



Monthly Schedule for Oct. 2025

Scheduled Date and Time	Post Title	Category	Keyword	Meta Description
10/1/2025 8:30	Signs of Hormone Imbalance	Hormone Health	signs of hormone imbalance	Learn the key signs of hormone imbalance and how functional medicine and lab testing can uncover root causes and restore wellness.
10/2/2025 8:30	Semaglutide vs Tirzepatide	Weight Management	semaglutide vs tirzepatide	Compare semaglutide and tirzepatide for weight loss. Learn benefits, side effects, and how to choose the right treatment.
10/3/2025 8:30	Menopause Symptoms & Treatment	Womenâ€™s Health	menopause hormone therapy	Explore menopause symptoms and effective treatment options including hormone therapy, lifestyle changes, and functional medicine.
10/6/2025 8:30	BHRT Side Effects & Safety	Hormone Health	BHRT side effects	Understand the safety and potential side effects of bioidentical hormone replacement therapy. Evidence-based insights.
10/7/2025 8:30	How to Balance Hormones Naturally	Hormone Health	how to balance hormones naturally	Discover natural ways to balance hormones through diet, stress reduction, and lifestyle modifications.
10/8/2025 8:30	Thyroid Health 101: Symptoms, Testing, and Treatment Options	Patient Education	thyroid health	Understand thyroid health, key symptoms, testing, and treatment options available through functional medicine.
10/9/2025 8:30	Metabolic Health After 40	Functional Medicine Insights	metabolic health after 40	Explore strategies to improve metabolic health after 40 with nutrition, lifestyle, and functional medicine care.
10/10/2025 8:30	Virtual Wellness Clinics	Patient Education	virtual wellness clinics	How virtual wellness clinics are transforming hormone therapy and weight loss care with safe, effective telehealth options.
10/13/2025 8:30	Hormone Panel Lab Testing Explained	Hormone Health	hormone panel lab testing	Learn what hormone panel lab testing measures, why it matters, and how it supports root-cause medicine.
10/14/2025 8:30	The Truth About GLP-1 Medications for Weight Loss	Weight Management	GLP-1 medications weight loss	An evidence-based look at GLP-1 medications, their benefits, side effects, and how they fit into a functional approach.
10/15/2025 8:30	Signs of Hormone Imbalance	Hormone Health	signs of hormone imbalance	Learn the key signs of hormone imbalance and how functional medicine and lab testing can uncover root causes and restore wellness.
10/16/2025 8:30	Semaglutide vs Tirzepatide	Weight Management	semaglutide vs tirzepatide	Compare semaglutide and tirzepatide for weight loss. Learn benefits, side effects, and how to choose the right treatment.
10/17/2025 8:30	Menopause Symptoms & Treatment	Womenâ€™s Health	menopause hormone therapy	Explore menopause symptoms and effective treatment options including hormone therapy, lifestyle changes, and functional medicine.
10/20/2025 8:30	BHRT Side Effects & Safety	Hormone Health	BHRT side effects	Understand the safety and potential side effects of bioidentical hormone replacement therapy. Evidence-based insights.
10/21/2025 8:30	How to Balance Hormones Naturally	Hormone Health	how to balance hormones naturally	Discover natural ways to balance hormones through diet, stress reduction, and lifestyle modifications.
10/22/2025 8:30	Thyroid Health 101: Symptoms, Testing, and Treatment Options	Patient Education	thyroid health	Understand thyroid health, key symptoms, testing, and treatment options available through functional medicine.
10/23/2025 8:30	Metabolic Health After 40	Functional Medicine Insights	metabolic health after 40	Explore strategies to improve metabolic health after 40 with nutrition, lifestyle, and functional medicine care.
10/24/2025 8:30	Virtual Wellness Clinics	Patient Education	virtual wellness clinics	How virtual wellness clinics are transforming hormone therapy and weight loss care with safe, effective telehealth options.
10/27/2025 8:30	Hormone Panel Lab Testing Explained	Hormone Health	hormone panel lab testing	Learn what hormone panel lab testing measures, why it matters, and how it supports root-cause medicine.
10/28/2025 8:30	The Truth About GLP-1 Medications for Weight Loss	Weight Management	GLP-1 medications weight loss	An evidence-based look at GLP-1 medications, their benefits, side effects, and how they fit into a functional approach.
10/29/2025 8:30	Signs of Hormone Imbalance	Hormone Health	signs of hormone imbalance	Learn the key signs of hormone imbalance and how functional medicine and lab testing can uncover root causes and restore wellness.
10/30/2025 8:30	Semaglutide vs Tirzepatide	Weight Management	semaglutide vs tirzepatide	Compare semaglutide and tirzepatide for weight loss. Learn benefits, side effects, and how to choose the right treatment.