

Hormone therapy and nutrients that support high energy levels and reduce fatigue

Date:

May 16, 2025, from 9:00 AM to 6:20 PM & May 17, 2025, from 8:30 AM to 2:00 PM



Dr. Thierry Hertoghe practices longevity and reversing physical aging through bioidentical hormones and nutritional therapies. He is the fourth consecutive generation of doctors experienced in hormone therapy. Over the past 38 years, he has taken part in more than 190 major conferences in 34 different countries. Dr. Hertoghe is the author of numerous best-selling books on hormones and nutrition. He is also the founder of the Hertoghe Medical School, which has over 4,555 students. He is known as an influencer and pioneer for physicians, other healthcare professionals and patients worldwide.

Abstract:

In this workshop, attendees will get valuable and practical information (supplements, doses, duration, efficacy, type of improvement etc.) on how to treat efficiently and persistently all types of fatigue and burnout in their patients with hormone and nutritional supplements and dietary interventions. Each hormone and many nutritional deficiencies and treatments will also be explained so that the attendees become familiar with these deficiencies and able to diagnose and treat them, increasing not only the energy levels of their patients, but also achieve many more psychological and physical improvements in them.

Several practical sessions will take place, where hormone and nutritional consultations will be shown on candidate attendees. Diagnoses and treatment proposals based on interview, respectful physical examinations and possibly hormone and nutritional laboratory tests (if candidate patients bring their lab tests) will be made in front of the audience by Dr. Hertoghe. This is always one of the highlights of Dr. Hertoghe's interventions that make participants want to learn more about hormone and nutritional supplementations and practice them.

*This Module will be conducted in English with
simultaneous translation into German*

Schedule:

FIRST DAY: Friday, May 16th

Early morning (1h40): 9:00-10:40

- Overview of hormone therapies (thyroid, testosterone in men, estrogen and progesterone in women, testosterone in women, cortisol, DHEA, aldosterone, pregnenolone, growth hormone, melatonin): symptoms, physical signs, lab tests, treatment, before and after pictures, etc.
- Practical sessions: Live on-stage hormone therapy consultations with attendees

Pause (30 min): 10:40-11:10

Late morning (1h40): 11:10-12:50

- Energy: Hormone therapies that potently boost energy levels-1 (morning fatigue, fatigue at rest, afternoon and evening fatigue, stress fatigue, fatigue due to inflammation, fatigue in upright position, mild permanent fatigue, moderate permanent background fatigue, fatigue at sports and physical activity, premenstrual fatigue)

Lunch (1h40 min): 12:50-14:30

Early afternoon (1h40): 14:30-16:10

- Energy: Hormone therapies that potently boost energy levels-2 (digestive fatigue, collapse/exhaustion, lack of recovery, fatigue due to disturbed sleep, fatigue due to nocturia; solitude fatigue)
- Practical sessions: Live on-stage hormone therapy consultations with attendees

Pause (30 min.): 16:10-16:40

Late afternoon (1h40): 16:40-18:20

- Energy: Micronutrient supplements that moderately increase energy levels-1 (vitamins B's, B12, C, D, E, iron, selenium, zinc, copper, chromium, magnesium potassium sodium, CoQ10, carnitine, ornithine, NMN, NADH, ATP, omega-6 and -3 PUFA, pycnogenol, ginseng, Ashwagandha, nitric oxide, multivitamin preparations)



SECOND DAY: Saturday, May 17th

Early morning (1h30): 8:30-10:00

- Energy: Micronutrient supplements that moderately increase energy-2
- Energy: Diets and macronutrient (foods) that moderately/potently boost energy
- Unsuspected pollutants that cause fatigue (microplastics, ...)
- Burnout and Posttraumatic stress disorder: Hormone therapies that potentially help overcome them-1 (hydrocortisone, thyroid)

Pause (30 min): 10:00-10:30am

Late morning (1h30): 10:30-12:00

- Burnout and Posttraumatic stress disorder: Hormone therapies that potentially help overcome them-2 (hydrocortisone, thyroid, growth hormone, IGF-1, DHEA, aldosterone, melatonin, thymosin-alpha-1 (burnout of Lyme disease))

Lunch (60min): 12:00-13:00

Practical sessions & Q&A: 13:00-14:00

- Practical sessions: Live on-stage hormone therapy consultations with attendees
- Q&A session



Netzwerk für bioide Hormone

Location & Price:

Imlauer Hotel Pitter, Rainerstraße 6, 5020 Salzburg, Austria

Tel: +43 (662) 88 97 80, pitter@imlauer.com

€ 680,- The price includes all seminar materials, seminar catering (hot/cold beverages and snacks), and lunch.

Accommodation options:

Imlauer Hotel Pitter www.imlauer.com/hotel-pitter-salzburg/

Hyperion Hotel Salzburg

www.h-hotels.com/en/hyperion/hotels/hyperion-hotel-salzburg

Hotel Imlauer Bräu www.imlauer.com/hotel-imlauer-salzburg/

Hotel Markus Sittikus Salzburg www.markus-sittikus.at/

Hotel am Mirabellplatz www.hotellammirabellplatz.at-austria.com/de/

Registration:

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Cancellation policy:

Up to eight weeks before 20% of the seminar fee

Up to four weeks before 50% of the seminar fee

Less than four weeks before 100% of the seminar fee