

BIO-IDENTICAL HORMONE BALANCING

For Men and Women

The Renewal Point was founded in 2003 by Dr. Dan Watts. We are an Integrative Medical Practice focused on the four cornerstones of health - hormone balancing, nutritional health, physical conditioning, and toxin elimination.



Dan Watts, MD, ND, MSMN

FELLOWSHIPS and AFFILIATIONS

Fellowship: The American College of Surgeons
Fellowship: American Academy of Anti-Aging, Regenerative,
and Functional Medicine
LECOM and USF School of Medicine: Adjunct Professor
Best Doctors in America

BOARD CERTIFICATIONS:

American Board of Anti-Aging and Regenerative Medicine
American Board of Clinical Metal Toxicology
American College of Obstetrics & Gynecology
American Naturopathic Medical Board



THE RENEWAL POINT
Medical Center of Dan Watts, MD

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www.TheRenewalPoint.com



· Age Management · Mens Health · Gynecology
· Bio-Identical Hormone Balancing · Weight Loss
· IV Therapy · NeuroAdrenal Balancing
· Med Spa Services



Using state-of-the-art technologies and up-to-date testing and assessments, we offer our patients treatment plans unique to their individual needs. Taking an Integrative approach, we combine the most reliable and effective therapies from traditional, metabolic, functional, and regenerative medicine.

As one of the first physicians to have achieved a degree in Metabolic and Nutritional Medicine, Dr. Watts provides his patients with a proactive and comprehensive approach to healthcare. This educational foundation helps clinicians better understand physiological and molecular foundations in order to incorporate new approaches that interrupt and possibly reverse disease processes. As he states, "Medicine is always changing, always progressing, always evolving."

"At The Renewal Point, we believe you can spend the rest of your life discovering new levels of vitality and vigor – not simply trying to rescue what's left."

REASONS people participate in Bio-identical Hormone Balancing:

- Restoring mental and physical balance
- Enhancing athletic performance
- Gaining control over emotions
- Reducing anxiety and depression
- Improving relationships
- Weight loss and management
- Normalizing sleep/wake cycles
- Increasing energy and focus
- Boosting intimacy and sexuality

BENEFITS of Bio-Identical Hormone Balancing at The Renewal Point:

- Baseline testing and analysis to create a precise plan of care
- Concierge / Program approach allows for optimal outcomes
- Individualized plan created with the expertise of Dr. Watts
- Bio-identical hormones are identical to the ones your body produces
- Adjustments based on symptoms, not just lab values
- Over 20 years of experience in Bio-identical Hormone Balancing

THE SENSITIVE NATURE OF HORMONE BALANCING

Hormones are an essential component of almost every cell and every major function of our body. Balance is critical and, when achieved, can bring about remarkable improvements in many aspects of life. Due to the sensitive nature of hormone balancing, it is imperative that you work in partnership with an experienced doctor and program.

Utilizing the expertise of Dr. Watts, we are able to create an individual hormone management program for each patient. As hormone balancing is both a science and an art, it requires individualized therapy and ongoing dosing changes based not only on a patient's diagnostic lab values, but also their symptoms. This is the reason that we use the concierge model in our practice.

The **Concierge Hormone Balancing Program** includes an unlimited number of phone and/or in-office consultations regarding hormones. By providing this type of program, we are able to give our patients the attention that is necessary to effectively achieve and maintain proper balance. By listening to our patients and practicing functional medicine, we are able to implement changes that make the difference. Hormone balancing is much more than simply writing a prescription. It requires ongoing evaluation and adjustment, as our bodies change throughout our lifecycles.

Common Symptoms of Hormone Imbalance:

WOMEN

Irregular periods
Hot flashes
Night sweats
Insomnia
Bloating
Appetite changes
Weight changes
Aging Skin
Low libido
Irritability
Anxiety/Depression
Forgetfulness
Mood changes
Vaginal dryness
Painful intercourse
Osteoporosis

MEN

Fatigue
Loss of muscle
Low libido
Erectile dysfunction
Irritability
Insomnia
Bloating
Hair Loss
Anxiety/Depression
Decreased focus
Weight changes
Aging of the skin
Forgetfulness
Mood changes
Appetite changes
Osteoporosis