

Dear Member,

I would like to take this opportunity to introduce Heidi Archer, M.D., who is opening BodyLogicMD of Vail to integrate bioidentical hormone therapy with customized nutrition and fitness programs at the Vail Mountain Lodge and Spa. Dr. Archer dedicates her practice to providing her patients all the benefits of preventive medicine, anti-aging and wellness. Her preventive medical approach optimizes fitness level, body mass index/body weight, and overall well-being by balancing the hormones your body needs to function. Treatment of hormone imbalance puts an end to suffering the symptoms and effects of early menopause, menopause, andropause (the male menopause), hypothyroidism, and stress-induced adrenal fatigue.

Dr. Archer owns and practices in BodyLogicMD of Loudoun, Virginia as well as Loudoun Spine and Rehabilitation; and is thrilled to be opening the first BodyLogicMD practice in Colorado. Dr. Archer is board certified by the American Academy of Physical medicine and Rehabilitation and is an active member of the American Academy of Anti-Aging and a member of the Fellowship for Anti-Aging and Functional Medicine. She graduated from Georgetown University School of Medicine in 1991; completed her intern year in Internal Medicine at George Washington University; then trained in Physical Medicine and Rehabilitation at the National Rehabilitation Hospital, serving as Chief Resident at this nationally acclaimed facility. Her peers have honored her for multiple years as one of the best in her field by *Washingtonian* Magazine's Top Doctors issue.

Hormones decline as we age; bioidentical hormone therapy replaces the hormones your body needs to function optimally. Dr. Archer uses bioidentical or natural hormones versus bio-similar or synthetic hormones. These bioidentical hormones are molecule-by-molecule exactly the same as hormones produced by the human body. As an Anti-aging physician Dr. Archer will assess your individual hormone levels and work to restore these hormones by a customized medical plan specifically for you. If your hormones are out of balance, your body will not respond optimally to improved nutrition and exercise. By integrating bioidentical hormone replacement therapy with proper nutrition and exercise, Dr. Archer sees patients return to "my old self" with improved energy, vitality, fitness, and results from diet and exercise.

Symptoms of male andropause include weight gain, lost libido, fatigue, decreased ability to cope with stress, lower energy levels, decreased ability to increase muscle mass and lose body fat despite proper nutrition and exercise. These symptoms can be successfully treated with proper diagnosis and bioidentical hormone therapy, often primarily testosterone replacement.

Similarly, diagnosing hormone deficiencies and replacement therapy in women can put an end to suffering hot flashes, night sweats, memory loss, weight gain, mood swings, low libido, loss of skin tone and hair, headaches, and severe PMS.

Balancing thyroid hormones, estrogen, progesterone, testosterone, DHEA, and cortisol allows for optimal health and fitness.

The initial work-up includes a comprehensive review of symptoms, medical, family and personal history as well as saliva, urine, and/or blood laboratory analysis. The initial consult provides a treatment plan for natural hormone balancing to be integrated with proper nutrition and fitness plan. Prescriptions are provided and may be filled by mail at a high-quality compounding pharmacy or your local compounding pharmacy here at Shaw Medical Center. Follow-up is at three months after commencing therapy; then at six(6) month intervals thereafter.

Further information may be found by logging onto [www.bodylogicmd.com](http://www.bodylogicmd.com); or call 1-888-799-5816 for further information and to schedule initial lab testing and initial consult with Dr. Archer. Getting started is the first step toward living better, longer!

Please e-mail me at [lisa@vailmountainlodge.com](mailto:lisa@vailmountainlodge.com) or call 970-477-3251 to schedule your nutrition consult with Mary Horn and a fitness assessment with one of our trainers so that we can coordinate these appointments with your scheduled visit with Dr. Archer. If you reside out of town, please also consider taking advantage of our special rates for stays at the Vail Mountain Lodge during your initial and subsequent evaluations.

Best regards,

Lisa DeKoster  
Spa Director  
Vail Mountain Lodge & Spa