

The Power of bHRT for Longevity & Vitality

What Is bHRT?

- **Bioidentical hormones** are chemically identical to what your body naturally produces.
- Optimizing and restoring balance with **estradiol (not synthetic equine estrogens), micronized progesterone (not synthetic progestins)**, and bioidentical testosterone.
- Unlike synthetics, bioidenticals integrate with your body's receptors more safely and effectively.

Why Patients Choose bHRT?

- **Relief of Symptoms:** Up to 80% reduction in hot flashes/night sweats
- **Mood & Brain Health:** Anxiety ↓ by 22%, irritability ↓ by 25%, emotional swings ↓ by 25% .
- **Better Sleep & Libido:** Both men and women report improved intimacy, vitality, and quality of sleep.
- **Cardiovascular Safety:** Meta-analysis of 11,500 patients: no increased risk of MI, stroke, or mortality with testosterone. Normalization of testosterone linked to 39% lower all-cause mortality and 56% lower heart attack/stroke risk
- **Muscle & Metabolism:** Testosterone optimization improves lean mass, lowers fat, improves insulin sensitivity, HbA1c, and cholesterol
- **Bone Health:** Estrogen + testosterone slow bone loss and reduce fracture risk.
- **Longevity & Healthspan:** Optimizing all 3 hormones (T, E2, P4) is linked to longer life expectancy and improved healthspan

WHI, NAMS, BMC Women's Health 2011, PubMed 38589271, JAMA Intern Med 2017, MedRxiv 2024 meta-review, 25,000 patients, NAMS 2022, E3N cohort

Benefits Most?

- **Men:** low testosterone: fatigue, weight gain, depression, loss of muscle, brain fog, erectile disfunction.
- **Women:** menopause/perimenopause: hot flashes, night sweats, dryness, low libido, mood changes, poor sleep, bone loss, and brain fog.
- **Both:** seeking healthier aging, improved performance, and prevention of age-related decline.

Who Should Be Cautious?

- Active hormone-sensitive cancer (breast, endometrial, prostate).
- History of uncontrolled blood clots or stroke.
- Unexplained vaginal bleeding, untreated sleep apnea.
- Those unwilling to commit to regular monitoring.

****Hormones don't cause cancer but can promote growth of existing hormonal cancers.**

bHRT is a **strategic tool for longevity and quality of life**. With the right balance of **estradiol, progesterone, and testosterone**, we can restore vitality, reduce chronic disease risk, and build a healthier foundation for decades to come.