



Hormone Replacement, Anti-Aging, & Weight Loss



Hormone FAQ's

What's the difference between Natural and Synthetic Hormones?

The term «natural hormone» simply means that hormones are chemically the same as the ones human body produces. These are also referred to as «Bio Identical». A «synthetic» hormone refers to those manufactured with a chemical structure that is foreign to the human body but mimics some hormonal activity. Examples of natural hormones would be Biest, Triest, Progesterone and Testosterone. Synthetic hormones would include Premarin, Prempro, Vivelle, Climara, Estratest, Estratab and all birth control pills.

Where do these Hormones come from?

Natural hormones are obtained from sterol analogues found in many varieties of plants, primarily wild yams and soybeans. The estrogen and progesterone powder is transformed chemically from the plant into the human bio-identical hormones.

What are possible side effects?

Ideally, there are no side effects since the hormones are a molecular match to your body's own hormones and they are given with the intent to restore normal hormone level. Side effects only occur if one hormone is out of balance with the others. It is important to realize that if you experience side effects, a simple adjustment will be made to stop the side effects. Our specialists are here to help you along with your physician and to adjust your natural hormone dosage until you feel like your old self.

Monthly BHRT Plans

Initial Fee \$ 150

Includes:

- ✓ Comprehensive lab package
- ✓ Consultation with Female Hormone Specialist
- ✓ Follow Up Visit & Consult with the Physician
- ✓ Personalized Treatment Plan

Monthly Fees:

(Automatically withdrawn from your account. Cancel at any time)

Depending on the number of hormones
\$100 - \$175 monthly

Monthly Service Plan Includes:

- ✓ Bio Identical Hormone Replacement Therapy Medications
- ✓ Convenient Shipment of Medications directly to you
- ✓ Physician office visits to discuss questions or concerns
- ✓ Female Hormone Specialist follow up consults as needed

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What Is Hormonal Imbalance?



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As we age, many things about our bodies change. One of the things that changes, is our hormones. Hormones help to determine how tall you grow and how you handle stress and, of course, they also regulate the functioning of your sex organs. The normal aging process causes hormone production to decline in everyone, resulting in imbalances that have both physical and psychological effects. The main hormones that regulate a woman's body are estrogen, progesterone and testosterone. Any time one or more of these hormones becomes out of balance, a woman starts to experience change.

4 Stages of Hormonal Change in Women

Stage 1 Pre Menopause

The time from a woman's first regular menstrual cycle to her last regular menstrual cycle.

This is the period of normal reproductive function for a woman.

Stage 2 Peri Menopause

The «Transitional Stage» varies from 2 to about 10 years prior to cessation of menstruation.

This is usually experienced by women 35 to 50 years of age.

During this stage a woman can experience major hormonal fluctuations which can cause typical symptoms such as hot flashes.

Stage 3 Menopause

Is the stage that marks the natural end of a woman's reproductive cycle. It is at this point that the body's ability to produce estrogen and progesterone naturally decrease substantially.

The ovaries stop producing eggs and a woman is no longer able to become pregnant naturally.

Stage 4 Post Menopause

Life after menopause.

This phase is generally believed to begin after 12 full months have passed since the last menstrual period.

Symptoms: Hot Flashes - Night Sweats - Fatigue - Unexplained Weight Gain - Mood Swings - Urinary Tract Infection - Decreased Sex Drive - Difficulty Concentrating - Insomnia - Vaginal Dryness - Fibrocystic Breasts

Long Term Complications Osteoporosis: Increased risk of heart disease - Depression - Loss of bone mass - Loss of muscle tone - Accelerated aging process

Treatment Options: Fortunately, hormonal imbalance CAN be treated. By restoring the balance between estrogen, progesterone and testosterone in the body, the above mentioned symptoms can be alleviated and even eliminated. Because each woman is different, the hormone specialist we work with will work one on one with you and Dr. Brinson to develop a custom treatment plan designed just for YOU! Once it is determined how much of each hormone you need to replace in your body to restore balance, you will have several options in which to administer the hormones. Your hormones can be easily taken by mouth in the form of a capsule, tablet or sublingual (dissolves under the tongue), or can be applied topically as a cream.

Treatment Goals: The goal of your treatment plan is to restore the balance of hormones in your body and help you feel good again by alleviating the symptoms mentioned earlier. Once your treatment plan is started, our staff will follow up with you every 6 to 8 weeks, for the first few months, to check on your progress. Your medication may need to be slightly adjusted from time to time, especially during the first 3-4 months of therapy to make sure you are getting the most out of your treatment. It is very important to stay consistent with taking your hormones and reporting back to our staff or your physician, on your progress.