

# BIO-IDENTICAL HORMONE REPLACEMENT THERAPY

Bio-identical hormone replacement therapy (BHRT) is the treatment of hormonal imbalances seen during perimenopause and menopause utilizing the identical forms of hormones that are found in the human body. This natural means of supporting women's health does not use animal hormones, and for that reason, is preferred by many women. To obtain the greatest benefit from BHRT therapy, certain nutritional supplements have been found to make these therapies more effective. Supplements such as omega-3 essential fatty acids, a quality multiple vitamin or B-complex vitamin, vitamin D, and a good probiotic provide a good nutrient foundation for any woman.

Along with these foundational supplements, other nutritional supplements have been found to be helpful for women on BHRT therapy. Estrogen therapy can deplete the body of trace minerals such as zinc and several of the B vitamins. These nutrients are essential for many of the body's metabolic processes. Most women are deficient in vitamin D. Vitamin D is essential for bone density, protects against many types of cancers, helps to prevent depression, and is essential for proper thyroid function. To ensure that we are taking up essential nutrients from our food, probiotics are often recommended to support our intestinal gut flora.

Women utilizing hormonal therapy should not assume they are processing and eliminating their hormones properly. To improve hormone elimination and prevent toxicity, fiber is often recommended as a natural way to assist in the elimination of hormones from the body. Diindolylmethane, or DIM, is a useful supplement that supports the normal metabolism of hormones and helps to prevent toxic hormone accumulation in the body. Calcium D-glucarate is also helpful to complex estrogens in the liver so that they can be eliminated properly. Finally, folic acid is an important vitamin for the detoxification of estrogens. Women who are concerned about potentially carcinogenic and toxic build-up of estrogens should consider these options to encourage normal healthy estrogen elimination.

Finally, for women who are facing menopause but do not wish to take any estrogen supplementation, there are nutritional products that can help relieve menopausal complaints. Black Cohosh has been used for many years to reduce menopausal symptoms and Vitex, also known as chaste tree extract, has been used to support a healthy menstrual cycle. Our pharmacy team is trained to offer you the best nutritional support for your hormonal therapy. We are happy to talk with you and we recommend the highest quality pharmaceutical grade supplements in our BHRT line such as:

- Women's Complete
- Extra Strength Marine Fish Oil
- CoEnzyme-B
- Vitamin D 5000 IU
- DIM Enhanced
- Black Cohosh Plus
- Vitex
- Fiber Blend



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