

# Can Bioidentical Hormone Replacement Help?

## Symptoms of Hormone Imbalance

- Hot Flashes
- Depression
- Feeling Tired All The Time
- Feeling Bloating
- Constantly Grumpy
- Weight Gain Around The Waist

Symptoms are an indicator that things are not right.



- There has been a lot of press in recent years about how hormone replacement can be bad for your health. Many of these media reports are talking about artificial, chemically produced hormones, and they **ARE** bad for you because they don't match your natural hormones and don't fit your body.
- However, there are “good” hormones that can be used to replace what your body is no longer producing. The “good” hormones are bioidentical hormones — and these match exactly what your body produced when you were a little younger. By using bioidentical hormones you can restore your natural balance of hormones and get rid of many of the symptoms that plague you.
- Bioidentical hormones supplementation uses small amounts of hormones to recreate the natural patterns you had in your twenties and thirties. Our bodies are all different so it is really important that you test your hormone levels. With information on your hormone levels your doctor can create a treatment and supplementation plan that fits your body.
- Saliva testing is the ideal way to test exactly what hormones your body is already producing. When your doctor has good information on what your hormone levels are then you can work together to get your hormones balanced. We all age at different rates and have different stresses in our lives, so once you are back in balance it's a good idea to check every year and see if your treatment plan needs to be adjusted.

Test Now & Treat Right™

