

A Woman's Guide to BHRT: What to Know Before You Begin

By Patrice Rolle, Executive Menopause Coach - Menolux Health & Wellness Coaching & Consultancy



What is BHRT?

Bioidentical Hormone Replacement Therapy (BHRT) uses hormones that are chemically identical to those your body naturally produces. These may include:

- **Estrogen** (estradiol, estriol)
- **Progesterone**
- **Testosterone** (for some women)
- **DHEA or pregnenolone** (in certain protocols)

They come in forms such as creams, gels, patches, pellets, lozenges, and capsules.



Creams & Gels

Topical applications that absorb through the skin



Patches

Adhesive delivery systems worn on the skin



Pellets & Capsules

Internal delivery methods for sustained release

Why Some Women Choose BHRT

BHRT is often favored by women who:

- Want a **"natural" alternative** to synthetic HRT
- Prefer **customized dosing** based on symptoms and lab results
- Are sensitive to standard pharmaceutical options
- Want a more holistic, integrative approach to menopause support



It can help relieve:

Physical Symptoms

- Hot flashes and night sweats
- Sleep disturbances
- Vaginal dryness
- Bone loss and muscle weakness

Mental & Emotional

- Mood swings and anxiety
- Brain fog
- Low libido
- Fatigue



But Here's the Truth: Not All BHRT is Created Equal

Compounding vs. FDA- Approved



Compounded BHRT


Mixed by a compounding pharmacy based on your doctor's prescription. It's often personalized, but **not FDA-approved** and quality can vary.



FDA-Approved BHRT

(Like Estradiol patches, Prometrium, etc.) are tested for safety, consistency, and efficacy.



 **Warning:** Many "BHRT clinics" offer pellet insertions or creams without full hormone panels, proper follow-ups, or individualized risk assessments.

Why You Must See a Trained Menopause or Hormone-Literate Doctor

When considering BHRT, it's essential to work with a **licensed, experienced, and menopause-informed healthcare provider** who will:

1 Complete Medical History Review

Review your full medical history (heart disease, cancer risk, blood clot history, etc.)

2 Comprehensive Testing

Conduct **baseline hormone and thyroid testing** (ideally blood, saliva, or urine panels)

3 Ongoing Monitoring

Monitor your **progress and adjust dosing** based on symptoms and labs

4 Evidence-Based Prescribing

Prescribe **bioidentical options that are evidence-based**, not just trendy


5 Patient Education

Educate you on the **risks and benefits** of any therapy

What to Watch Out For

Be cautious if a provider:

 **Pushes pellet therapy without offering alternatives**

 **Doesn't explain the difference between estrogen types or progesterone safety**

 **Sells you a "package" with supplements and hormones without full testing**

 **Doesn't ask about cancer history, blood pressure, or clotting risk**

 **Tells you to "ignore your GP" or dismisses your concerns**

Why This Matters

Hormone therapy is **not one-size-fits-all**. BHRT, when properly prescribed, can be life-changing. But when misused or unmonitored, it can be dangerous.

The goal is **symptom relief with safety and balance**. You deserve care that is:

Rooted in evidence

Customized for you

Compassionate and clear



Questions to Ask Your Provider

1

Testing Protocol

What labs will you run before starting?

2

Monitoring Plan

Will you re-test and adjust my dose regularly?

3

Regulatory Approval

Are the hormones you prescribe FDA-approved?

4

Personal Risk Assessment

What are the risks of this therapy for someone with my medical history?

5

Holistic Approach

Will you educate me on lifestyle and nutrition too?

Asking these questions helps ensure you receive comprehensive care that addresses your unique needs.

Final Word from Patrice

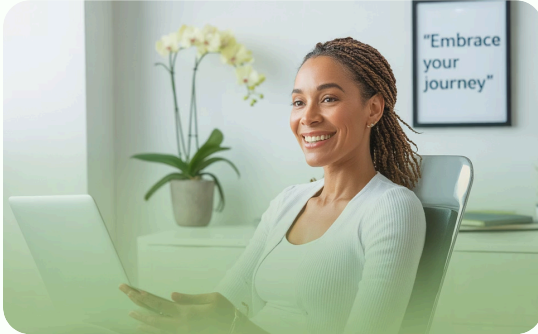
BHRT is not magic—but it **can be medicine** when used mindfully.

If you're exploring BHRT, do it from a place of **informed power, not desperation**. Work with doctors who see *all* of you—not just your hormones.

Your body is speaking. Let's make sure you're getting the right help to listen and heal.



Contact Menolux for Support



Free Discovery Call

Menolux is here as support your menopause journey. We offer a free discovery call.

Contact Information

Phone: 242-376-5253

Email: menoluxhealthandwellness@gmail.com

Website: www.menoluxspa.com

Let's Normalize Menopause.