

## Hormonal Imbalance?

Are you experiencing any of the following symptoms?

- Decrease sexual drive
- Weight gain
- Sleep disturbances
- Menstrual migraines
- Decreased energy
- Mental fogginess
- Hot Flashes and Night sweats
- Joint pains
- Depression
- Anxiety

**These symptoms could all be due to a hormone deficiency or imbalance!**

Hormone imbalance or hormone deficiency results from the decline of female reproductive hormones. These hormones include estrogen, progesterone and testosterone.

Estrogen is the predominant female hormone. There are many forms of estrogen in the bloodstream. The most important form is called estradiol. Another form, called estriol, is very weak in the human body (contrary to what other “experts” claim).

Progesterone is an important hormone but mainly during pregnancy. Progesterone is also required for the body to have regular menstrual cycles.

Testosterone is usually thought of as a “male” hormone, but it is also present in the female body to a much lower degree than in males. However, testosterone deficiency in women is being recognized as the cause of many of the above symptoms of hormone imbalance!

### Causes of Hormone Imbalance

Most women think menopause is the only cause of hormone imbalance, but there are others. For example, anorexia and other eating disorders can lead to hormone imbalance. Other causes include medical conditions such as thyroid disorders, adrenal gland diseases, side effects of medications and severe stress. Also, some of the above symptoms can be due to medical problems such as depression and are not necessarily due to a hormone imbalance, but they could be.

Hormonal imbalance can begin as early as age 35, many years before the onset of menopause! **The decline in hormones, particularly testosterone can be so gradual that the symptoms above can be present for many years before they start to become noticeable.** Menopause is the final stage, when the production of female hormones nearly ceases altogether.

Interestingly, even after menopause, the body will still continue to produce testosterone, but to a much lower degree than before menopause.

### Treatments for Hormone Imbalance/Hormone Deficiency

The best treatment for hormone imbalance is hormone restoration with bioidentical hormones. Replacing exactly what the body is missing will restore your hormonal balance.

Bioidentical hormones are hormones that are *chemically identical* to what the body produces. There are different ways to prescribe and manage bioidentical hormones. Pasadena Pellet Therapy offers treatment for hormone imbalance and menopause using bioidentical hormone estrogen and testosterone in the form of tiny pellets.

The pellets are prepared for us by a specially certified pharmacy. They contain either pure estrogen or pure testosterone and are slightly larger than a grain of rice. Hormone pellets are then placed underneath the skin in the subcutaneous fat of the hip. This provides superior absorption because the hormones go directly into the bloodstream.

Hormone pellet therapy is one of the most effective treatments there is for symptoms of hormone imbalance. Nothing to swallow and no creams or gels or patches that go on the skin.

Pellets function as a reservoir of your hormones available 24 hours-a-day. No other method of hormone replacement provides such a steady a state of hormone release. Pellet therapy helps the body avoid the hormonal fluctuations associated with pills, creams and gels.

Pellets dissolve completely and only need to be replaced every 3-6 months. Pellet therapy provides the appropriate levels of hormones -- similar to premenopausal levels. This is important in reducing our risk for diseases that can result from hormone imbalance.

### Bioidentical Pellet Therapy Benefits:

- Relief of hot flashes and night sweats
- Maintenance of Bone Density
- Restoration of sleep patterns
- Improvement in sex drive, libido, sexual response and performance
- Treatment of depression and anxiety caused by hormone imbalance
- Improvement of energy levels
- Improved memory and concentration

### History of Bio-Identical Hormone Pellet Therapy

Even though Estradiol and Testosterone pellets have been in use in the United States since 1939, most physicians have not been exposed to them and so do not know much about them. A great deal of research has been done in England and the rest of Europe where pellets are standard menopausal therapy. The long-term benefits have proven to be outstanding.

Essentially, there is one major reason why hormone pellets have not been adopted by mainstream medicine: that is because pellets are "compounded" substances. This means that individual pharmacies make the pellets (if they know how). There is no patent for hormone pellets and thus no profit for any drug company that might consider manufacturing them.

Drug companies do not promote drugs they cannot patent. It is for this reason you do not hear or read about pellet therapy. Pellet therapy competes with other drugs that pharmaceutical companies have spent time and money researching; however, pellet therapy is identical to your own hormones and therefore superior to prescription drugs.

Pellet-based hormone replacement therapy using bio-identical hormones is growing in popularity. Many ob/gyn doctors have never heard of this and are not trained in the proper techniques for testing patients, inserting the pellets and monitoring the person's response to the therapy. Dr. Jennifer Park has been trained by Dr. Kathy Maupin, one of the world leaders in hormone pellet therapy who is the creator of the BioBalance Hormone Therapy system.

Dr. Jennifer Park is available to answer your questions. You can arrange a consultation with her by calling our office at (626) 696-2655. For more information, please see our web site at [www.pasadenapellets.com](http://www.pasadenapellets.com).