

Cancer-Free HRT The No-Cancer Approach to A Worry-Free Menopause

The news is good—and a little scary. Since millions of women stopped using traditional hormone replacement therapy (HRT), breast cancer rates plummeted in unprecedented numbers. The downside, though, was that the women were stuck enduring the unpleasant symptoms of menopause as a trade-off. But you don't have to trade your life for an easy menopause. You can skate through the change with barely a symptom...without endangering your health...using a proven safe and effective natural form of hormone replacement.

The answer is bioidentical hormone therapy, each dose specially designed for your unique biochemistry. Bioidentical hormones are carbon copies of the hormones that the body normally produces. And here at the Health Sciences Institute, our international panel of doctors, researchers and practitioners have been studying and recommending this very safe therapy for years...long before it became the pet project of a 70s sitcom star. It's the only way we've seen to both manage menopausal symptoms and promote long-term health, two very good things. That makes it the perfect choice for women who want to take hormones but are concerned (and rightfully so) about the potentially fatal risks associated with conventional HRT.

How It Works

Bioidentical hormone therapy doesn't come in a one-size-fits-all prescription. It starts with getting your hormone levels measured, then analyzed to see which need balancing. Unlike mass-manufactured conventional HRT, this treatment takes into account more than just your estrogen levels: Several hormones can slip out of balance over time, so your individualized therapy may include a full complement of hormones. These include the three forms of estrogen (estrone, estradiol, and estriol), progesterone, testosterone (yes, women need this too), and DHEA.

(It's critical that you work with a doctor on this. It is not something you can do on your own with your local health food store clerk. If you don't have a doctor who's open to BHT, you can find one at www.acam.org.)

7 Keys To Safe Hormone Replacement Therapy

You can have a safe and worry-free menopause using natural hormones—much safer than potentially deadly synthetic HRT. There are seven things you can do to make sure you get the most out of this proven therapy. Some of them may take a little effort, some are just part of your everyday life. And following these keys can help you sail through menopause free from symptoms...and free from worrying about the high risk of cancer that comes from conventional therapy.

- 1) Use only bioidentical hormones**, the only form your body really knows how to use. (The form used in prescription HRT was developed from the urine of pregnant horses. So it's easy to see why your body might not know what to do with those.)

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- 2) **Talk to your doctor about how to design the dose just for you.** Ask questions—and be prepared to answer his in detail to ensure the right dose.
- 3) **Promise yourself you'll get periodic hormone testing**— it's the only way to make sure your hormone levels stay in balance.
- 4) **Get rid of the estrogen mind-set**—it takes all of your hormones, working together in proper balance, to keep you feeling good.
- 5) **Don't neglect nutrition**—your body pulls nutrients to process hormones, so make sure you're getting enough of all the essential vitamins and minerals through a healthy diet boosted by supplements.
- 6) **Keep an eye out for any side effects**, especially breast tenderness, unusual hair-growth, mood swings, and acne—they could be telling you it's time for a dosage change.
- 7) **Have your doctor monitor any possible blood clot formation.** Though this side effect has not been documented with bioidentical hormone use, it is common with birth control pills and synthetic HRT, so it's a good idea to be vigilant just in case.

Natural hormone replacement can take you safely through menopause, avoiding both uncomfortable symptoms and dangerous side effects, but it's not the only natural way to keep yourself symptom-free. There are dozens of proven—and very safe—herbal remedies that target individual menopausal troubles (like hot flashes, mood swings, and vaginal dryness)...specific foods to eat lots of (and some to avoid) in order to avoid key symptoms... even special exercises that can help keep your body in balance. At Health Sciences Institute, we are committed to working with our panel of renowned researchers and doctors to provide you safe, natural solutions.

Sources:

Health Sciences Institute...at www.hsibaltimore.com

American College for the Advancement of Medicine (ACAM)... at www.acam.org

The Menopause Revolution, an in-depth look at natural solutions to menopause symptoms, available at Agora Health Books, 1-888-821-3609

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