

# Age Healthier with Natural Hormone Balance: BioTE



**F**or those familiar with hormone replacement therapy (HRT), BioTE shouldn't be a new thing. Founded by one of the leading innovators in bio-medical hormone replacement, Dr. Gary Donovitz, BioTE is currently considered one of the safest, most effective bio-identical hormone replacement therapies.

Nevertheless, let's take a closer look at this magic pellet and try to trace its origins, what it does, and why it has become so popular.

## *It's been a Journey*

**For many years, doctors have routinely prescribed HRT for the treatment of menopause and menopausal symptoms.** The therapy is most commonly used among women aged over 35, specifically those who feel run-down, prone to weight gain, and out of options when it comes to managing these symptoms. HRT is also widely used to reduce the risk of osteoporosis and heart disease.

However, there have been criticisms from all over with some studies clearly showing that HRT is riskier than first thought. One particular trial which was conducted in 2002 found that HRT increases the risk of breast cancer, causing up to two-thirds of women who were undergoing hormone replacement treatment to stop.

After that study, we saw an influx of "natural" hormone replacement treatments. The problem is that the term "natural" is open to interpretation. Any product whose principal ingredient has animal, plant, or mineral source is technically natural. It matters little whether the substance was extracted in a laboratory, manufactured by a pharmaceutical company, and made available by prescription only – or if it was ground, put into capsules,

and sold over the counter.

Take an example of soy. The soy plant is a prime source of supplements that some women take to relieve menopausal symptoms. It is also a key ingredient in some FDA-approved hormone replacement medications. Yet, multiple soy supplements aren't regulated and have been shown to stimulate tumor growth. In other words, "natural" doesn't necessarily mean safe.

## *Enter bio-identical hormones*

**To provide patients with safer solutions they can rely on, Dr. Donovitz and his research team embarked on a discovery journey which led them to what is called bio-identical hormone replacement therapy (BHRT).**

As the name suggests, bio-identical hormone replacement therapy involves the use of hormones that are identical in molecular structure to the hormones we make in our bodies.

The difference with other "natural" therapies is that since the hormones in these drugs are identical to the hormones in our bodies, you can go through bio-identical hormone therapy without any major side effects. Why? Because your body won't be able to tell the difference! Bio-identical hormones act in our bodies just like the hormones we produce. In women, your body won't be able to distinguish bio-identical hormones from the hormones your ovaries produce.

BioTE bio-identical hormone replacement drugs contain two main ingredients; estrogen and testosterone. The estrogens are 17 beta-estradiol, estriol, and estrone. Estradiol is a form of estrogen that decreases at menopause.

BioTE is currently considered one of the **safest, most effective** bio-identical hormone replacement therapies.

## What makes BioTE different?



### FACT SHEET

- Protects Bones
- Increases Energy
- Relieves Hot Flashes/ Night Sweats
- Improves Sex Drive

There are a myriad of benefits and not just in the treatment of menopause and menopausal symptoms.

First, since bio-identical hormone replacement uses hormones that are identical to our existing hormones, side effects are much fewer. BioTE - bio-identical hormone replacement therapy is beneficial in the following ways:

### It helps to protect your bones

Recent studies show that estrogen and testosterone are useful in preventing bone loss. To this end, bio-identical hormone replacement can help defend against problems like osteoporosis or hip fractures. The Women's Health Initiative conducted a study some time back to verify this and the results were highly positive.

### Can help improve energy

Declining levels of hormones like progesterone and testosterone can have an effect on your energy levels. When you're low on these hormones, your energy levels tend to decline. For this reason, bio-identical hormone replacement can be used to improve mental clarity, motivation, alertness, and even sleep patterns.

### Relieve hot flashes/night sweats

Certain clinical studies have found that the use of bio-identical hormone replacement therapy is highly effective in alleviating hot flashes and night sweats. One study in 2001 compared the effectiveness of BHRT vs. placebo in hot flash treatment and found that HRT reduces symptoms by 77% while placebo only reduces symptoms by 50%. Bio-Hormone replacement therapy also reduces the severity of symptoms and causes fewer side effects.

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## Improves sex drive and reduces vaginal dryness

Close to half of menopausal or post-menopause women are affected by vaginal atrophy which is characterized by symptoms such as vaginal dryness, itching, irritation, pain during sex, burning, and discharge. BioTE can help reduce these symptoms over just a short period. The North American Menopause Society actually acknowledges this and is now advising patients to consider bio-identical hormone therapy whenever non-hormonal solutions such as moisturizers and lubricants fail.

## Is BioTE Right for You?

### Then YES!



### DO YOU WANT TO:

- Increase mental clarity
- Feel Younger and Happier Again
- Lose Weight
- Regain Energy & Muscle Strength
- Be Happy

## Most people think that hormone imbalance is only a problem for menopausal and post-menopausal women.

That's not true. Hormone imbalance can be caused by a myriad of factors including illnesses, reaction to medications, environmental factors, and even post medical procedures, and as such can affect both men and women, even before menopause.

Take an example of common household cleaning agents and foods (such as processed meats). They are things we come across in daily life. Yet, they are also some of the most common causes of hormone imbalance. Feminine hygiene products are another category of products that can imbalance your hormones. Even in your early 30s, if you're regularly coming in contact with these products, you risk developing symptoms of hormone imbalance.

The symptoms themselves tend to vary depending on age and sex, though some of them are consistent across all patients. Here are a few common ones to watch out for;



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### *In women*

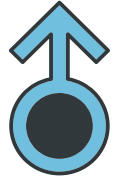
Levels of estrogen and progesterone decline rapidly in women as you move from your pre-menopause to post-menopause years (35 to 50). Symptoms to look out for include;



- Unexplained weight gain despite following a healthy diet
- Lack of stamina and stability to perform daily activities
- Disturbed sleep patterns and insomnia
- Difficulty concentrating and memory loss
- Irritability, depression, and anxiety
- Lack of libido and vaginal dryness
- Shrinking muscle mass
- Hot flashes and sweating
- Digestion issues and flatulence

### *In men*

Just like women, men experience hormone imbalances and declining levels of testosterone after the age of 30. Some of the symptoms to look out for include;



- Shrinking muscle mass
- Low libido
- Hair loss
- Weakening bones
- Lack of stamina
- Erectile dysfunction
- Disturbed sleep patterns and insomnia

### *How BioTE bio-identical hormone therapy can help*

The hormones BioTE (BHRT) aims to increase or balance are hormones tied to reproduction and youth such as **estrogen, progesterone, and testosterone**. Sometimes dehydroepiandrosterone (DHEA) and adrenaline hormones can also be recommended.

After the age of 30, the body loses its capacity to produce enough of these hormones naturally (especially estrogen in women and testosterone in men) which can lead to the development of major diseases like



#### **FACT**

- **After the Age of 30, most people produce 3% - 10% less hormones naturally each year**





Osteoporosis, Alzheimer's Disease, Heart Disease, and Diabetes. BioTE (BHRT) is effective in supplementing what the body can produce to help you overcome these symptoms.

**FAST: You should see improvements within two weeks**

In fact, some patients begin to see improvements within 10 days, though some might take slightly longer to see changes. All in all, there are bound to be changes and it doesn't take very long for these changes to manifest. Patients on therapy are asked to come in from time to time so the doctor can monitor their blood serum levels and check how the drugs are working.

**CUSTOMIZED: Dosage is customized for the individual**



The supplements are created keeping in mind the needs of individual patients.

Each supplement and the optimum dosage is carefully worked out after thorough saliva and blood tests to ascertain the exact hormone disparity in the individual. Doctors, aware that hormone levels can change

throughout the day, also conduct tests to make sure that you get a dosage that will deliver the best results.

**STEADY: Hormones are delivered in pellets for faster absorption**

The pellets are placed within the fatty tissue beneath the skin (in the upper buttock region) where the hormones they contain become instantly available to our cells.



Furthermore, pellet hormones are delivered to the bloodstream steadily throughout the day, 7 days a week, for up to five months. Pills, patches, creams, and shots cannot deliver hormones to the body as quickly and steadily.

**Are there any risks?**

**No.** Most patients are worried by the fact that BioTE (BHRT) pellets are not approved by the FDA. We want to assure you that this is not because the pellets are unsafe. It has more to do with the fact that bio-identical hormones, unlike synthetic (conventional) hormone pills, cannot be standardized.

Conventional hormone replacement supplement

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manufacturers maintain their manufacturing processes. Their drugs are produced in standard form and controlled doses. This makes these types of drugs easier to monitor and supervise, hence faster approval by the FDA. Bio-identical supplements such as BioTE hormone replacement pellets, on the other hand, are custom-made and created keeping in mind the needs of individual consumers. They are thus not standardized which explains why the FDA is taking longer to approve them.

Safety concerns aren't the reason the FDA hasn't approved bio-identical hormone treatments. It is the highly customized process that has placed a delay on the needed FDA approvals.

You might be surprised to learn, however, that BioTE bio-identical hormone pellets are much safer than most FDA-approved hormone therapies. For a start, most conventional FDA-approved HRTs are administered orally. It is much safer to administer the hormones through pellets.

Once you're on BioTE therapy you have a major role to play in keeping yourself even safer.

BioTE pellets should at all times be taken under the supervision of an accredited health care professional.

Above all, always keep in contact with your doctor so that any changes or unwanted side effects can be identified and dealt with at an early stage.

***Now that you're in the know, why not get started?***

**Don't let low estrogen or testosterone levels make your life dull and miserable.**



**Contact Dr. Beverly Fischer today, get your customized pellets, and start living like you're in your 20s again!**

