HORMONE REPLACEMENT THERAPY…
A PERSONAL AND LIFE CHANGING DECISION

Hormone replacement therapy is a life changing decision. I know this from personal experience. Five years ago I made an educated decision to augment my low levels of certain hormones which caused me to function poorly. I made this decision, based on an absolute refusal to live 30 or 40 more years feeling the way I was feeling. My number one goal became to function optimally and feel my best and while doing so, avoid disease in the process.

At the time, I was feeling crummy. I could name many symptoms I was experiencing but let’s just say I had little energy, no libido and had lost the ability to drops a few pounds easily. I had been told by doctors I was fine, according to my blood tests. No, I was not fine. I knew it and was not going to stop searching for answers. Two great things happened. First, I educated myself as to why I wasn’t feeling so great and two, I searched and found an awesome doctor who is thoroughly educated in anti aging medicine. I’m talking about hormones…natural, bioidentical hormones that is. Only this type is acceptable.

According to Dr. Gary London, OB/GYN, “a hormone is a substance produced by a gland and transported to the bloodstream transferring information and instructions between the cells. All aspects of cellular function, including repair and replication, are influenced by one or more hormones.” To put it simply, hormones are very important chemical messengers. As we age our hormones diminish, causing the level at which we function in so many aspects of our lives to diminish too. Conventional medicine believes that age-related hormonal decline to be normal and therefore doesn’t take any action to correct it, except for prescribing synthetic estrogen. If we choose to do so, there are two kinds of hormones we can augment our declining levels with, synthetic or bioidentical. Synthetic, lab-made hormones are not natural and studies have shown they can have adverse health effects, to put it mildly. These synthetics are not identical with our hormones either and therefore are foreign to our bodies. It just doesn’t make sense. Bioidentical hormones are plant-derived and have a great track record for safety and enhancement of our physical functions.

Below are some of the incredible, powerful functions of a few hormones and symptoms of deficiencies:

ESTROGEN:
*Keeps the uterus, urinary tract, breasts and blood vessels toned and flexible.
*Regulates a woman’s passage through menstruation, fertility and menopause
*Supports the growth and regeneration of female reproductive tissues.

Symptoms of Estrogen Deficiency:
*Unexplained weight gain, especially around the mid-section, bloating, itching
*Sweating, hot flashes, bladder infections, incontinence, fatigue, low bone density
*Depression, irritability, trouble sleeping, foggy thinking, low libido, painful intercourse
PROGESTERONE:
* Regulates the menstrual cycle, sustains a pregnancy, counter opposes estrogen
* Stimulates bone-building cells and increases rate of new bone formation
* Promotes energy production, protects against nerve cell damage, brain aging

Symptoms of Progesterone Deficiency:
* Painful breasts, anxiety, stress, aggression, heavy periods, miscarriage
* Weight gain, water retention, low bone density, heavy periods
* Night sweats, PMS, weepiness, trouble sleeping

TESTOSTERONE:
* Responsible for building strong, healthy bones (in men and women)
* Increases short term memory, improves insulin resistance
* Increases lean muscle, decreases waist-to-hip ratio

Symptoms of Deficiency:
* Fatigue, poor concentration, poor memory, depression, loss of vitality
* Shrinking muscles, abdominal weight gain
* Erectile dysfunction, decreased libido, inability to orgasm

As you can see these hormones…or lack thereof…can have an enormous effect on our lives. When reading the symptoms above did you say to yourself…”that explains why I’m experiencing this or that”. It’s a real “eye-opener”.

My hormone “journey” began with my unwillingness to go on feeling so poorly and was propelled forward by educating myself about hormones. Educating yourself is so key. Having a doctor thoroughly educated in hormones (as it is quite a complex subject) is also a vital piece of the puzzle, as they can provide guidance, testing and levels required to restore our hormones so we can function optimally. Add a healthy diet and exercise to your natural hormone regimen and you can expect to feel pretty good for the rest of your life.

Nature’s primary goal is to proliferate our species. We must be reproductive beings to help nature meet such a goal. There is a theory that when our hormones decline and we become hormonally imbalanced and no longer reproductive, the disease process begins. Many doctors around the country believe that BHRT, naturally, is our best defense against disease.

I urge you to educate yourself about hormones, bhrt and at least make an educated decision about hormone replacement. By doing so, you too can function optimally and curtail disease. Happy hormones!!