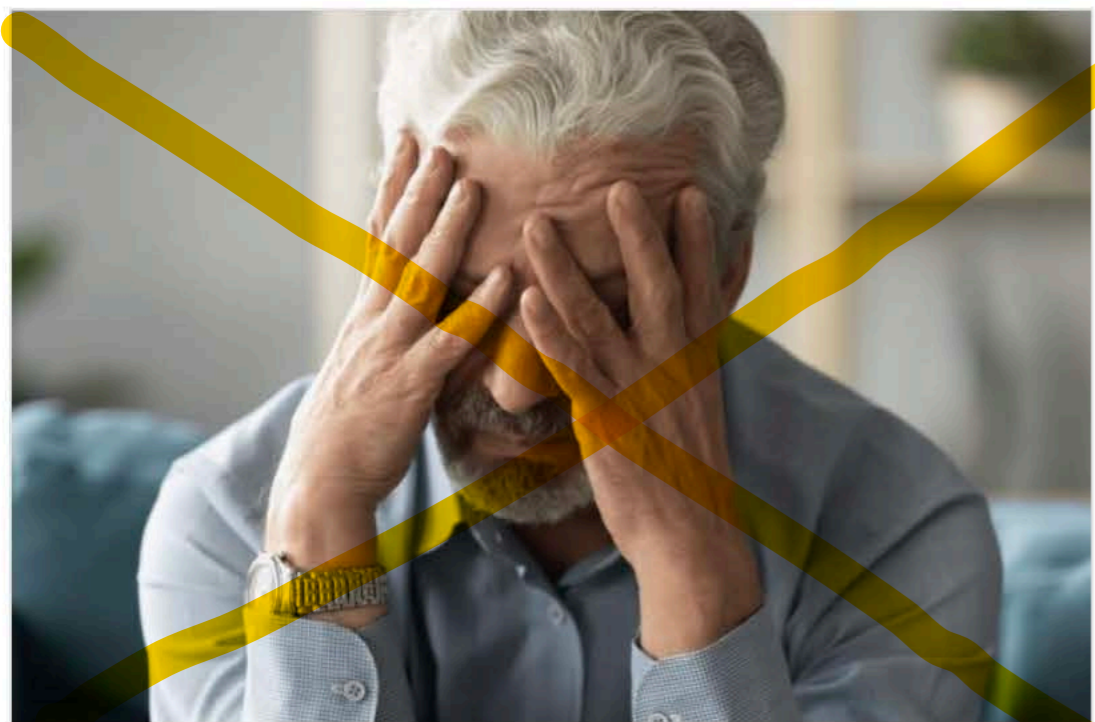
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Getting older can suck. Enduring the symptoms of menopause is a key reason why. When women's bodies begin this transition, they can experien

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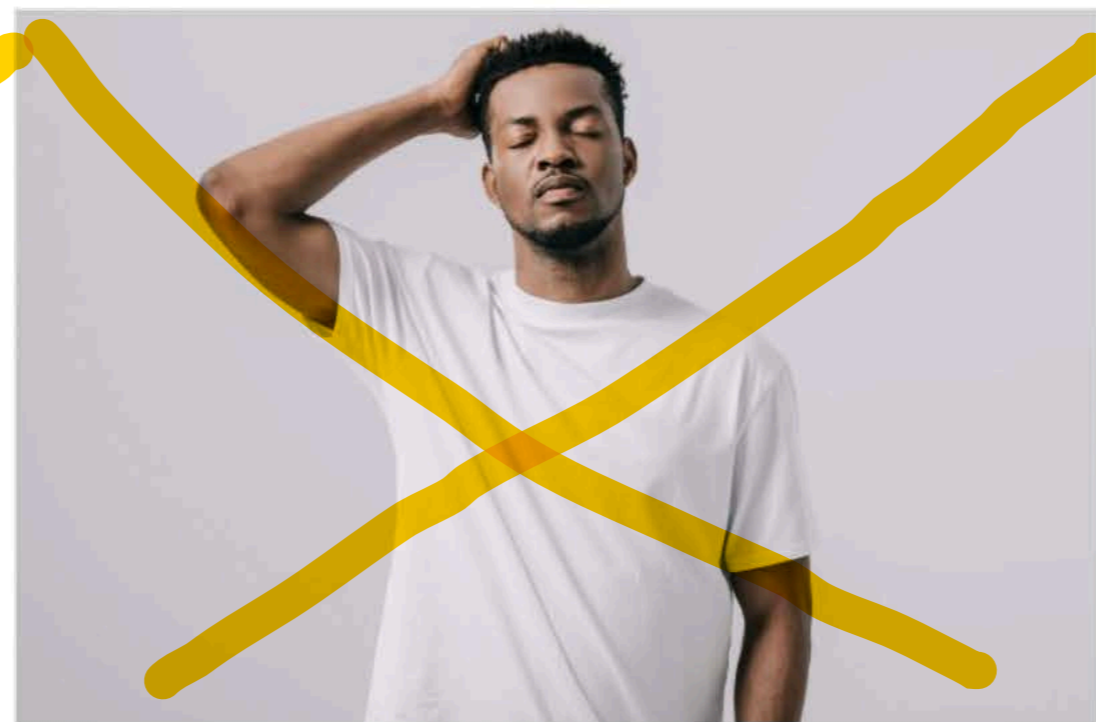
What Are the Common Side Effects of Hormone Balancing?

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Hormones flow throughout our bodies in a detailed and organized fashion, communicating between each cell to maintain function. Decreased or unregulated hormones negatively...

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Understanding What They Are and How to Cope with Them Understanding What They Are and How to Cope with Them If you are...

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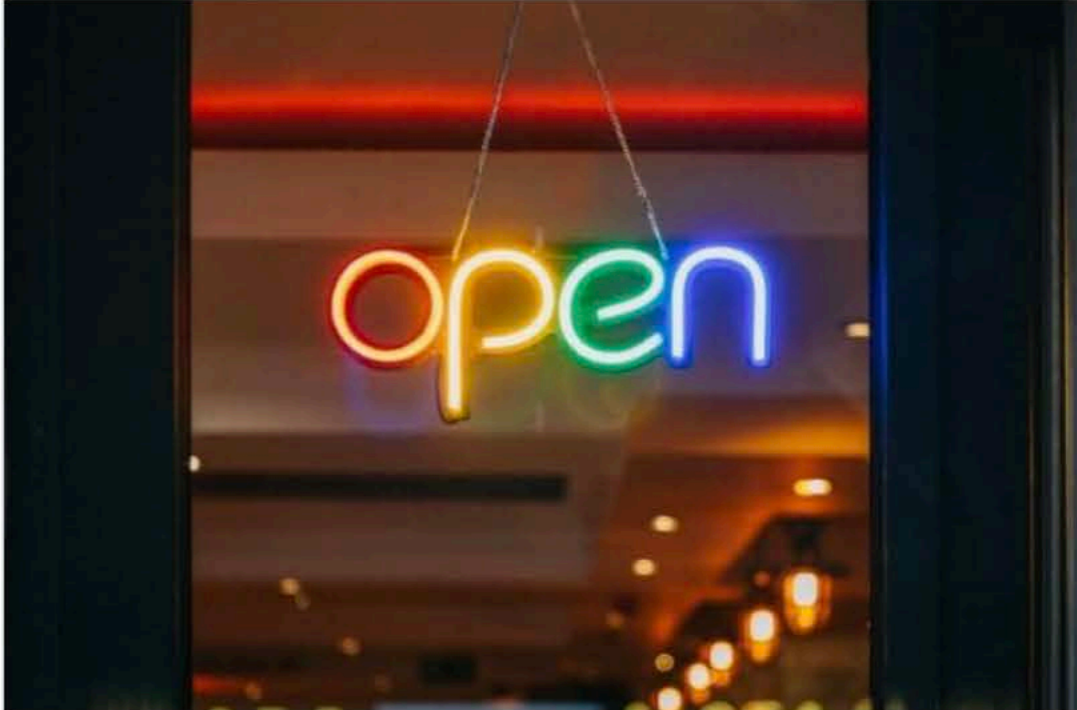


Five Healthy Habits That Can Help You Live Longer

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Today, I want to share with you five habits that can have a profound impact on your life. Doing all five of these...

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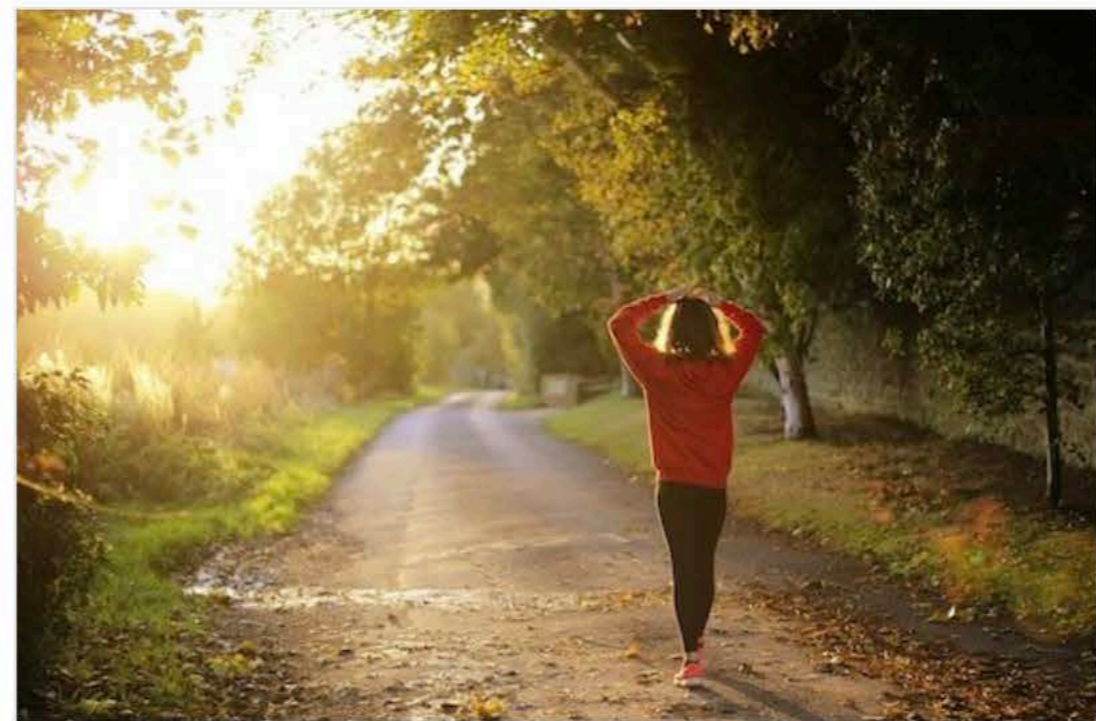


Why do people gain weight after they quit smoking?

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It's Less Harmful Than Continuing to Smoke, and Also Avoidable. If you've ever tried to quit smoking, you know how hard it can...

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If you regularly fight with your alarm clock, stress about the mere thought of your overwhelming to-do list, and grab whatever you can...

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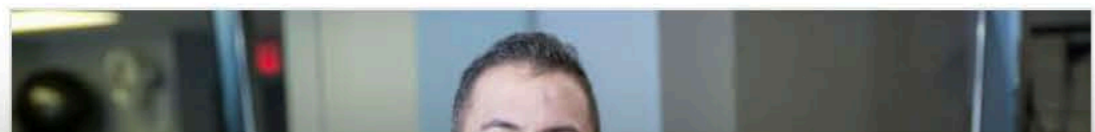


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and prolonged sun exposure. While...
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testosterone is usually considered an androgen,...
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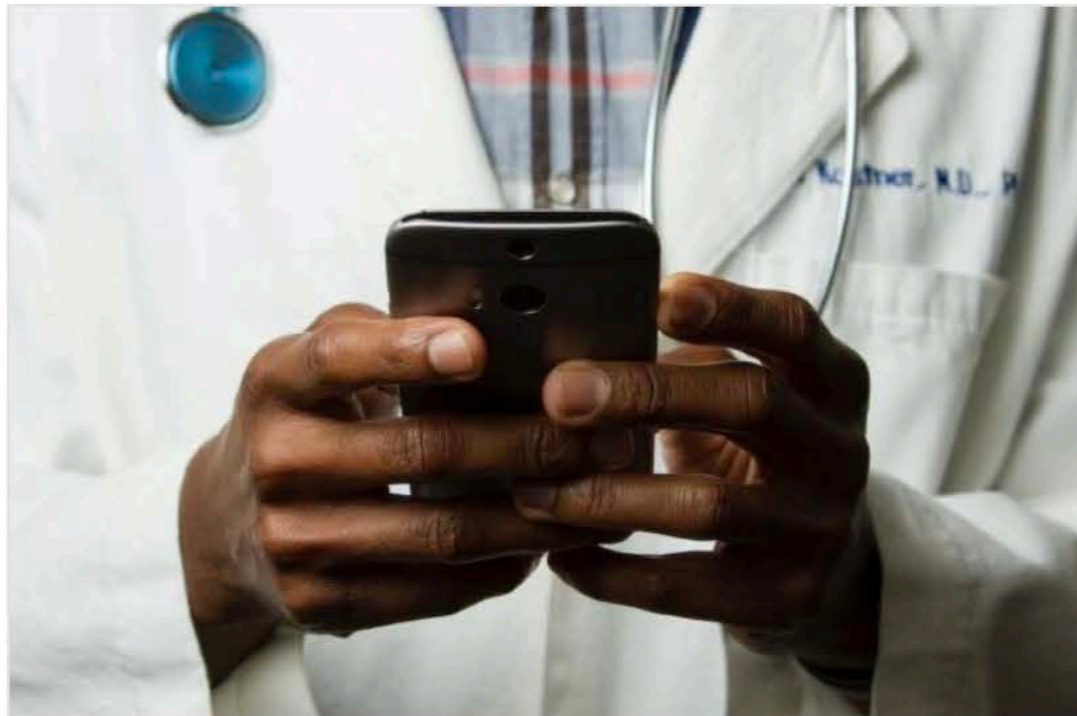


5 Reasons for your Low Libido: How to Improve Your Sex Drive

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Many people experience a decrease in their libido at some point in their lifetime. To increase your desire for sex again, you first...

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of taking scans of the body (x-ray)...
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woman, man, both, or neither. It...
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unwelcome than others. Hormone...
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The Only Practice in Boston to Offer the Opus® Plasma Treatment

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Your skin slowly declines in quality as you age. There are many reasons why this happens, including stress and prolonged sun exposure. While...

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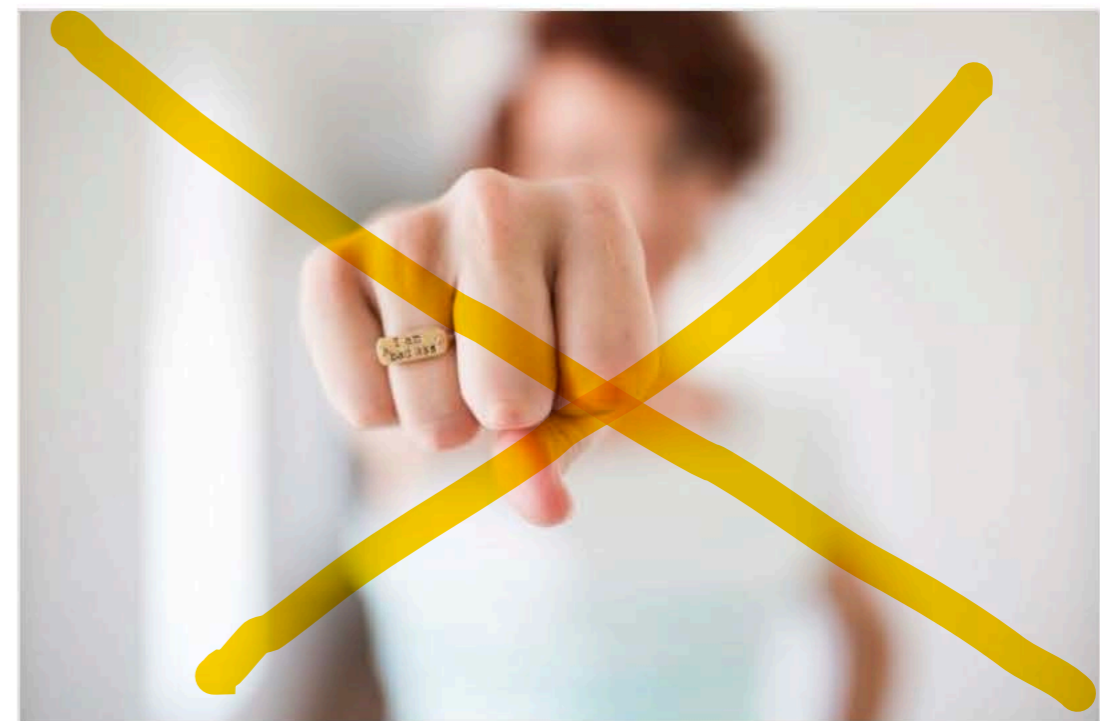


7 Interesting and Proven Health Benefits of Sex

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In our guide to Sexual Health we explored how hormones like oxytocin get released during sexual activity and that sex makes for great...

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Testosterone: Why It's Important for Both Men and Women

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