

integrative approach to hormone balance


By Dr. Cheryl Perlis

I regularly see women who have serious symptoms of hormonal imbalance: moodiness, irregular and heavy periods, acne, weight gain or loss of libido and energy. And for years, it was very frustrating to have nothing to offer these women except birth control pills or hormone replacement therapy. Kind of like eating a pint of ice cream when all you really needed was a spoonful of Chunky Monkey.

My frustration with the lack of options for my patients led me to study with Erika Schwartz, M.D. a conventional doctor and leading expert in bioidentical hormone therapy. I wanted to learn how to “treat the patient, not the labs.” Dr. Erika, as she’s known, is an advocate of using natural or bioidentical hormones to regulate hormonal imbalance, not just after menopause begins, but at any stage of life.



The approach begins with listening to the patient and then customizing her hormonal therapy as well as nutritional changes and lifestyle modifications to alleviate symptoms and bring the patient back to where she “feels like herself again.”

If you’d like to talk to me about your symptoms and what we can do to help you live better and feel better, please call the Perlis Wellness Center at 847-295-5997. In addition, for articles and updates on upcoming events, seminars and specials, subscribe to our monthly newsletter at perliswellnesscenter.com or email us at perliswellness@yahoo.com.

Perlis Wellness Center also provides aesthetic procedures to support women in their physical health from the inside out, including facial rejuvenation, Botox, dermal fillers, laser services and PureLipo, an alternative to liposuction. 



DR. CHERYL PERLIS

Dr. Cheryl Perlis is a board-certified physician and the founder and medical director of Perlis Wellness Center in Lake Bluff. She strives to provide the nurturing, caring and compassion that each of her patients needs while providing the latest and most up-to-date medical care and aesthetic procedures. Perlis Wellness Center offers botox, dermal fillers and laser services, as well as PureLipo; Dr. Cheryl Perlis is the only physician in Illinois certified and qualified to perform PureLipo.  perliswellnesscenter.com  perliswellness@yahoo.com