

## **PRESS ARTICLE**

### **FOR IMMEDIATE RELEASE**

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### Mission Possible: Discover True Hormone Balance

Medical and historical studies have shown that in the distant past the human body was not able to easily live beyond the reproductive years. Traditionally, men and women would die around age 40 or 50, and now we're living well into the 80s, 90s and even 100s! Why is that? Through the use of technology, modern medical science has figured out how to keep men and women alive for twice as long with natural hormone replacement. When the human body is restored to its optimal hormonal levels found during the younger adult years, those hormones are able to create an environment that allows the body to maintain optimum health and balance. The outcome is men and women are able to live longer, healthier, fuller lives.

Countless men and women have made the switch from synthetic hormone replacement to bioidentical hormone replacement therapy. These human-identicals have been the preferred source for hormone therapy in Japan, France and other European countries for quite some time. People in these countries have been the subjects of many research studies on hormone therapy in which significant health benefits have been reported for both men and women across the globe. Data also continues to indicate that receiving bioidentical hormone replacement therapy at the start of midlife (around 50 years of age) can be very important to a person's ongoing health and vitality.

If you're experiencing any hormone imbalance symptoms, such as: fatigue, anxiety, allergy symptoms, depression, dizziness, endometriosis, fibrocystic breasts, foggy brain, loss of hair, headaches, low libido, sexual dysfunctions, osteoporosis, urinary tract infections, weight gain, and dry wrinkled skin, you may be a prime candidate for bioidentical hormone replacement therapy. Some claim these are the symptoms of "old-age," but medical studies have shown these symptoms can be erased or at least drastically improved with the use of bioidentical hormone replacement therapy.

This is why we turned to one of Arizona's leading natural hormone and anti-aging experts, Dr. SUZANNE BENTZ D.O., to answer some hard-hitting questions that many of you may have about bioidentical hormone replacement therapy.

Hormone Q & A With The Doctor

### 1. What is BHRT?

BHRT stands for bioidentical hormone replacement therapy (also known as natural hormone replacement). The hormones are derived from yams and/or soy. Once they are extracted from their natural source, the hormones are refined so that they're identical to the human hormone molecule. Bioidentical hormone replacement therapy fits the body's receptor like a key in a lock. Additionally, our bodies contain the right enzymes to break down and metabolize the hormones properly and efficiently. The idea of bioidentical hormone replacement therapy is to maintain proper hormone balance that creates optimum health and wellness. Only subcutaneous hormone therapy pellets can deliver a steady stream of hormone on demand to your bloodstream twenty-four hours a day, seven days a week.

### 2. Who is a good candidate for bioidentical hormone replacement therapy?

About 80 percent of our patients, both men and women, use bioidentical hormone replacement therapy for anti-aging and menopausal symptoms; however, our natural hormone replacement therapy can also help adults with acne, women with PMS, new mothers struggling to regain hormone balance after the birth of a baby, and individuals struggling with hormone imbalance due to a high-stress lifestyle.

### 3. What is the difference between BHRT and synthetic HRT?

HRT stands for hormone replacement therapy. It differs from BHRT, or bioidentical hormone replacement therapy, in the type of hormone(s) used. Any type of hormone may be prescribed in HRT. Most commonly, doctors use hormones extracted from the urine of pregnant horses or hormones assembled in a laboratory. Neither is identical to the human hormone molecule. Improper ratios and different chemical structures account for treatment failures and a multitude of negative side effects. Only natural hormone replacements are derived from yams and/or soy. Once they are extracted from their natural source, the hormones are refined so that they're identical to the human hormone molecule. This means they are a perfect fit into the body for metabolizing into use.

### 4. What is the difference between over-the-counter (OTC) herbal products and bioidentical hormone replacement therapy?

OTC products are plant estrogens. They're not identical to the human hormone molecule. These products (soy, black cohosh, dong quai, red clover, etc.) are aimed at symptom control for the perimenopausal patient. They are not a permanent replacement therapy and are not easily monitored by a doctor.

### 5. Will bioidentical hormone replacement therapy help my sex drive?

Many factors affect the sex drive during the aging process. Keeping the hormones (estrogen, progesterone and testosterone) in balance and at optimal levels plays an important role in maintaining a healthy sex drive. Natural testosterone replacement therapy works well for both women and men in increasing sex drive.

There is strong evidence that testosterone hormone replacement therapy is very important to maintaining optimum health in both men and women. Medical studies suggest that hormone therapy with testosterone directly affects muscle development, fat levels, bone

mass, many different parts of the brain, moods, depression, energy levels, ability to have orgasms, heart health and ability to sleep. Testosterone natural hormone replacement therapy continues to receive a great deal of medical support and the benefits are well documented in a multitude of clinical trials.

6. How soon should I be able to tell a difference after I begin bioidentical hormone replacement therapy?

Although we have many patients who call after only a few days saying, "I haven't felt this good in 20 years," we stress that it may take time to adjust hormone levels and could take a week up to a month to fully adjust to your new balanced hormones.

During the first 30 days, the hormone levels start to build, and you see some alleviation of symptoms. During the next 30 days, the natural bioidentical hormones really start to kick in, and we see quite a difference. By 90 days, we have a good idea of where a patient's hormone levels and symptoms are and the patient's symptoms should be drastically improved.

7. Can I get bioidentical hormone replacement therapy anywhere?

No. Bioidentical hormone replacement therapy has to be compounded and prescribed precisely for your individual hormonal needs. It's suggested that you work with a doctor who practices bioidentical hormone replacement therapy.

8. Do I need to have lab tests?

Yes, we always recommend having either a blood test or a saliva test. Women need to get results for total estrogen, progesterone, testosterone, sex hormone binding globulin and DHEA-S. Men need total testosterone, estradiol, PSA, DHEAS and prolactin. In addition, if necessary, we may recommend a thyroid panel (Free T3, Free T4, Total T4, TSH and reverse T3) to evaluate thyroid function. Lab tests help monitor therapy progress and response. It's not just individual hormone levels, but the balance of all the hormones and glands that helps achieve optimal health and aging for our patients.

Dr. Bentz also shares some common symptoms for when a person might be dealing with low hormone balances.

Common Low Hormone Symptoms for Women Include:

- Low energy
- Low libido
- Headaches
- Weight Gain
- Irregular periods
- Mood swings
- Depression
- Anxiety
- Irregular body temperature
- Thinning or balding hair

### Common Low Hormone Symptoms for Men Include:

- Irritability
- Low libido
- Depression
- Erectile Dysfunction
- Anxiety
- Fatigue
- Premature Ejaculation
- Sleeping issues
- Muscle loss
- Low motivation
- Hair loss
- Weight gain

### Hormones & Men

Dr. Bentz would like to strongly stress that Hormone Replacement Therapy is not just for women. Most men are oblivious of a hormone imbalance until they get word from their doctor, read about it in a magazine, or are told about it by a friend or acquaintance. Hormone imbalances can drastically impede their work, home and personal life, and may become a serious health issue if not appropriately treated.

Dr. Bentz explains that the word “andropause” is the male counterpart of menopause and can be treated with bioidentical hormone replacement therapy. It is caused by a decline in hormone production. Surprisingly, every man begins a gradual drop in hormone production around age 30. He loses approximately one to two percent a year until sometime between 40 and 55 years of age when his testosterone levels fall sharply and signify the beginning of “andropause.” When this happens, he often finds himself lacking in sexual drive, putting on weight, losing muscle mass and feeling sluggish, depressed and irritable. Yet, most men believe they have to tough out these symptoms as part of “old-age.”

The symptoms of “andropause,” if not treated with bioidentical hormone replacement therapy, are very much like those of menopause. Men frequently experience anxiety, depression, mood swings, loss of eagerness and enthusiasm for daily life, and decreased mental quickness and sharpness. With hormonal imbalance, they also suffer from loss of libido, decreased sexual function, loss of mental focus, sleep disturbances, chronic fatigue, decreased energy, strength and endurance, prolonged recovery from exercise or injuries, and less desire for activity and exercise. Without bioidentical hormone replacement therapy even more dangerous issues like an increase in body fat, weight gain, osteoporosis, loss of cardiac protection, lower good cholesterol and higher bad cholesterol can arise.

Are you a good candidate for bio-Identical hormone therapy?

If you're near the age of 45 and experience any hormone imbalance symptoms, you may be a prime candidate for bio-identical hormone replacement therapy. Hormone

imbalance symptoms can be any one or more of these: fatigue, anxiety, allergy symptoms, depression, dizziness, endometriosis, fibrocystic breasts, foggy brain, loss of hair, headaches, low libido, sexual dysfunctions, osteoporosis, urinary tract infections, weight gain, and dry wrinkled skin. Some claim these are the symptoms of “old-age,” but medical studies have shown these symptoms can be erased or at least drastically improved with the use of bio-identical hormone replacement therapy. If you suffer from any of the symptoms mentioned above, then “YES” you would most likely benefit greatly from the use of natural bio-identical hormone replacement therapy.

For more information about Dr. Bentz and the bio-identical hormone replacement therapy from Red Mountain Med Spa that balances your hormones around the clock, and lasts up to six months or longer, visit [www.redmountainmedspa.com](http://www.redmountainmedspa.com) or call 480-854-4872 for more details.

**DISCLAIMER:** The advice in this article is not a substitute for a physician's advice. Always consult with your doctor before changing your medical regimen. If you are sick, call your doctor or call 911.

By: Christina Jordan

Christina Jordan is a writer and the Marketing and Public Relations Director over all the Red Mountain Med Spas and Red Mountain Weight Loss practices across Arizona. She has a strong passion for educating others about healthy spa living and weight loss as she has personally lost over 75 pounds, slimmed down from a dress size of 20w to a dress size of 6, and achieved optimum balance in her lifestyle in less than a year with hormone therapy offered by Dr. SUZANNE BENTZ.

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