

Bioidentical Hormone Therapy

what are bioidentical hormones?

By Julie Osborne, DO

Is Bioidentical Hormone Therapy For You?

Hormone levels decline as we age. Bioidentical hormone therapy replenishes the hormones that your body needs to function. There are two types of hormone therapy; traditional bio-similar or synthetic hormone replacement versus the use of today's natural or bioidentical hormones. Bioidentical hormones are molecule-by-molecule, exactly the same as the hormones (estrogen, testosterone, progesterone, cortisol, dhea, estradiol and estriol) present in the human body. By consulting a physician that is educated in and experienced with this method of treatment, they can assess your individual needs and work to restore these hormones by customizing a medical plan specifically for you.

To measure your current levels of hormones, blood tests and/or saliva and urine tests may be required. These levels also need to be

stress induced adrenal fatigue, signs of early menopause, menopause, perimenopause and andropause (the male menopause). This treatment is used to correct imbalances in your hormone levels which continue to decline as we grow older and can occur at different ages for each individual person. Holistic practitioners will also discuss the importance of good nutrition, fitness and lifestyle choices in your journey to better health with natural hormones. Eating right & exercising, as well as getting the proper amount of sleep each night, are equally important aspects of any hormone replacement therapy (HRT) regime. If your hormones are out of balance, your body will not respond optimally to improved nutrition and exercise, no matter how hard you try. As your hormones, nutrition, fitness, and lifestyle improve – you will begin to feel like your old self with improved energy, vitality and results.

In her recent book, *Ageless, the naked truth about bioidentical hormones*, Suzanne Somers gives the following advice, "Obtaining the best results means working with a doctor who understands the difference between normal and optimal and is willing to take preemptive action against aging. If your doctor doesn't understand this, you need to find another doctor for your hormonal needs."

Who needs Bioidentical Hormone Replacement Therapy (BHRT)?

Women suffering from early menopause symptoms looking to put an end to hot flashes, night sweats, memory loss, mood swings, weight gain, and low libido are turning to qualified physicians for HRT using natural hormones to replace what their body is missing. Individualized programs designed to meet each woman's specific needs can bring dramatic and real relief for women suffering from early menopause symptoms, menopause, perimenopause, and severe PMS. If you are experiencing any of these conditions, with today's medical advances, there is no need to power through them anymore.

Men experiencing the male menopause who want to get a grip on weight gain, lost

libido, fatigue, stress, energy, muscle mass, and body fat are also finding solutions through natural hormone therapy. For men, andropause (the male menopause) happens gradually and when diagnosed, the symptoms are successfully treated using bioidentical hormones. According to Suzanne Somers, "Testosterone in men begins to decline in their early thirties and the age-related decline in testosterone closely parallels the increase in heart disease as men get older...Testosterone also protects the heart by keeping cholesterol and blood pressure down."

How to find Hormone Therapy Services

Look for a health care provider who offers the following as part of their Hormone Therapy Treatment Plan:

- A comprehensive review of symptoms, medical, family and personal history
- Testing – saliva, urine and/or blood laboratory analysis
- Natural hormone balancing
- Ongoing evaluations
- Your prescription sent to a board certified compounding pharmacy
- Highest quality supplements
- Fitness programs
- Nutrition planning
- HCG weight loss diet
- Stress reduction plans

No one understands your body better than you do. Don't be afraid to communicate your health needs to your doctor. Health care today is still part of the free market system and you need to seek medical care that will have your optimal health as its goal. Searching for a caring, well trained provider who will effectively meet your needs in this area is a critical first step toward regaining your health.

Dr. Osborne is a Board Certified Family Practice Doctor of Osteopathy. Her practice includes bioidentical hormones, osteopathic manipulation, wellness medicine, pharmaceutical grade supplements, weight loss

management using HCG, prescription medicine or natural supplements, pharmaceutical skin care products & more. She practices at Alternative Healthcare Family Practice Center, Delevan, WI. 262-740-0900.



reevaluated on a regular basis. After reviewing your levels, a qualified doctor can then prescribe bioidentical hormone replacement therapy in the form of patches, creams, gels, and sublingual tablets or lozenges to suit your situation.

An Integrated Approach to Natural Bioidentical Hormones

Bioidentical hormone therapy integrated with proper lifestyle choices for women and men is a preventive medical approach which helps put an end to the suffering caused by