



Hormone Health 101: What You Should Know About BHRT

Hormones control more than you might think— **energy, sleep, mood, focus, weight**, and more. When they're out of balance, you feel it. The good news? There's a solution.

What Is BHRT?


Bio-Identical Hormone Replacement Therapy (BHRT) uses hormones that are molecularly identical to those your body naturally makes. At our practice, we use the trusted SottoPelle® Method—a precise, personalized approach to hormone therapy based on comprehensive lab work and a proprietary dosing algorithm.

Common Signs You May Be Out of Balance:

- Low energy or fatigue
- Brain fog or trouble focusing
- Mood swings or anxiety
- Poor sleep
- Weight changes
- Low libido
- Hot flashes or night sweats

Why Patients Choose BHRT with the SottoPelle® Method:

- Personalized dosing with proven results
- Long-lasting relief (pellets typically last 3–6 months)
- Steady hormone release—no rollercoaster effect
- Non-invasive and time-saving

 Ready to Learn More? We offer consultations to review your symptoms, run labs, and determine if BHRT is right for you.