

BIO-IDENTICAL HORMONES

The goal of any form of hormone replacement therapy should be to provide an adequate supply of the deficient hormone in a form that is as close to that which the body originally produced, thereby, resulting in normal physiological effects. Every person is unique. The beauty of bio-identical hormone replacement therapy is that the strength and dosage can be custom compounded to meet each individual's need. The precise components of each person's therapy need to be determined after medical history, symptoms, and laboratory testing are considered.

Hormone deficiencies happen gradually as a person ages. In the sub-clinical phase, ages 25-35, most of the hormone levels start to decrease. A person looks and feels good, but internal cellular damage is already happening. In the transition phase, ages 35-45, the production of many hormones has fallen more than 25% and biomarkers are beginning to show aging. Cellular damage by free radicals increases. If not controlled or slowed, mutational changes can lead to aging problems. Lastly, is the clinical phase, ages 45 and above. In this phase, hormones decline including DHEA, melatonin, growth hormone, and male and female sexual hormones. The rate of decline accelerates as a person ages.

Bio-identical hormones re-establish a hormonal balance. They alleviate the symptoms caused by the natural decrease in production of hormones by the body.

Hormone imbalances can lead to many symptoms including, but not limited to, insomnia, anxiety, lethargy, hot flashes, mood swings, acne, thin and/or dry skin, ovarian cysts, infertility, depression, headaches, unexplained weight gain, and low libido. Salivary hormone testing is frequently used to assess baseline free hormone levels. Serum hormone analysis may be preferred over saliva profiles for patients utilizing hormone therapy and/or to evaluate the bound hormone levels.

Bio-identical hormones give the protective benefits that were originally provided by the naturally occurring hormones. Bio-identical hormones have the same chemical structure as hormones that are made by the human body. The key to natural or bio-identical versus synthetic is the molecular structure of the hormone. In order for a replacement hormone to fully replicate the function of hormones, which were originally naturally produced, and present in the body, the chemical structure must exactly match the original.

Researchers have long held that there are significant differences between hormones that are natural to humans (bio-identical) and synthetic (including animal-derived) preparations. Structural differences that exist between natural and synthetic hormones may be responsible for the side effects that are experienced when non-bio-identical hormones are used for replacement therapy.

Contact Total Health Solutions, Inc.™ today for testing options.

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