

BIOIDENTICAL HORMONE THERAPY

Bioidentical hormones may be instrumental in slowing or reversing signs of aging. For both men and women, a healthy lifestyle and higher hormone levels often act like instruments in an orchestra: each one relying on the other to make beautiful music.

But with age, hormone levels often decline, negatively impacting the body, mood, immune system, metabolism, growth and reproductive cycles. Changes in male and female hormones can even counteract the good nutrition, exercise and lifestyle choices we make, preventing optimal health and well-being, disrupting the concert inside your body.

Symptoms associated with low hormone levels include:

Women

- Fatigue/Decreased Stamina
- Weight Gain/Fluid Retention
- Mood Swings
- Low Libido
- Hot Flashes/Night Sweats
- Problems Sleeping
- Foggy Thinking
- Headaches

Men

- Loss of Muscle/Strength
- Fatigue/Decreased Stamina
- Low Sex Drive
- Erectile Dysfunction
- Weight Gain
- Memory Loss
- Insomnia
- Irritability

Bioidentical, or “natural”, hormone therapy replaces the hormones your body needs to function. Administration of hormones from other animals and synthetic derivatives has been linked to numerous health problems, including cancer.

Only bioidentical hormone can follow the normal metabolic pathway and be broken down into other hormones and derivatives needed by the body. Bioidentical hormones are, molecule-by-molecule, exactly the same as the hormones present in the human body.

Because hormones affect receptors throughout your body, hormone levels must be correct for you to feel your best.

Types of Bioidentical Hormone Therapy

- Injections
- Creams/Topicals
- Compounded Medications
- Troches
- Pellets