

# Who's watching your hormones?



Simply put, hormones like testosterone, estrogen and progesterone are optimally balanced for us in our 20s and early 30s but then they naturally decline (men) or fluctuate (women!) with age.

By 50, most **men** notice that building muscle is hard, gaining fat is easy, and getting motivated – for **anything** – takes some extra effort. Boosting testosterone with bioidentical pellets puts them back in the game and **reduces cardiovascular and other risks**.

**Women** have 3 hormones to balance. And they are surprised to learn the first symptoms of hormonal imbalances start **years before menopause**: most common are disrupted sleep, low sex drive, weight around the middle, moodiness, and heavier periods. Testing and then balancing your hormones levels (usually with testosterone and progesterone) can get you feeling the way you used to within weeks!

Dr. Gustav Lo says, *“In a perfect world, women would **never go through menopause**. With BHRT, we can prevent or ease the symptoms (including hot flashes, accelerated skin aging, bladder leakage and the other dozen or so ‘menopausal miseries’...) but the most important reason to do BHRT is prevention: we can almost eliminate osteoporosis and lower your risk of cardiovascular disease 30-40% and Alzheimer’s by up to 50%. And these aren’t my numbers – over the past decade, endless studies have shown the preventive benefits of BHRT, forcing big-name medical societies to publicly reverse their positions in support of hormone replacement.”*

Best news? It’s never too late for hormone replacement. Even if you’re 10-15 years **post menopause**, there are still benefits – including alleviating genitourinary symptoms of menopause, easing vaginal dryness, and slowing down osteopenia or cognitive decline. The long-term BHRT investment is about \$100 a month – that’s a pretty great value to feel like yourself again!

We’re making life better for everyone – one person at a time. **This month, receive complimentary hormone testing** with a complete hormonal consult.