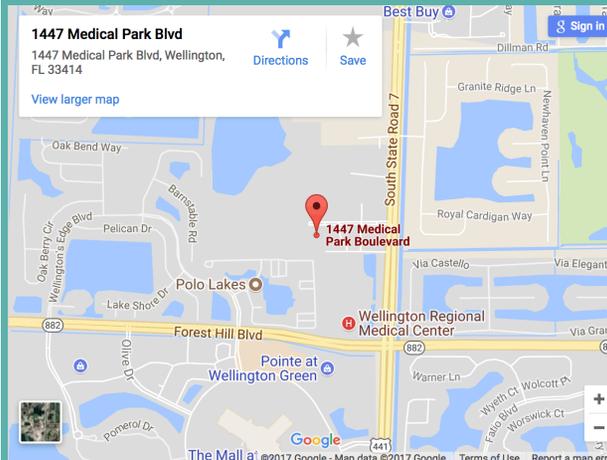
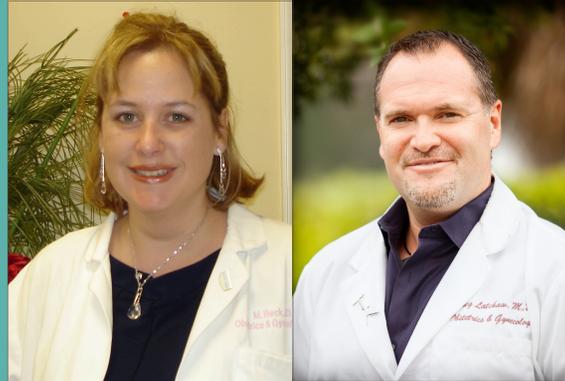


At Health Solutions, our primary goal is to help you achieve peak performance for your physical and mental health.



## CONTACT US



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## BIO-IDENTICAL HORMONE REPLACEMENT



**Achieve balance**  
**Increase energy and vitality**  
**Rejuvenate**



# PELLET THERAPY

Bio-identical hormone replacement uses plant based products which are biologically equivalent to the hormones that the body naturally produces. Numerous studies have shown that they have fewer side effects than their synthetic counterparts. Compounding pharmacies make them into pellets for insertion, allowing absorption to occur slowly and lasting for months at a time.



Almost everyone over the age of 40 experiences a decrease in hormone levels leading to an alteration in quality of life. For women, this is commonly felt with the onset of menopausal symptoms - hot flashes, decreased libido, decreased energy, alterations in memory and concentration, insomnia, fatigue, mood swings. In men, just as in women, there is often a decrease in libido, decreased energy, weight gain, sleep disturbance, alterations in memory and concentration. This is frequently described as andropause and has been associated with decreasing levels of testosterone. In both cases, restoration of hormone levels can help to achieve balance, increase vitality and lead to a healthier, more youthful you.

## Female Benefits

- Increased energy
- Weight loss
- Increased lean muscle mass
- Increased bone density
- Improvement in memory and concentration
- Regulated mood
- Increase in libido
- Improvement in sleep patterns
- Improvement in vaginal health
- Sense of well-being

## Male Benefits

- Increased energy
- Increased libido
- Increased lean muscle mass
- Improved concentration
- Increase strength and improved recovery
- Increased bone density
- Increased sense of well-being
- Improvement in sleep patterns
- Improved insulin sensitivity

Call today for an appointment

(561) 792-4508

Let us help you achieve your peak performance