



### **PERSONALISED BIO-IDENTICAL HORMONE REPLACEMENT (BHRT)**

Every person is unique and so are their hormones. Bio-Identical hormones have the same chemical structure as the naturally occurring hormones produced in the body and are derived from diosgenin, which is sourced from Mexican yams and soy. The hormones are 100% identical in chemical structure to our own hormones, and their effects and benefits replicate them closely. Technically the body cannot distinguish bioidentical hormones from the hormones the body produces. Bio-Identical Hormones include the female oestradiol, estriol and progesterone and testosterone for male and female use.

Bio-identical hormones are therefore beneficial to patients who have a hormone imbalance or have previously been treated with other hormonal medications, including conventional HRT, and experienced unwanted effects.

The BHRT treatment plan is derived for each individual and based on an evaluation of blood tests, a biometric evaluation (weight, length) as well as experienced symptoms.

Both men and women can benefit from BHRT as it relieves symptoms experienced during female menopause and the male andropause. The hormones are applied daily as a cream.

