

Empower Your 'Pause Resources List

March 2025:

HORMONE THERAPY SERVICES IN CENTRAL KY

Note: We are not specifically endorsing these providers. We are providing their contact info and encourage you to do your own research. Most Concierge services do NOT take insurance.

- **Cultivate Flourishing**; Alexis McAnnally, APRN, FNP-C, Nurse Practitioner, FEMM Certified Provider and Educator - Alexis is passionate about helping women navigate the transitions of womanhood from puberty to menopause. Through a restorative health care lens, Alexis utilized the FEMM (Fertility Education & Medical Management) model, a knowledge and prevention based productive health program, to teach women to understand and monitor the signs of their hormonal and overall health.
 - Website: www.cultivateflourishing.com
 - Email: info@clutivatefourishing.com

- **Solutions Functional Medicine** - applies science, but we offer hope. Offering infusions, hormone therapy, and wellness consultations, we serve patients who have often been denied relief from the pathways offered by traditional medicine. We provide well-researched natural health solutions with full confidence.
 - APRNs: Mandi Snell, Lisa Coleman, Cinnamon Morris
 - Address: 1084 Wellington Way, Lexington, KY 40513
 - Phone Number: (859)251-6220
 - Website: <https://www.solutionsfunctionalmedicine.com/>

- **Mind & Body MedSpa** - Medical Spa in Versailles, KY; Nurse practitioner-owned wellness and medical aesthetic practice focused on wellness and preventative health through optimization of hormones to prevent disease and improve quality of life.
 - APRNs: Brittany Bowles and Have Andrews
 - Address: 194 S Main St, Versailles, KY 40383
 - Phone Number: (859) 221-4637
 - Website: www.mindbodywellnessmedspa.com

- **Anderson Aesthetics & Wellness** - REJUVENATE. RESTORE. REFRESH.
Aesthetics & Wellness Med Spa in Lawrenceburg, KY; Hormone Therapy, Emsella chair
 - Angela Buck, FNP (**this is who does Jennifer's Botox and filler**)
 - Address: 114 Main Street, Lawrenceburg, KY 40342
 - Phone Number: (502) 604-1129
 - Website: <https://www.aawky.com/>

- **Personal Healthcare for Women**
 - Mike Guiler, MD (OBGYN) and Sherry Guiler, APRN (hormone therapy including pellets)
 - 3101 Beaumont Centre Cir, Ste. 200, Lexington, KY 40513
 - 859-277-5776
 - Website: <https://www.phc4women.com/>

- **Lexington Bioidentical Hormones** - obtains professionals specializing in Functional Medicine and Bioidentical Hormone Replacement Therapy
 - Address: 2716 Old Rosebud Rd Ste 230, Lexington KY 40509
 - Phone Number: (859) 351-1310
 - Email: info@gih-center.com
 - Website: <https://www.lexingtonbioidenticalhormones.com/>

- **Marshall Lifestyle Medicine** - services include Hormone Replacement Therapy (HRT), Hormone Pellet Therapy for Men and Women, and overall Hormone Optimization
 - Address: 2251 War Admiral Way Ste 125, Lexington KY 40509 (Hamburg Location)
 - Three locations: Hamburg, Georgetown, and Beaumont
 - Phone Number: (859) 554-8486
 - Email: memberservices@marshalllifestylemedicine.com
 - Website: <https://www.marshalllifestylemedicine.com/>
 - Insurance: Concierge service*** Do NOT take insurance, HSA cards are accepted.

- **Bluegrass Preventative Medicine** - offers services such as Bioidentical Hormone Replacement Therapy with Pellet implants, Regenerative Medicine, and Personalized Medicine
 - Address: 161 Lexington Green Cir Ste 10, Lexington, KY 40503
 - Phone Number: (859) 303-6380
 - Email: info@lexbpm.com
 - Website: <https://lexbpm.com/>
 - Insurance: Do NOT take insurance ***

- **Anti-Aging Institute** - Bioidentical hormone replacement therapy
 - Address: 3116 Harrodsburg Rd, Lexington, KY 40503
 - Phone Number: (859) 309-9946
 - Email: info@antiagingky.com
 - Website: <https://antiagingky.com/bioidentical-hormone-replacement-therapy-in-lexington-ky/>

- **Lexington Prime Aesthetics and Wellness** - HRT for Menopause-related symptoms through time-release pellets
 - Address: 989 Governors Lane Ste 375, Lexington, KY 40513
 - Phone Number: (859) 785-1681
 - Website: <https://lexprimeaesthetics.com/>

- **Beth A. Holmes, DO, FAAFP** - manages perimenopause and menopause from a hormonal and nonhormonal approach including addressing sleep, diet, exercise, obesity, and mental health. Specializes in women's health and hormones. Also prescribes hormones for men. Doesn't prescribe pellets.
 - Address: 2101 Nicholasville Rd Ste 103, Lexington, KY 40503
 - Phone Number: (859) 278-0264
 - Email: beth.holmes@mdvip.com
 - Website: <https://www.mdvip.com/doctors/bethholmesdo?requestType=JoinNow#about>
 - Insurance: Takes most insurance for regular office visits.

- **Mind & Body MedSpa** - Medical Spa in Versailles, KY; Nurse practitioner-owned wellness and medical aesthetic practice focused on wellness and preventative health through optimization of hormones to prevent disease and improve quality of life.
 - APRNs: Brittany Bowles and Have Andrews
 - Address: 194 S Main St, Versailles, KY 40383
 - Phone Number: (859) 221-4637
 - Website: mindbodywellnessmedspa.com

OBGYN

- **Bluegrass Gynecology and Wellness; Elizabeth Elkinson, MD** - offers bioidentical hormone replacement therapy, requires membership, most insurance covers lab work
 - Address: 3217 Summit Square Place Ste 150, Lexington, KY 40509
 - Phone Number: (859) 475- 5050
 - Email: michelle@bluegrassGYN.com
 - Website: <https://www.bluegrassgyn.com/home>
 - Insurance: Most insurance covers lab work. Does NOT accept Medicaid/Medicare. Requires membership fee.
- **Axia, Lexington Women's Health - Hamburg; Reva Tackett, MD and team** - offers various services in women's health including menopause solutions and hormone therapy through medication.
 - Address: 1775 Alysheba Way, Ste 180, Lexington, KY 40509
 - Phone Number: (859) 264-8811
 - Website: <https://axiawh.com/locations/lexington-womens-health-of-hamburg/>
 - Accepted Insurance List: <https://axiawh.com/lexington-womens-health-accepted-insurances/>
- **Axia, Lexington Women's Health - Baptist Campus; Allison Cook, MD, FACOG and team** - offers various services in women's health including menopause solutions and hormone therapy through medication.
 - Address: 1720 Nicholasville Rd, Ste 702, Lexington, KY 40508
 - Phone Number: (859) 264-8811
 - Website: <https://axiawh.com/locations/lexington-womens-health-baptist-campus/>
 - Accepted Insurance List: <https://axiawh.com/lexington-womens-health-accepted-insurances/>
- **Axia, Lexington Women's Health - Brannon Crossing**
 - Address: 615 East Brannon Rd, Ste 200, Nicholasville, KY 40356
 - Phone Number: (859) 264-8811
 - Website: <https://axiawh.com/locations/lexington-womens-health-brannon-crossing/>
 - Accepted Insurance List: <https://axiawh.com/lexington-womens-health-accepted-insurances/>
- **Magdalene Karon, MD** - offers bioidentical hormone replacement for postmenopausal patients using transdermal pellets
 - Address: 160 North Eagle Creek, Ste 205, Lexington, KY 40509
 - Phone Number: (859) 277-3135
 - Website: <http://karonmd.com/>

- **Deidra Beshear, MD** - Univ of KY Midlife Health and Menopause Clinic
 - <https://ukhealthcare.uky.edu/primary-care/types-of-primary-care/womens-health/midlife-menopause>
 - To schedule a visit, call **859-323-3900**. Appointments for the Mid-Life Health and Menopause Clinic should be made through the UK Women’s Health – Primary Care Clinic.
 - Appointments in the Midlife Health and Menopause Clinic are available Tuesdays, 8 a.m. – noon.
 - Accepts Insurance.

HOSPITALS

- **Baptist Health Women’s Services** -
 - Address: 1700 Nicholasville Rd Ste 701, Lexington, KY 40503
 - Phone Number: (859) 278-0396
 - Website:
 - Accepts Insurance
- **UK Healthcare Obstetrics & Gynecology** - Menopausal hormone therapy
 - Address: UK Albert B. Chandler Hospital Emergency Department, 1000 South Limestone, Lexington, KY 40536
 - Phone: (859) 323-5000
 - Website: <https://ukhealthcare.uky.edu/>
 - Accepts Insurance

INTERFAITH COUNSELING CENTER

- **Interfaith Counseling Center** - Founded in 1966 in Lexington, Kentucky, the Interfaith Counseling Center, Inc. is a nonprofit 5013c ministry seeking to express the love of God through professional, high quality counseling and education that facilitates healthy relationships and emotional, physical, and spiritual wellness. Our caring and skilled staff offers in-person and telehealth sessions for Individual Counseling, Couple & Marriage Counseling, Spiritual Direction, Trauma-Informed Counseling, Wellness & Health, Workshops & Webinars.
 - Address(es): 2734 Liberty Rd, Lexington, KY 40509 | 2351 Alumni Dr, Lexington, KY 40517
 - Phone: (859) 258-2060
 - Website: www.interfaithcounselingcenter.org
- **Jennifer Degler, Ph.D.** - Licensed Psychologist, Life Coach, Author, Speaker, Center Director; Specializes in Anxiety, Worry and Stress, Setting Boundaries, Trauma Recovery & EMDR, Perimenopause & Menopause, Improving Sexual Intimacy & Satisfaction for Wives.
 - Address: 2734 Liberty Rd, Lexington, KY 40509
 - Phone: (859) 258-2060
 - Email: jennifer@jenniferdegler.com
 - Website: <http://jenniferdegler.com>
- **Heather Marra PT, MPT, PRPC, PCES** - As a pelvic therapist, Heather provides mobile PT evaluations/treatment in Lexington, Versailles, Nicholasville areas of KY. She offers virtual

women's health coaching to anyone around the world. Her area of specialist include pregnancy to postpartum, menopause transition, sexual pain/wellness and pelvic floor dysfunctions.

- One Simple Step
 - Phone: (859) 319-8565
 - Website: www.onesimplestep.today
 - Follow Heather: www.linktr.ee/onesimplesteptoday
 - All services are self-pay, but HSA/FSA eligible
- **Zoë Simpson, LPCA** - Licensed Professional Counselor Associate, Center Assistant Director; Specializes in Anxiety & Depression, Grief, Life Adjustments & Stress, Perfectionism, Premarital Counseling, Relationship Difficulties.
 - Address: 2734 Liberty Rd, Lexington, KY 40509
 - Phone: (859) 258-2060
 - Email: zoe.simpsoncounseling@gmail.com
 - Website: www.interfaithcounselingcenter.org
- **Rick Landon D.Min, LMFT** - Licensed Marriage and Family Therapist; Specializes in Couples Counseling, Family Counseling, Individual Counseling, Spiritual Direction, and Clergy Counseling.
 - Address: 2734 Liberty Rd, Lexington, KY 40509
 - Phone: (859) 258-2060
 - Website: www.interfaithcounselingcenter.org
- **James Stillwell, D.Min.** - Licensed Pastoral Counselor; Specializes in Divorce Recovery, Grief, Marriage Enrichment, Relationship Difficulties, Premarital Preparation, Single Adult Issues,
 - Address: 2734 Liberty Rd, Lexington, LY 40509
 - Phone: (859) 940-3241
 - Email: FJStillwell@gmail.com
 - Website: www.drjamesstillwell.com
- **Lisa Cooley, LCSW, MSW, MA** - Licensed Clinical Social Worker; Specializes in Life Transitions & Stress, Perfectionism, Relationship Challenges, Overcoming Codependency & People-Pleasing, Developing Assertiveness Skills, and Premarital Counseling.
 - Address: 2351 Alumni Dr, Lexington, KY 40517
 - Phone: (859) 258-2060
 - Email: lisacoole@gmail.com
 - Website: www.interfaithcounselingcenter.org
- **Elaina Barron M.Div., D.Min.** - Spiritual Direction; Specializes in Spiritual Growth, Discerning God's Voice, Overcoming Spiritual Fatigue, Prayer & Spiritual Disciplines, Spiritual Journey Next Steps
 - Address: 2734 Liberty Rd, Lexington, KY 40509
 - Phone: (859) 258-2060
 - Email: ebarronky@gmail.com
 - Website: www.elainabarron.com

COMPOUNDING PHARMACIES

- **Lexington Compounding Pharmacy** - Hormone replacement therapy tailored to your individual needs.

- Address: 399 Waller Ave Ste 110, Lexington, KY, 40504
- Phone Number: (866) 500-03341
- Email: staff@lexcp.com
- Website: <https://www.lexingtoncompoundingpharmacy.com/>
- Insurance:
- **The Pharmacy Shop** - compounding for Hormone Replacement therapy
 - Address: 450 A Southland Dr., Lexington KY 40403
 - Phone Number: New Patients - (859) 648-3318 Current Patients - (859) 278-7282
 - Email: drcfsulli@aol.com
 - Website: <https://www.pharmacyshoplex.com/>
 - Insurance: Medicare Open Enrollment

VIRTUAL OPTIONS/TELEHEALTH

- **Virtual Hormone Therapy Clinic (MIDI)** - Virtual visits with clinicians specializing in menopause and women's health
 - Website: <https://www.joinmidi.com/>
 - *Covered by most insurance

PELVIC HEALTH PHYSICAL THERAPY

- **Heather Marra PT, MPT, PRPC, PCES** - As a pelvic therapist, Heather provides mobile PT evaluations/treatment in Lexington, Versailles, Nicholasville areas of KY. She offers virtual women's health coaching to anyone around the world. Her area of specialist include pregnancy to postpartum, menopause transition, sexual pain/wellness and pelvic floor dysfunctions.
 - One Simple Step
 - Phone: (859) 319-8565
 - Website: www.onesimplestep.today
 - Follow Heather: www.linktr.ee/onesimplesteptoday
 - All services are self-pay, but HSA/FSA eligible
 - Text: "Empower Your 'Pause" for virtual visit discount to \$99
- **Find a Pelvic Rehab Practitioner near you**
 - Website: www.pelvicrehab.com
- **Search "pelvic health physical therapy near me"**

DIETICIAN

- **Nutrition by Carolyn K** - Carolyn is a functional women's health dietitian and personal trainer who helps women resolve their metabolism, gut & hormone issues through holistic but realistic strategies so that they can finally feel like themselves again! I have created a "one stop shop" program that provides deep, detailed insight into figuring out your unique root cause to your health struggles with a personalized approach that will work for you + your lifestyle.
 - Email: bitesbyck@gmail.com
 - Website: www.nutritionbycarolynk.com
 - Instagram: [@nutritionbycarolynk](https://www.instagram.com/nutritionbycarolynk)

ADDITIONAL RESOURCES

- **The Balanced Bodyguards:** "Connecting Spirit, Soul and Body as Scripture & Science align." The Balanced Bodyguards specialize in alignment and awareness through Spirit, Soul & Body. In our workshops and Retreats, we educate on practical tools to improve self care through self-awareness and we teach how Scripture and Science powerfully align with one another.
 - Taryn Chula, LMT & Sharon Davenport, LMT
 - Phone number: 859-492-4313
 - FB: Balanced BODYguards
- **Kimberly Hudson:** Kimberly is a wife and mother, focused on providing healthy, home cooked food for her family. After battling thyroid cancer in 2005, she began to focus on what she fed her family. She has transformed family favorites into healthier dishes without sacrificing the taste. Join her as she helps you serve up some happy, one healthy dish at a time.
 - www.kimberlybudson.com
 - FB: Cookin' with Kimberly
 - IG: Kimberly_b_hudson
- **Nicole Stromberg-** The Beauty Coach. "Beauty is my Ministry and I do it with a Twist." Nicole's passion is to awaken what is inside of you. She desires to empower and transform women's lives everywhere by helping them reach their full potential in who they were designed to be. She is a wife, mom of 2 grown sons, author of 5 Women's Books, and a hairdresser/salon owner of 29 years.
 - Website: www.anicolestromberg.com
 - FB: Nicole-The Beauty Coach
- **Lisa King, Yoga and Menopause Wellness-** Ready to help you transform your menopause journey through a unique blend of yoga, strength training and stress relief. A certified yoga teacher, menopause doula and women's wellness coach, Lisa offers 1:1 private sessions, partner sessions or workshops designed for your unique goals and menopause challenges.
 - Email: Lisa@lisakingyoga.com.
 - Website: www.lisakingyoga.com

MORE RESOURCES

Podcasts/Websites/Books

- [The Starting Gate Podcast](#) - Women's Health Podcast hosted by 2 local female physicians, Dr. Sarah Schuetz and Dr. Kitty Dotson
 - [Menopause Transition episode](#) w/ Dr. Deidra Beshear of UK Menopause Clinic
- [The New Menopause Book](#) by Dr. Mary Claire Haver
 - www.thepauselife.com
- [Hormone Havoc](#) by Dr. Terri DeNeui
- [Estrogen Matters](#) by Avrum Bluming, MD and Carol Tavris, PhD
- [The Women's Guide to Overcoming Insomnia](#) by Shelby Harris, PsyD
- [Hormone Repair Manual](#) by Lara Briden, ND

- Morphus: Navigating Menopause
 - www.wearemorphus.com
 - Research, Surveys, Podcast, Blog, Supplements
- Identity Project- Embrace God's design for your identity and transform your family, church, and community.
 - www.identityproject.tv
 - Free resource of 130+ videos from 30 subject matter experts with Christian worldview. Heather Marra has contributed multiple videos and covers pelvic health, trauma and marriage enrichment tips.

PELVIC HEALTH ITEMS

- Slippery Stuff: water based lubricant, paraben free
 - [Slippery Stuff Gel Slippery Stuff Liquid Massage Oil HerGel personal products from Wallace O'Farrell, Inc](http://www.slipperystuff.com)
- Good Clean Love: Lubricants & Moisturizers
 - www.goodcleanlove.com
 - Use code: BIOME20 for \$20 off your first purchase online
 - Available in stores: Target, Walgreens, CVS, Kroger, Whole Foods
- Desert Harvest: Aloe vera based Lubricant
 - www.desertharvest.com
 - 1-800-222-3901
 - Use code: SKIN10
- Kindra: Vaginal moisturizer
 - www.kindra.com
 - Use code: GETRELIEF30 for 30% off
- Intimate Rose: Lubricant, Moisturizer, Dilators, Pelvic Wand
 - www.intimaterose.com
 - Use Code: HEATHER15 for \$5 discount
- VWell: InMotion Dilators, Pelvic Wand
 - www.vwell.com
- Squatty Potty
 - www.squattypotty.com

CHRISTIAN-FRIENDLY SEXUAL INTIMACY PRODUCTS

- Married Dance: A Christian-Friendly Sex Toys Website
 - <https://marrieddance.com/?aff=21>
 - Use Code: DRJENNIFER for 10% discount
- Jennifer Degler Ministries/ CWIVES / Dare of the Month
 - <https://jenniferdegler.com/store>
 - Decks of Dares, Fan the Flame: A Wife's Guide to Igniting Sexual Intimacy in Marriage video, Sizzle Sacks
 - Use code DAREME for 20% off your order

- [Enjoy! The Gift of Sexual Pleasure for Women](#) by Dr. Cliff and Joyce Penner
- [A Celebration of Sex After 50](#) by Dr. Doug Rosenau