

*Bioidentical Hormones*

# Hormone Replacement Pellet Therapy FOR MEN & WOMEN

*Schedule an  
Appointment  
Today!*

## **Common Symptoms of Hormone Imbalance**

- Mood Changes, Depression, and Anxiety
- Brain Fog, Memory Loss
- Fatigue, Lack of Motivation
- Low Libido
- Weight Gain
- Night Sweats
- Joint Pain
- Dry and Wrinkled Skin
- Hot Flashes in Women
- Vaginal Dryness

## **Benefits of Balanced Hormones**

- Improvement in Energy and Mood
- Increase Mental Clarity
- Improvement in Quality of Life
- Limit Age-Related Illness or Disease
- Increase Ability to Lose Weight
- Restore or Increase Sex Drive
- Lower Risk for Heart Disease
- Lower Risk for Osteoporosis
- Protects Heart, Brain, and Bones



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# Hormone Replacement Pellet Therapy FAQs

## What is Hormone Replacement Therapy?

It is the supplementation of hormones including **testosterone in males**, and **estrogen, progesterone, and testosterone in females**.

## What are Bioidentical Hormones?

- The same chemical structure as the hormones that humans naturally produce.
- They come from plant sources including yam.

The hormone pellets are not only natural but they are by far the most efficacious means to bring about optimal physiological levels of hormones in the body.

## What are Pellets?

The bioidentical hormone pellets are smaller than the size of a tic tac. They are inserted under the skin near the hip through a small, in-office procedure. Unlike other forms of hormones including pills, injections, and creams, the hormone pellets will create stable levels that do not fluctuate up and down. **They are made from yam and stearic acid which is a natural compound made by the body and dissolves as the hormone dissolves.**

## Is it Safe?

**Bioidentical hormones are very safe.** Where Synthetic medications have been show to increase risk of cancers, blood clots, and other blood disorders, Bioidentical hormones actually have been shown to lower the risk of cancer and heart disease along with many other health benefits.

Like any procedure the insertion of the pellets has minimal risks including infection, bleeding, and pain.

## How do I get Started?

- STEP 1: Setup an Appointment
- STEP 2: Filling out our Hormone Screening Questionnaire
- STEP 3: Labs ordered to check hormone levels
- STEP 4: Results from Labs
- STEP 5: Pellet Insertion: Procedure takes 5-10 minutes
- STEP 6: Follow-up appointment after 5 weeks. Addition of second Pellet Insertion if needed.

## Why do Hormone Levels Decline?

- **Aging:** By the age of 20 for females and 30 for males, hormones start decreasing. With menopause and andropause hormones start decreasing at an even more rapid rate.
- **Environmental toxins** are one of the major things that cause low hormone levels in healthy people.
- **Nutrition** is also a very important element for hormone production.
- **Weight gain and obesity** is a very common cause of suboptimal sex hormones.
- Many **synthetic medications** affect hormone production and lower these levels and block the hormone receptors.

## What are the benefits?

- Improve energy, libido, and mood
- Protective for heart, brain, and bones
- Protective against breast, uterine, and prostate cancers. Studies show 60-70% reduction in breast cancer seen in people on hormone pellets.
- Lower cholesterol levels
- Lower risk of heart and Alzheimer's disease
- Lower risk of osteoporosis with increase in bone mineral density by 8.3% each year.

## What are the Side Effects?

Most people respond very well to pellet therapy.

*Mild Swelling due to Water Retention:* Most common side effect and happens in about 25% of patients on the first insertion. This symptom subdues over 1-3 months. By 4-5 months many patients will start burning fat and loosing some weight.

*Breast Tenderness:* This symptom occurs in 25% of patients most often in the first insertion and is due to the estrogen. Tenderness usually subsides after 2-3 weeks.

*Facial Hair Growth & Acne:* This symptom can occur if the testosterone levels are too high. These side effects are even less common, typically not severe and are reversible in the next insertion.



The Healing Sanctuary

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