

EXCITING VALIDATION FOR NATURAL HORMONE THERAPY!

A recent study by 2 well respected doctors in our field, Erika Schwartz, MD and Kent Holtorf, MD, is really exciting for me to read because it validates what I have know for a long time- that replacing depleted hormone levels, that deplete naturally through the aging process, is the key to living a longer, higher quality life! This study, also on my website under Recommended Resources and Readings, "Hormone Replacement Therapy in the Geriatric Patient: Current State of the Evidence" clears up misconceptions and confusion in this area of synthetic hormones vs bioidentical hormones that is prevalent in current standard of care. Check out this next information:

"By the year 2025, there will be 1.1 billion women older than the age of 50 in the world. The magnitude and significance of this number must be addressed from the perspective of the primary care practitioner who is now faced with an exploding number of aging women seeking to maintain, and even improve, their health. In these authors' opinions, women who are menopausal and postmenopausal should no longer accept a pat on the back and an antidepressant as a best therapy for postmenopausal symptoms often caused by aging and its attendant loss of hormones. We as physicians need to expand our knowledge and expertise to be able to provide aging women with safe and effective approaches to aging-to provide them with sound information to help them make the best decisions for their individual situation." Yes! This is what I have been preaching for the past 4 years and exactly WHY I opened my Happy Hormone Cottage in the first place. What we do at our HHC, natural hormone replacement therapy, IS science-based medicine. Just because it is not yet a part of current standard of care does not mean it is not valid

or backed up by study after study. What we do is personalized care, meaning we compound individual therapies from a doctor's prescription for each individual, based on his or her body's needs. This is as opposed to taking a drug for the masses with a one-size-fits-most dosing, made by a pharmaceutical company. Our studies and science-based information IS out there. It needs to be studied and understood by our physicians for our best over-all health.

The study continues with the following perspective: "With the transition of the baby boomers into the geriatric population, a significant movement away from the disease-centric model and toward PREVENTION AND WELLNESS maintenance and enhancement is taking place. The scientific literature suggests that hormone supplementation with estrogen, progesterone testosterone, growth hormone, and thyroid hormone has the potential to improve the quality of life and to prevent, or reverse, the many symptoms and conditions associated with aging, including fatigue, depression, weight gain, frailty, osteoporosis, loss of libido and heart disease. When attempting to find the ideal balance for the individual patient, physicians should be concerned not only with improving their patients' life spans, but also their HEALTH SPANS-the duration of time a person experiences a high-quality, vigorous, and enjoyable life." Yes, yes, yes! This is why my Happy Hormone Cottage is a Wellness Facility. We understand that optimal hormone balance (this means measuring hormone levels and replacing

depleted levels with physiological dosing in the exact amounts the body needs....and maintaining these optimal levels for life) is just the

FIRST step to wellness. From here we can move on to cardiovascular health and addressing metabolic syndrome (high cholesterol, high blood pressure, weight gain).

The study concludes with, "In summary, based on the literature reviewed and the state of the evidence in our clinical experiences that span decades and includes tens of thousands of women the authors believe that aging women should not be deprived of hormone therapies. Many studies and practical clinical experience demonstrate on an ongoing basis the safety and efficacy of bioidentical hormones (the HHC believes these should be personalized and customized physiological dosings based on the individual needs of each woman) for improved well-being, elimination of symptoms of menopause, and even prevention of chronic conditions such as osteoporosis, hyperlipidemia, clotting disorders and atherosclerosis. We also recommend the individual physician become well versed in the scientific literature presented in this article and work with each patient individually to provide her with the best possible care." Amen! I couldn't have said this better myself!

For more information or to make an appointment for your first step on your journey to wellness, email us at info@happyhormonecottage.com or call us at 513-444-6343. Kentucky women, email kentuckyinfo@happyhormonecottage.com and call 859-360-6696. We are women helping women and we look forward to serving you!