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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## What Is Natural Hormone Replacement Therapy?

By Gray Rollins

Our hormones maintain the chemical balance in the body. The menstrual cycle in women triggers

the production of some important hormones like estrogen, progesterone and testosterone. When the ovaries stop functioning, whether due to age (menopause) or due to surgical removal, there is a cessation in the production of these vital hormones. Accompanying physiological changes include osteoporosis, vaginal dryness, hot flashes, insomnia, irregular periods, loss of libido, and possibly cancer. In women who have had their ovaries removed surgically, these changes are drastic and they experience a sudden drop in sex hormone levels. This can lead to severe health problems, especially in younger women. The aging process is not easy on men either. They start to lose energy, vigor, and stamina.

This is where Hormone Replacement Therapy (HRT) comes in. Through this treatment, the body is supplied enough hormones to make up for the lack of natural hormones. But, synthetic hormones are animal-derived hormone products. They come in a 'one-size-for-all' dose.

Synthetic Hormone Replacement Therapy is associated with a number of possible side effects and risks, which include:

–Increased risk of endometrial cancer –Increased risk of breast cancer –Increased risk of ovarian cancer –Increased risk of Gallbladder disease –Breast pain –Nausea and fluid retention –Increased moodiness

What is NHRT?

Due to the above-mentioned risks, synthetic HRT is now being replaced by Natural Hormone Replacement Therapy (NHRT) or 'bio-identical therapy.' The term 'bio-identical' means the hormone used is structurally and chemically identical to the hormone produced by the human body. That is why it is called 'natural,' as opposed to the synthetic hormone, which has a structure similar but not identical to the hormone produced by the body. Bio-identical hormones are produced from molecules of yam or soy, and undergo a series of chemical processes to make them similar to human hormones. Therefore the side effects and risks are greatly reduced while using NHRT.

## What Is Natural Hormone Replacement Therapy?

In women, replacing the lost hormones can protect their cardiovascular health, prevent mental decline, and relieve menopausal symptoms. It helps to prevent loss of bone mass and occurrence of colon cancer, and may even delay the onset of Alzheimer's disease. Men experience an increase in mood, vigor, sexual function and muscle mass. Hormone replacement is powerful and must be monitored by an experienced practitioner.

### Availability:

Some of these natural hormones are available in brand named products. But, it is easier to procure these hormones from compounding pharmacies. Pharmacies can supply the bio-identical hormones alone or combine them into a single dose. They can also offer these in the desired form whether it is a tablet, cream, or oil cap. In this way, you can individualize these hormones to fit your unique needs. Many times a physician who is not inclined to prescribing NHRTs may not be open to suggesting them

to you. In that case, these pharmacists also have doctor referral information.

Nothing can replace what our bodies have been making naturally for many years. But NHRT comes as close to the real thing as possible. It is not a miracle cure. And often you have to go through some amount of trial and error such as dosage adjustments before you regain the hormonal balance. Most of the time, it will take between 3–6 months to see the results of therapy. Since the side effects are almost negligible and the benefits are huge, NHRTs are becoming a popular choice among men and women today.

Gray Rollins is a featured writer for HormonesBalanced. To learn more about natural hormone replacement therapy and menopause, visit

<http://www.hormonesbalanced.com/>

and

<http://www.hormonesbalanced.com/menopausesupplement/>

## **Hormone Replacement Therapy To Alleviate Menopausal Symptoms**

**By David Sanders**

If you have not yet experienced menopause then the terms hormone replacement therapy may sound foreign to you. As the terms suggest, HRT or hormone replacement therapy is a treatment aimed at easing the symptoms of menopause by hormonal replacement.

Menopause is that period in a woman's life when the body is in the process of changing and these changes are manifested through various symptoms like hot flushes, mood changes, depression, insomnia and night sweating.

## What Is Natural Hormone Replacement Therapy?

A woman in menopausal stage can opt for hormonal replacement therapy if she wants to alleviate the many symptoms of menopause. Hormonal replacement therapy has been found effective in treating menopausal women who became depressed.

There are sectors who believe that hormonal replacement therapy can be used to treat other complications arising from female menopause like diabetes, osteoporosis and heart ailments.

However, some women experiencing menopause do not go for hormone replacement therapy because of the possible side effects of the said treatment. There are those who believe that women taking hormonal replacement therapy have high risks of developing breast cancer. Hormonal replacement therapy has also been blamed for blood clot formations resulting to heart disease.

There are experts, including Dr. John Lee, who believe that hormone replacement therapy expose menopausal women to greater health risks than if they were not taking the therapy. The risk of getting cancer is one of the reasons why most women experiencing menopause opt for natural and alternative treatments for the many symptoms of menopause.

During menopause, the production of a woman's estrogen and progesterone levels become erratic. These hormones play important roles in maintaining the proper functioning of a woman's body like bone strengthening and blood cholesterol level maintenance.

During menopause, the production of these hormones decline and this causes bone problems and other ailments. Hormone replacement therapy can bring back the proper levels of these hormones in women and can prevent the risk of getting various menopause-related diseases.

While estrogen replacement has been found effective as a treatment for many years, medical research has shown that it increase a woman's chances of getting breast and uterine cancer. This led the way to the addition of progestin to hormone treatments.

Women who eat the proper food and lead healthy lifestyles are the ones who are most probably able to experience menopause normally, even without hormone replacement therapy. For those who are thinking of availing of this therapy, it is important to talk this over with their doctors as the latter can give them the pros and cons of getting HRT.

The author is a regular contributor to the Hormone Info Center

<http://www.hormoneinfocenter.com>

where more hormone replacement information is freely available.

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