

HORMONES, HEALTH AND NUTRITION

Dr. Sharon Fitelson, NMD



Dr. Fitelson, Chiropractic Physician, is the founder and clinic director of InMotion Health Center. She graduated in 1980 from Logan College of Chiropractic Magna Cum Laude. She is also a Chiropractic Orthopedist, Chiropractic Acupuncturist, certified as a Diplomat Acupuncturist with the NCCAOM and an NMD with The Juice Plus+ Company.

Committed to empowering others to take care of themselves, she created InMotion out of a vision that treating the whole person with a diversity of approaches would be most successful. Services include Chiropractic, Acupuncture, Diet/Weight Loss, Addiction Control, Fitness, Rehabilitation, Massage Therapy and Stress Reduction.

Her practice style is one of compassion, listening to her patients and making them feel comfortable. She has the benefit of years of practice and experience, yet is committed to ongoing education. The body has the innate ability to heal itself, and with trust, perseverance, and direction this can be accomplished.

Thursday, September 24, 2015

11:30am-1:00pm
200 Meadowbrook Country Club Dr.,
Ballwin, MO 63011

St. Louis Chiropractor Hosts Seminar Devoted To Hormone Health

October 27, 2015

October 27, 2015 - PRESSADVANTAGE -

Dr. Sharon Fitelson, Chiropractic Physician with InMotion Health Center in St. Louis, Missouri, held a seminar on September 24th 2015 to speak about hormone health. The seminar was well attended, with more than 100 participants, and many enthusiastically approached Dr. Fitelson afterwards to thank her for the potentially life-changing information she provided.

InMotion Health Center offers chiropractic and acupuncture services in St. Louis, but provides holistic care as well, including nutrition and hormone consulting. During her seminar, held at the Meadowbrook Country Club in Ballwin MO, Dr. Fitelson educated attendees on the role of hormones in health and disease, and discussed what can be done to treat hormone imbalances.

"Many believe that hormone imbalance is only a women's issue, but it's not uncommon for men and children to also be affected," she states. "Hormones are complex. They change constantly and because of this, re-evaluation is needed on a somewhat regular basis to ensure overall good health. Hormone imbalance

should ideally be addressed before symptoms occur.?

Hormone imbalances often go undiagnosed, but can lead to a variety of illnesses such as PMS, Infertility, Endometriosis, Uterine Fibroids, Polycystic Ovarian Syndrome, Breast cysts, Prostate hypertrophy, Hypoadrenia and Hypothyroidism. Dr. Fitelson recommends using saliva testing and hair analyses to provide a comprehensive hormone assessment, as opposed to evaluating a single suspected hormone. If an imbalance is identified, her clinic specializes in what she calls "life-style" endocrinology. Her clinic takes a holistic approach including diet modifications, exercise programs, message therapy and making healthy life-style changes to address the hormonal imbalance.

Dr. Fitelson says that the goal of the seminar was to raise awareness of this issue, and to let patients know that there are cost effective and natural treatment options for hormone imbalance. The goal of the clinic is to empower patients with resources needed to care for themselves, and to provide a plan of action when treatment is needed. Dr. Fitelson also says that she is passionate about making a difference in people's lives and will continue to educate people via seminars and blogs on how to prevent "Dis-Ease" (lack of ease or harmony within the body), regain health and live a life of vitality.

Those interested in learning more about Dr. Fitelson or InMotion Health Center can visit their website or their Facebook Page. Their website offers convenient online scheduling as well as a messaging widget that she hopes will make it easier for patients to schedule an appointment and communicate with the clinic.

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For more information about InMotion Health Center, contact the company here: InMotion Health Center Dr. Sharon Fitelson (314) 644-2081 drfitelson@imhc.com 7800 Clayton Rd, St. Louis MO 63117

InMotion Health Center

InMotion Health Center is the St. Louis-based Chiropractic & Acupuncture Center offering Holistic Care. Services include Chiropractic, Acupuncture, Massage, Shape Reclaimed Program, Hormone & Nutrition Consulting, Core Strengthening and Posture Program.

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