

# **Sarah Bonza, MD, MPH, DipABLM, FAAFP, NBC-HWC, CPE, Empowers Women Through Natural Hormonal Health Solutions**

Board-Certified Physician Utilizes Personal Experience to Launch Bonza Health



**New York City, New York Jun 6, 2024 ([IssueWire.com](https://www.issuewire.com))** - Dr. Bonza, a board-certified family physician, in Columbus, Ohio, with an extensive background in traditional medicine, has recently launched Bonza Health, a venture dedicated to empowering women through natural hormonal health solutions. Drawing from over 20 years of experience in the medical field, her journey towards creating Bonza Health was inspired by her own personal experience with hormonal imbalances in her 40s.

Despite her vast knowledge in the medical field, she found herself unprepared for the hormonal changes she began experiencing. Seeking answers from traditional medical professionals only resulted in being told that she was “fine,” despite her body signaling otherwise. Determined to find a solution, she delved into Wellness Coaching, Lifestyle Medicine, Functional Medicine, and training from the North American Menopause Society, where she discovered the power of combining hormone therapy and lifestyle modifications to help her reclaim her vitality.

By listening to her body's cues and adapting to the hormonal shifts, Dr. Bonza experienced remarkable improvements in her energy levels, concentration, performance, and weight management. It was this transformative experience that led her to establish Bonza Health, with the mission of assisting women who are navigating similar changes in their bodies and seeking real, practical solutions.

Through Bonza Health, women can access her expertise and personalized approach toward hormonal health. With a focus on understanding and embracing the body's natural rhythms, she aims to empower women to take control of their health and well-being. By combining her training in FDA-approved menopause hormone therapy with holistic practices, she offers a unique perspective on women's health that emphasizes the importance of listening to one's body and making sustainable lifestyle changes.

As a trusted advocate for women's health, Dr. Bonza's commitment to providing solutions for women's changing hormones sets Bonza Health apart as a valuable resource for those seeking to enhance their overall wellness. Through her journey of self-discovery and healing, she has become a beacon of hope for women looking to embrace their body's changes with confidence and vitality.

When asked about the secret to her success, she attributes it to her unwavering passion for helping women reclaim their vitality. Her commitment to empowering women through personalized care and holistic approaches sets her apart as a trailblazer in the field of hormonal health.

Beyond her professional endeavors, Dr. Bonza finds solace in hobbies such as swimming, hiking, and writing, showcasing a multifaceted approach to life that resonates with her holistic philosophy.

### **Learn More about Dr. Sarah Bonza:**

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/528596-Sarah-Bonza-Hospitalist> or through Bonza Health, <https://www.bonzahealth.com/about>

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