

Bioidentical Hormone Therapy

Bioidentical Hormone Therapy involves the use of natural hormones that are chemically the same as the hormones produced by a person to improve health and restore optimal hormone balance. Most hormones prescribed in conventional medicine are not the same biochemical structure as those produced by humans. The bioidentical hormones produced by humans cannot be patented by the pharmaceutical companies and therefore these companies develop patentable hormones that are similar to, but not the same as, human hormones. Unfortunately, but understandably, the non-bioidentical hormones create many side effects, some of which can be life threatening. However, many natural, bioidentical hormones are available by prescription and these are a wise option to consider for optimizing hormone imbalances.

Currently, the most commonly prescribed Bioidentical Hormone Replacement Therapy (BHRT) involves the sex hormones – estrogen, progesterone and testosterone. Other common types of Bioidentical Hormone Therapy are used to optimize the function of the thyroid gland, adrenal glands and pancreas.