

Affinity Wellness 4 Life  
4335 Solutions Lane  
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## **Bio-Identical Hormone Replacement in Women**

There has been controversy on the topic of Hormone Replacement Therapy (HRT) for the last 15 years. Negative attitudes have drastically dominated the media since 2002. Combined with the Women's Health Initiative (WHI) study that was halted three years ago because of health risks, the controversy has caused confusion for women trying to make informed decisions about their health.

Let's shed a little light on the confusion. First, the WHI study and the subsequent media reports about HRT are based on Commercial Conventional HRT only. The reports are based on findings about the combined use of conjugated estrogens and medroxyprogesterone (called PremPro, Premarin). Thus, when you hear about HRT in the news, this is what is being referred to.

There are alternatives. Over-the-counter, there are products containing phytoestrogens, and topical products containing low-dose progesterone. These will provide temporary relief of PMS, perimenopausal, and menopausal symptoms. Long-term benefits and improved health can be achieved through Bio-identical Hormones Replacement Therapy, a prescription alternative.

### **What is Bio-identical Hormone Replacement Therapy?**

Bio-identical Hormone Replacement Therapy (BHRT) is a prescription alternative to conventional hormone replacement therapy (conjugated estrogens, medroxyprogesterone, etc.). Bio-identical medications are plant derived, and chemically changed in a laboratory until they are identical to what your body would naturally produce. BHRT is customizable; in other words, it can be adjusted to fit your needs, unlike conventional HRT, which has a few standard dosages strengths.

### **What are the goals of BHRT?**

- Alleviate symptoms caused by the natural decrease in hormone production in the body.
- Re-establish the individual's hormonal balance.
- Provide protective benefits that were originally provided by the body's naturally occurring hormones.

### **What are the benefits of BHRT?**

BHRT offers a number of health related benefits:

- Help in prevention of Osteoporosis and restoration of bone strength.
- Protection against heart disease and stroke.
- Reduced hot flashes and reduced vaginal dryness.
- Muscle mass and strength are better maintained.
- Improvement in cholesterol levels.
- Reduced risk of depression.
- Reduced risk of breast and endometrial cancer.
- Improved libido.
- Prevention of senility and Alzheimer's Disease
- Improved sleep.
- Better mood & concentration
- Far fewer unwanted effects than synthetic hormones.

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# DHEA

(Dehydroepiandrosterone)

DHEA is a hormone made by your adrenal glands. A small amount is also made in your brain and skin. DHEA production declines with age starting in your late twenties. By the age of 70 you only make one-fourth of the amount you made earlier. DHEA makes your other sex hormones, estrogen, progesterone and testosterone.

## **The function of DHEA in your body:**

- ❖ Decreases cholesterol.
- ❖ Decreases formation of fatty deposits.
- ❖ Prevents blood clots.
- ❖ Increases bone growth
- ❖ Promotes weight loss.
- ❖ Increases brain function.
- ❖ Helps you deal with stress.
- ❖ Supports your immune system.
- ❖ Helps your body to repair itself and maintains tissues.
- ❖ Decreases allergic reactions.

## **Low DHEA can be due to:**

- ❖ Menopause
- ❖ Decrease production
- ❖ Stress
- ❖ Aging
- ❖ Smoking (Nicotine inhibits the production of an enzyme, beta-hydroxylase, which is needed to make DHEA.)

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**Natural Progesterone and Estrogen (Bio-identicals)**

Natural Progesterone is made by the ovaries prior to menopause and by the adrenal glands and fat cells after menopause and is the precursor for natural estrogen. It is the single most important hormone in the female body.

When the female body fails to produce enough progesterone between ovulation and menstruation and during menopause, you also become deficient in estrogen. Natural progesterone can address the underlying cause of most symptoms such as vaginal dryness, hot flashes, depression/anxiety, insomnia/sleep deprivation, mood swings, low sex drive, osteoporosis and heart disease

Because the female body uses natural progesterone to make natural estrogen, a properly formulated natural progesterone cream/gel (or capsules) and natural estrogen cream/gel (NOT ORAL) is the natural safe choice for menstruating women and for post-menopausal women seeking to establish the correct balance of their two primary female hormones.

The balance of Natural Progesterone and Natural Estrogens will protect them from the effects of the condition known as "Estrogen Dominance".

The resultant benefits of natural progesterone and natural estrogen include:

- Helps use fat for energy.
- Facilitates thyroid hormone action.
- Natural anti-depressant.
- Natural diuretic.
- Normalizes blood sugar levels.
- Restores proper cell oxygen levels.
- Restores libido.
- Normalizes menstrual cycles.
- Normalizes Zinc and Copper levels.
- Normalizes blood clotting.
- Protects against breast fibrocysts.
- Helps protect epithelial cells against breast cancer.
- Helps prevent ovarian cysts and ovarian cancer.
- Precursor for cortisone/cortisol production (reduce arthritis).

Self-care, including exercise and a healthy diet & supplementation is an important foundation for hormone balance. Natural bio-identical progesterone cream or capsules and estrogen with phytoestrogens is specially formulated to help support a healthy hormone balance.

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## **Testosterone Replacement for Women**

Hailed as a “prescription for passion” by some and condemned as the “rage steroid” by others, testosterone is the most celebrated, feared and misunderstood of all hormones.

Our culture lauds this substance’s leading role in male virility and casts it as the villain in acts of violent crime. In truth, testosterone is neither miracle nor monster, but rather, a key player in the complex chemistry of human hormones. When balanced by other hormones, testosterone, also known as androgen, plays a key role in the health and well being of both sexes. These days, many menopausal women are turning to testosterone to provide what estrogen alone cannot: renewed sexual desire. Many physicians believe testosterone therapy is a major breakthrough in midlife women. Understanding that testosterone deficiency may be to blame for a loss of interest in sex in an otherwise happy relationship could prevent much unnecessary anguish.

Just as men’s bodies manufacture small amounts of estrogen, women’s bodies produce testosterone through ovaries and adrenal glands. A multitasking hormone, testosterone boosts both libido and energy, maintains muscle mass, supports cognitive function, strengthens bone, and helps elevate mood. These are the most prominent effects. By age 40, women produce about half the testosterone we did in our twenties. These levels drop further still with the onset of menopause or for women who have had their ovaries removed. Many clinicians believe that the diminished energy, decreased sexual desire and “flatness” of mood that some women experience during and after menopause are directly related to declining level of testosterone. Below are the reasons that we supplement testosterone along with progesterone and/or estrogens:

- Works to increase metabolism, thereby causes weight loss.
- Increases libido, sex drive.
- Maintains muscle mass.
- Strengthens bones.
- Elevated mood, lessens depression.
- Supports cognitive function.
- Helps to make smoother softer skin.
- Improves vaginal dryness.

These are the benefits that most women feel. Of course results may vary, as everyone is different, and you may notice other benefits as well.