

*Lyn Hogrefe, CEO of Happy Hormone Cottage, LLC, has formed the Women's Health Initiatives Foundation in Kettering, Ohio to fund research to discover the causes of breast cancers in women and seek preventative measures.*

Lyn Hogrefe, a warrior for women's wellness and CEO of [Happy Hormone Cottage, LLC](#), has formed a nonprofit foundation dedicated to identifying breast cancer causes in women and seek ways to prevent it. Kelly Brown of West Carrollton, Ohio has been named executive director of the [Women's Health Initiatives Foundation](#) in Kettering. Brown said the foundation aims to raise \$100,000 to work with medical researchers to confirm the connection between estrogen metabolites and the development of certain types of breast cancer. Once connections are established, women can be tested for biomarkers and treated with supplementation and nutrition.

“If we can predict breast cancer, we can prevent it,” said Hogrefe. “There is a lot of focus in the medical community on women obtaining proper screening—and proper screening is always necessary— but screening is not the same as prevention. Screening is detection only. Prevention is taking steps with diet, nutrition, exercise and refilling depleted hormone receptors.”

A fundraiser and silent auction titled “[Date Night Decadence](#)” featuring wine, chocolate and coffee is planned for Saturday, Oct. 18 from 8 to 10 p.m. at Warehouse for Coffee, 335 S Dixie Dr. in Vandalia. An admission fee of \$25 will go toward the breast cancer prevention initiative.

“Our foundation was formed to educate women about achieving optimal health through natural hormone balance, nutritional supplementation and healthy lifestyle choice,” said Brown. “We are laser-focused on funding research in the field of predicting which women may be prone to breast cancer and intervening before the disease has a chance to develop.”

About 232,000 women are diagnosed with breast cancer each year, and 40,000 women will die from it, according to the American Cancer Society. One in eight women will suffer from invasive breast cancer within her lifetime. Additionally, about 85 percent of breast cancers occur in women who have no family history of the disease, according to Breastcancer.org.

Hogrefe is founder of Happy Hormone Cottage, an [education and resource center that tests women for hormone imbalances and treats them](#) with compounded prescription creams individualized to their specific hormone needs. HHC offices are in Kettering, Piqua, Vandalia, and Mason, Ohio and Crestview Hills, Kentucky.

More than 5,000 women across the Midwest have been treated by Happy Hormone Cottage so far, said Hogrefe. Women can obtain a free, initial consultation, and get their hormone, cortisol and thyroid levels tested. Compounded hormone prescriptions contain biestrogen, progesterone and testosterone, hormones that diminish in women after the age of 35 years old. Testing and treatment is now available for adrenal gland and thyroid issues.

Hogrefe has written [Own Your Journey to Optimal Hormone Balance](#) (New Leaf Press, April, 2014) a book on her personal journey to wellness through Bioidentical Hormone Replacement Therapy (BHRT). She is an award-winning educator, a Top 25 Women to Watch, Athena Award

finalist, Cincy Chic Woman of the Year, and a speaker, educator and blogger on women's hormone health. The book is available on the Happy Hormone Cottage website and in all of its five office locations. All book proceeds go to the foundation. For more information, go to [www.womenshealthinitiatives.org](http://www.womenshealthinitiatives.org). To attend the "Date Night Decadence" fundraiser and silent auction, contact Brown at [Kelly@womenshealthinitiatives.org](mailto:Kelly@womenshealthinitiatives.org) or call (937) 371-4838.