

Balancing Female Hormones: A Natural Approach

There are many conditions that unbalance a women's natural body harmony. Events such as peri-menopause (the years preceding menopause), natural cycle changes, hysterectomy, and stress, just to name a few. Symptoms may include hot flashes, thin or dry skin, hair loss, loss of libido, weight gain, or sleep disturbances.

The traditional response from physicians is to treat with a Hormone Replacement Therapy (HRT). This is usually a single estrogen (estradiol) or a mixture of estrogens derived from horse urine. Additionally, a synthetic form of progesterone (progestin) was only added for certain women. This treatment, unfortunately, does not address a woman's natural balance of estrogen and progesterone, and may also be harmful. A woman's primary estrogen is called estriol. It is beneficial to the cardiovascular system and has certain anti-cancer benefits. By using just manufactured estradiol, a woman does not receive the most beneficial form of estrogen for her body.

For women who want to achieve a natural balance, there is Bio-Identical Hormone Replacement Therapy (BHRT). BHRT includes estriol and other estrogens mimicking a woman's natural balance. By using natural estrogens along with natural progesterones, women are less likely to have blood clots, and are less likely to have weight gain. Additionally, a reduced dosage can be used when these hormones are used in a compounded topical cream. Natural progesterone creams are beneficial for their ability to reduce fibrocystic breasts and for "filling in" small wrinkles (progesterone promotes collagen formation)!

BHRT requires the use of pharmacy-grade hormones, compounded by a pharmacist into a final dosage form, (each prescription specifically formulated for every patient). These pharmacy-grade hormones require a physician's prescription. BHRT allows the patient, physician and pharmacist to work together in maximizing the patient's therapeutic success in eliminating unwanted symptoms and achieving a natural hormonal balance. And for more and more women today, the right choice is the natural choice.

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