

redrawn and then at 6 weeks a follow up appointment occurs to make sure levels are optimal, and that your symptoms are improving.

You will then follow up to the clinic when you feel your pellets are wearing off. You will have your similar symptoms you had before returning and you will know it is time for the next pelleting. Pellets usually last 3-5 months for females and 5-6 months for males. People often ask how long the pellets should be continued as a treatment. The answer is simple. As long as you want to feel great and have the amazing protective health benefits of bioidentical hormone therapy!

Pellets are not usually covered by insurance. For more information see your provider.

## TESTIMONIALS

“

My hormone replacement therapy was medication for many years and was not working well. Since the pellets, I have more energy and feel better than I have felt in years! New lease on life.

IRIS

“

I came to the Healing Sanctuary not feeling like my old self and looking for answers. I no longer had energy or the drive to work in the yard or many other things I enjoyed. Dr. Baker ran a series of test and prescribed the pellets. Within three days, I noticed an enormous difference in my energy, attitude, focus, and sex drive. My wife also noticed the dramatic change in me and told me that she was glad the man she married was back.

RALPH

“

I've tried several different testosterone treatments. I've had the best and longest lasting results with the pellet method.

BRYAN

“

A few months ago I had my hormones checked and found out they were way off balance. I wanted to do something natural so I started the bio-identical pellet therapy. In just 2 short months I have been so excited about the changes. Not only did it help with night sweats, vaginal dryness, and libido improvement, but also things I didn't expect. My skin had become very dry and thin, tearing, and bruising at the slightest bump. After 2 months my skin has become so much better, more normal, it doesn't tear any more, and rarely bruises.

It's great. I'm anxious to see what other changes I notice and if it helps with bone density.

DELLA

# LIVE LIFE TO THE FULLEST WITH PELLET THERAPY

Getting older doesn't mean slowing down



187 East 13th Street Idaho Falls, ID 83404

208.497.0500

[www.healingsanctuary.clinic](http://www.healingsanctuary.clinic)





## What is hormone replacement therapy?















Hormone Replacement therapy is the supplementation of hormones including testosterone in males, and estrogen, progesterone, and testosterone in females. Hormone replacement comes in many different forms including creams, pills, injections, and pellets. There are synthetic forms of hormone replacement and natural forms of hormone replacement. Natural hormones are also known as Bio-Identical hormones meaning that they are 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?

Hormone pellets are the most effective way to replace Testosterone and Estrogen. 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. The hormone pellets will be utilized just as you normally would use hormones through cardiac blood flow. Unlike other forms of hormones including pills, injections, and creams, the hormone pellets will create stable levels that do not fluctuate up and down. Thus symptoms and health benefits will be constant. Hormone pellets have been used for over 75 years but are less popular as their use is not driven by pharmaceutical companies. They are made from yam and stearic acid which is a natural compound made by the body and dissolves as the hormone dissolves.

## WHAT ARE SYMPTOMS OF LOW HORMONES?

There are many symptoms of suboptimal levels of sex hormones. These include but are not limited to the following:

-  Mood changes
-  Depression
-  Anxiety
-  Brain fog
-  Memory loss
-  Fatigue
-  Low libido
-  Headaches
-  Weight gain
-  Dry and wrinkled skin
-  Night sweats
-  Joint pain
-  Decreased muscle strength
-  Lack of motivation

### For females low hormones can also cause

-  Hot flashes
-  Vaginal dryness

## Why do levels decline?

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. These include plastics, pesticides, cleaning chemicals, radiation, and molds. Nutrition is also a very important element for hormone production. Zinc and Selenium, two essential minerals, are absolutely necessary for production of hormones. 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. Despite addressing all of these factors, hormone replacement therapy is often still needed; this is especially true for patients who have gone through menopause or andropause.

## Is it safe?

Bioidentical hormones are very safe. There is much confusion that exists about whether hormone replacement is safe. The reason this exists is because of some of the poor side effects from synthetic medications. Synthetic medications have been shown to increase the risk of cancers, blood clots, and other blood disorders. However, bio-identical 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.



## What are the side effects that I may experience?

Most people respond very well to pellet therapy. There are some side effects that are more prevalent with the first pellet insertion. The most common side effect with the first pellet insertion is mild swelling throughout the body due to water retention. This only happens in about 1/4 of patients and subsides over 1-3 months. This can be accompanied by a 3-4 lb weight gain. Medication can be used to get rid of the swelling but we usually recommend to just wait until your body adapts to the new hormone levels as this side effect is only temporary. By 4-5 months many people will start burning fat and losing some weight. Another side effect that is seen in females is breast tenderness. This symptom is due to the estrogen and usually subsides after 2-3 weeks; once again this occurs in about 1/4 of female patients and mostly just with the first insertion. Facial hair growth and acne can occur if testosterone levels get too high. Both of these side effects are even less common, are usually not severe if they do occur, and are associated with too high of levels of Testosterone which are all reversible. There are supplements and medications that can help with these side effects but the ultimate treatment is stepping down on the dosing at the next insertion.

## WHAT ARE THE BENEFITS OF HORMONE REPLACEMENT THERAPY?

Most people love bioidentical hormone pellet therapy because they feel amazing on them. Many of the symptoms of low hormones improve which includes improvement in energy, libido, mood, and the quality of life. Hormone replacement therapy has long-lasting, anti-aging benefits. Not only do people feel much better with hormone replacement therapy but the hormones are protective for the heart, brain, and bones. They are also protective against breast cancer, uterine cancer, and prostate cancer. Study shows that a:



Optimal levels of hormones over time will lower cholesterol levels and lower the risk of heart disease. They can be used to lower the risk of alzheimer's disease and osteoporosis and even assist in the treatment of these conditions. In fact people who do pellets can expect to increase their bone mineral density by



## How does the process work?

The first step in determining if you need hormone replacement therapy with pellets is by filling out our questionnaire that is given to all new patients. This questionnaire is a screening for hormone deficiencies. After this questionnaire is completed the appropriate labs can be ordered to check for hormone deficiencies. This will include checking Testosterone in males, and Testosterone, Progesterone, and Estrogen in females. After the labs are finished and it is determined that hormones are needed, the pellet insertion takes place. The pellet insertion includes Testosterone for males and females along with estradiol (estrogen) for postmenopausal females. Through a simple procedure the pellets are inserted just under the skin of the hip/buttocks region. This procedure takes about 5 minutes for females and 10 minutes for males. For 3 days for females and 7 days for males it is expected that you will not swim or soak the bandage in water nor will you do heavy exercise for that number of days. This is to allow the incision to heal properly.

Results will usually be seen within 1-3 weeks although some people notice a difference in a couple days. A rare few do not have improvement until the 2nd pellet insertion. After 5 weeks of the initial insertion labs are