

suzanne somers bioidentical hormone replacement therapy

suzanne somers bioidentical hormone replacement therapy has become a widely discussed topic in the realm of alternative health and wellness. Suzanne Somers, a well-known actress and health advocate, popularized bioidentical hormone replacement therapy (BHRT) as a natural approach to managing menopause symptoms and hormonal imbalances. This therapy uses hormones that are chemically identical to those produced by the human body, aiming to restore hormonal balance with fewer side effects compared to synthetic hormones. The growing interest in bioidentical hormones is partly due to Somers' advocacy and extensive writings on the subject, which emphasize improved quality of life and natural health solutions. This article explores Suzanne Somers' role in promoting BHRT, the science behind bioidentical hormone replacement therapy, its benefits and risks, and practical considerations for those interested in this treatment option. Readers will also find an overview of the different types of bioidentical hormones and how to approach therapy safely under medical supervision.

- Who Is Suzanne Somers?
- Understanding Bioidentical Hormone Replacement Therapy
- Suzanne Somers' Advocacy for BHRT
- Benefits of Bioidentical Hormone Replacement Therapy
- Risks and Considerations of BHRT
- Types of Bioidentical Hormones
- How to Approach Bioidentical Hormone Replacement Therapy Safely

Who Is Suzanne Somers?

Suzanne Somers is an American actress, author, and health advocate known for her work in television and her promotion of alternative medicine. Rising to fame in the 1970s with her role on the television show "Three's Company," Somers later became a prominent voice in wellness circles by advocating natural health remedies. Her interest in bioidentical hormone replacement therapy grew from her personal experiences with menopause and hormone imbalance. She authored several books on the subject, helping to bring BHRT into mainstream discussions about women's health. Somers' influence has contributed significantly to the public's awareness of hormone therapy

options beyond conventional synthetic hormones.

Understanding Bioidentical Hormone Replacement Therapy

Bioidentical hormone replacement therapy (BHRT) is a medical treatment designed to balance hormone levels by using hormones that are chemically identical to those produced naturally by the human body. These hormones include estrogen, progesterone, testosterone, and others, tailored to meet the individual needs of the patient. Unlike traditional hormone replacement therapy (HRT) that often uses synthetic or animal-derived hormones, BHRT claims to offer a more natural and compatible option for managing hormonal deficiencies and symptoms related to menopause, aging, or other conditions.

How BHRT Works

BHRT works by replenishing the body's declining hormone levels, which can occur due to aging, menopause, or other health issues. By restoring these hormones to optimal levels, BHRT aims to reduce symptoms such as hot flashes, night sweats, mood swings, fatigue, and decreased libido. The therapy is customized through testing hormone levels and administering the appropriate bioidentical hormones in forms such as creams, gels, pellets, or oral supplements.

Differences Between Bioidentical and Synthetic Hormones

Bioidentical hormones share the exact molecular structure as endogenous human hormones, which proponents argue leads to better receptor binding and fewer side effects. Synthetic hormones, on the other hand, have a different chemical structure and may not be metabolized in the same way by the body, potentially increasing risks of adverse effects. This distinction is a major reason why some patients and practitioners prefer BHRT over conventional hormone therapies.

Suzanne Somers' Advocacy for BHRT

Suzanne Somers has been one of the most vocal advocates for bioidentical hormone replacement therapy since the early 2000s. Her advocacy includes writing books, producing documentaries, and speaking publicly about the benefits of BHRT for women experiencing menopause. Somers promotes BHRT as a natural, safer alternative to synthetic hormone therapy, emphasizing its role in improving energy, mood, and overall well-being.

Books and Media Contributions

Somers authored several best-selling books such as "Ageless: The Naked Truth About Bioidentical Hormones," which detail her personal journey with hormone replacement therapy and provide guidance for women seeking natural hormone solutions. Through media appearances and interviews, she has helped popularize the concept of individualized hormone balancing, encouraging women to explore BHRT under medical guidance.

Impact on Public Perception

Thanks to Suzanne Somers' efforts, bioidentical hormone replacement therapy has gained wider acceptance and curiosity among women and healthcare practitioners. Her advocacy has contributed to a shift in how hormone therapy is viewed, highlighting the potential benefits of natural hormone options and personalized treatment plans.

Benefits of Bioidentical Hormone Replacement Therapy

Many patients and practitioners report a range of benefits from bioidentical hormone replacement therapy. These benefits often include symptom relief, improved quality of life, and potential long-term health advantages when hormones are balanced properly.

- Reduction of menopausal symptoms such as hot flashes, night sweats, and mood swings
- Improved sleep quality and decreased insomnia
- Increased energy levels and reduction in fatigue
- Enhanced libido and sexual function
- Better skin elasticity and reduced signs of aging
- Potential protection against osteoporosis and cardiovascular disease

While these benefits are widely reported, it is important to note that individual responses to BHRT can vary based on hormone levels, underlying health conditions, and treatment protocols.

Risks and Considerations of BHRT

Despite the potential advantages, bioidentical hormone replacement therapy is not without risks and considerations. It is essential for patients to understand these factors before initiating therapy.

Possible Side Effects

Common side effects can include breast tenderness, bloating, headaches, and mood changes. More serious risks, similar to those associated with traditional hormone therapy, may include increased risk for blood clots, stroke, and certain types of cancers, depending on individual health history and hormone regimen.

Need for Medical Supervision

BHRT should always be administered and monitored by qualified healthcare providers. Regular testing and dosage adjustments are crucial to ensure hormone levels remain balanced and to minimize adverse effects. Self-medicating or using unregulated hormone products can pose significant health risks.

Types of Bioidentical Hormones

Bioidentical hormones come in various forms and types, each designed to address specific hormonal needs. Understanding these options facilitates informed decisions about BHRT.

Common Bioidentical Hormones

The most commonly used bioidentical hormones include:

- **Estradiol and Estriol:** Forms of estrogen used to alleviate menopausal symptoms and support bone health.
- **Progesterone:** A hormone important for menstrual cycle regulation and balancing estrogen effects.
- **Testosterone:** Used in some cases to enhance libido, energy, and muscle mass in both women and men.
- **DHEA (Dehydroepiandrosterone):** A precursor hormone that can support overall hormone balance and vitality.

Delivery Methods

Bioidentical hormones can be administered via:

- Creams and gels applied to the skin
- Pellets implanted under the skin for sustained release
- Oral capsules or tablets
- Transdermal patches

How to Approach Bioidentical Hormone Replacement Therapy Safely

For those considering Suzanne Somers bioidentical hormone replacement therapy, it is critical to approach treatment with caution and professional guidance.

Consultation and Testing

Initial consultation with a healthcare provider experienced in BHRT is essential. Comprehensive hormone testing, including blood, saliva, or urine analysis, helps determine individual hormone levels and guides personalized treatment plans.

Choosing a Qualified Practitioner

Selecting a knowledgeable and licensed medical professional who specializes in hormone therapy ensures safe and effective treatment. Practitioners should follow evidence-based protocols and monitor patients regularly to adjust dosage as needed.

Monitoring and Follow-up

Ongoing monitoring through regular testing and symptom evaluation is vital to track therapy effectiveness and detect any adverse effects early. Adjustments to hormone dosage or delivery method may be necessary to maintain optimal balance.

Awareness of Product Quality

Using pharmaceutical-grade bioidentical hormones from reputable sources reduces the risk of contamination or inconsistent dosing. Avoiding unregulated or compounded products without proper quality control is important for safety.

Frequently Asked Questions

Who is Suzanne Somers and what is her connection to bioidentical hormone replacement therapy?

Suzanne Somers is an American actress and author who became a prominent advocate for bioidentical hormone replacement therapy (BHRT), promoting its use for menopause and anti-aging treatments.

What are bioidentical hormones as promoted by Suzanne Somers?

Bioidentical hormones are compounds that are chemically identical to the hormones naturally produced by the human body, and Suzanne Somers has advocated their use for balancing hormones and alleviating menopausal symptoms.

Why did Suzanne Somers choose bioidentical hormone replacement therapy over traditional hormone therapy?

Suzanne Somers chose bioidentical hormone replacement therapy because she believed it to be a safer and more natural alternative to synthetic hormone therapies, with fewer side effects and better symptom relief.

What benefits did Suzanne Somers claim from using bioidentical hormone replacement therapy?

Suzanne Somers reported benefits such as improved energy, better mood, reduced menopausal symptoms like hot flashes, and overall enhanced quality of life from using bioidentical hormone replacement therapy.

Has Suzanne Somers authored any books about bioidentical hormone replacement therapy?

Yes, Suzanne Somers has authored several books discussing bioidentical hormone replacement therapy, including "Ageless: The Naked Truth About Bioidentical Hormones," where she shares her experiences and research on the

topic.

What controversies surround Suzanne Somers' promotion of bioidentical hormone replacement therapy?

Some medical professionals have criticized Suzanne Somers for promoting bioidentical hormone replacement therapy, citing lack of extensive clinical trials and potential risks, although supporters argue it is a safer alternative to synthetic hormones.

How has Suzanne Somers influenced public perception of bioidentical hormone replacement therapy?

Suzanne Somers has played a significant role in popularizing bioidentical hormone replacement therapy by using her celebrity platform to educate the public, contributing to increased awareness and acceptance of BHRT as a treatment option.

Additional Resources

1. Ageless: The Naked Truth About Bioidentical Hormones

In this groundbreaking book, Suzanne Somers shares her personal journey with bioidentical hormone replacement therapy (BHRT) and reveals how it transformed her health and vitality. She demystifies the science behind BHRT and contrasts it with conventional hormone treatments, highlighting its benefits and safety. The book serves as a comprehensive guide for women seeking natural hormone balance and renewed energy.

2. Bombshell: Exploding the Myths About Hormone Replacement Therapy

Suzanne Somers tackles the controversies surrounding hormone replacement therapy, focusing on bioidentical hormones. She provides evidence-based insights and dispels common misconceptions that have led many women to avoid hormone therapy altogether. This book empowers readers to make informed decisions about their hormonal health and aging process.

3. Hormone Revolution: A Woman's Guide to Feeling Younger and Living Longer

This book explores the revolutionary impact of bioidentical hormones in women's health. Suzanne Somers explains how hormone imbalances contribute to aging and chronic illness and how BHRT can restore balance, enhance well-being, and improve longevity. It includes practical advice on diet, exercise, and lifestyle to complement hormone therapy.

4. The Sexy Years: Discover the Hormone Connection

Suzanne Somers discusses the connection between hormones and sexual health in this insightful book. She explains how bioidentical hormone replacement therapy can revitalize libido, improve mood, and enhance intimacy for women at any age. The book combines personal anecdotes with scientific research to

encourage women to embrace their sexuality.

5. Beyond the Pill: Natural Hormone Balance with Bioidentical Therapy

Focusing on natural alternatives to synthetic hormone treatments, this book delves into the benefits of bioidentical hormone replacement therapy. Suzanne Somers provides a detailed overview of how BHRT works and offers guidance on finding qualified practitioners. Readers gain an understanding of how to safely and effectively use bioidentical hormones for optimal health.

6. Balance Restored: The Suzanne Somers Approach to Hormones and Health

In this comprehensive guide, Suzanne Somers outlines her philosophy on hormone balance and its critical role in overall health. She shares practical tips for identifying hormone imbalances and discusses the role of bioidentical hormones in restoring vitality. The book also covers nutrition, supplements, and lifestyle changes that support hormonal health.

7. Hormone Harmony: Suzanne Somers' Path to Wellness

Hormone Harmony presents a holistic approach to managing hormonal health using bioidentical hormone replacement therapy. Suzanne Somers combines personal experience with medical research to highlight how hormones impact mood, energy, and aging. The book encourages proactive health management to achieve hormonal balance and improved quality of life.

8. Renew: Suzanne Somers on Bioidentical Hormones and Aging Gracefully

This book focuses on the role of bioidentical hormones in aging gracefully and maintaining youthful vitality. Suzanne Somers discusses how BHRT can alleviate symptoms of menopause, improve skin health, and boost mental clarity. It is an inspiring resource for women seeking natural solutions to age-related hormonal changes.

9. The Hormone Solution: Suzanne Somers' Guide to Bioidentical Therapy

The Hormone Solution serves as a practical handbook for women interested in bioidentical hormone replacement therapy. Suzanne Somers covers the basics of hormone science, the different types of hormones used, and how to navigate treatment options safely. The book also addresses common fears and myths, providing reassurance and actionable advice.

Suzanne Somers Bioidentical Hormone Replacement Therapy

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suzanne somers bioidentical hormone replacement therapy: Ageless Suzanne Somers, 2007-12-31 In this #1 New York Times bestseller, Suzanne Somers reveals the secrets to a younger, healthier, and sexier you. What if you could really feel better as you get older, or age without illness?

What could be better than having your doctor tell you that you have the bones of a twenty-year-old, or the heart of a thirty-year-old? Follow the advice in *Ageless*, and you'll discover your own internal fountain of youth! Jam-packed with updated information on bioidentical hormone replacement and antiaging, *Ageless* will change your life forever. Suzanne talks about: • Antiaging medicine and how it can help work against the environmental assault that is making us sick • Menopause, which can become an enjoyable passage once the body is in perfect hormonal sync with bioidentical hormone replacement therapy • Why so many hysterectomies are unnecessary, how birth control pills may have contributed to the rise of them, and how to restore your body to perfect hormonal balance after having one • The importance of sleep and the healing work that nature does during this time

suzanne somers bioidentical hormone replacement therapy: *The Sexy Years* Suzanne Somers, 2004 Encourages women to explore options in natural hormone replacement in order to bolster health, sex drive, weight loss, and vitality in the second half of life, and offers insight into the concept of male menopause.

suzanne somers bioidentical hormone replacement therapy: *I'm Too Young for This!* Suzanne Somers, 2013-09-24 Why Wait to Feel Good Again? If you're in your thirties or forties, your body is changing, and so are your moods, sleep, health, and weight. Tired of being at the mercy of your hormones? Armed with the knowledge in this book, you don't have to be. Perimenopause can be enjoyable if you know what to do. *I'm Too Young for This!* details how you can get your body and mind back on track, safely and without drugs, including: - How our bodies transition hormonally—from puberty through perimenopause. - The common complaints of perimenopause—and hidden factors that may keep you symptomatic. - What are the minor and major hormones, and the important role they play in feeling good and staying vibrant and healthy. - What to eat—including Perimenopausal Power Foods—as well as other lifestyle shifts that are critical to your successful transition. - Cutting-edge research that proves the safety and efficacy of bioidentical hormone replacement (BHRT). - The Symptom Solver: a state-of-the-art guide to immediate relief for your hormonal complaints. Plus, how to find the right doctor as well as get your most frequently asked questions answered by expert hormone specialists. Your life is about to change for the better. You can feel great, be vibrant, healthy, thin, and sexy! This book shows you how.

suzanne somers bioidentical hormone replacement therapy: *Suzanne Somers' Slim and Sexy Forever* Suzanne Somers, 2005 Draws on the latest medical and nutritional research to present an effective approach to losing weight and balancing hormones for optimal health and vitality, without the damage created by the long-term effects of a low carbohydrate diet.

suzanne somers bioidentical hormone replacement therapy: *The Miracle of Bio-identical Hormones* Michael E. Platt, 2007 The 2nd edition of Michael E. Platt, M.D.'s ground-breaking health book, *The Miracle of Bio-Identical Hormones*, How I Lost My... fatigue, hot flashes, ADHD, ADD, fibromyalgia, PMS, osteoporosis, weight, sexual dysfunction, anger, migraines., provides many answers to common medical problems, and explains how balancing your hormones can contribute to your well-being and your long-term health. Outstanding praise has been received for this intelligently written book by wellness colleagues, book reviewers, and patients from around the world for its new ideas and unique perspective on hormones and preventive medicine. Dr. Platt explores how natural (non-synthetic) bio-identical hormones can have the power to heal many maladies often considered incurable. This is the most important health book published this year, or any year for that matter. It's an easy, fascinating, highly-informative, even life-changing read, states Barbara Morris, compounding pharmacist and author of *Put Old On Hold*. The book is also considered an excellent primer for compounding pharmacists and the wellness community.

suzanne somers bioidentical hormone replacement therapy: *The Sexy Years* Suzanne Somers, 2005-03-15 Getting older can be brutal—women gain weight, lose their sex drive, experience hot flashes, suffer memory loss, become short-tempered, find it difficult to sleep, and on and on. It's not so easy for men, either—they start to lose energy and stamina as they age, too (and they have to live with women going through menopause). After years of being thin and full of energy, Suzanne herself encountered the “Seven Dwarfs of Menopause”—Itchy, Bitchy, Sweaty,

Sleepy, Bloating, Forgetful, and All-Dried-Up. Instead of living out the rest of her life cranky, sleep-deprived, and libido-less, Suzanne set out to discover how she could get her mind, body, and life back and banish those pesky dwarfs for good. The result is *The Sexy Years: Discover the Hormone Connection—The Secret to Fabulous Sex, Great Health, and Vitality, for Women and Men*. In this passionately argued and enormously practical book, Suzanne supports her own research and experiences with the expertise of leading doctors in the field of women's and men's health and sexuality to create an inspiring, accessible call-to-arms to women to radically rethink how they approach life after fifty, and give them the tools to turn their lives around. Suzanne has discovered that the second half of life has been more rewarding, fun, and purposeful than her younger years. The key to her happiness? Taking natural bioidentical hormones. Natural hormones, which mimic the hormones produced in our own bodies that are almost completely lost with aging, are the answer to the symptoms of menopause that plague women. Recent findings from the medical community show that synthetic hormone replacement therapy (HRT) may be harmful to women—thus, thousands of women are looking for what else they can do to alleviate their symptoms. In *The Sexy Years*, Suzanne comes to the rescue with a step-by-step plan and detailed information about how women can take control of their health, for themselves and for their men, including:

- What the differences are between synthetic and bioidentical hormones, and why bioidentical hormones help women lose weight, reinvigorate their sex lives, and fight the symptoms of aging
- How doctors do not receive adequate training about hormones and are slaves to the pharmaceutical industry, and what questions every woman must ask her physician about hormone replacement therapy and her health
- How Suzanne turned her life around, with information about how often she visits her doctor, blood work, what hormones she takes, how to get these hormones, and more
- What male menopause, or andropause, is and how men can also take bioidentical hormones and regain the energy they had in their youth
- What a variety of specialists think about natural hormones, health, and sexuality—Suzanne shares the best advice from these doctors and provides a resource list of physicians and pharmacies

With bioidentical hormone replacement therapy, Suzanne has found the fountain of youth, the elixir that has made her feel thirty years old again. In combination with her Somersize diet and fitness plan, which she also writes about here, Suzanne has never felt better. The beauty of growing older, she maintains, is that you can combine the wisdom of age with the vitality of youth. Suzanne makes it perfectly clear how women and men can regain their zest for life at any age. These really are the sexy years!

suzanne somers bioidentical hormone replacement therapy: Modern Menopausal

Hormone Treatment Hilde Löfqvist, 2022-02-10 This unique book is structured to give the reader a comprehensive view to understand the decline of hormones at midlife and the risks and benefits of evidence based hormonal treatments. The difference between bio-identical and synthetic hormones is shown. With this book the author intends to restore the trust of the mostly positive effects of hormone treatment during menopause. In this book effective hormone treatments that may be carried on for years are discussed. Those hormones may even prevent age related diseases (arthralgia, osteoporosis, cardiovascular diseases) if started at the right time frame directly after menopause, known as window of opportunity. This book fills a gap for medical health providers and can be of benefit for all women searching evidence-based information and answers on hormone menopausal changes and treatments. The book provides the reader with case histories to show how different women are at the menopausal transition, and what the doctor has to consider in the choice of investigation and treatment.

suzanne somers bioidentical hormone replacement therapy: Breakthrough

Suzanne Somers, 2008-09-09 Life-Altering Secrets from Today's Cutting-Edge Doctors and the #1 New York Times Bestselling Author of *Ageless* Today's most trusted advocate of antiaging medicine, Suzanne Somers, deepens her commitment to helping people lead healthier, happier lives by opening their eyes to cutting-edge, proven remedies and preventative care that most doctors just aren't talking about with patients: longevity medicine and the more progressive study of bioidentical hormones. As we age, certain hormones diminish, creating an imbalance that can set off everything from

perimenopause to cancer, beginning as early as our thirties. This hormonal imbalance is causing many to feel depressed, anxious, fatigued, sexless, sleepless, and ultimately ill, sometimes even terminally. What's more, Somers and twenty doctors in the field of antiaging medicine argue that the processed chemicals in foods and pharmaceuticals we ply ourselves with are actually slowly eroding our bodies and minds. So we're getting slammed twice. From estrogen dominance to deceptive thyroid problems, people are suffering, and most don't have access to the treatment they truly need to get better and thrive . . . until now. Breakthrough explores cutting-edge science and delivers smart, proactive advice on the newest treatments for breakthrough health and longevity. In addition to being a pioneer in a rapidly growing health field, Somers is a passionate, caring individual whose own life was derailed by disease and brought back to unimaginable, feel good heights that she wants you, too, to experience.

suzanne somers bioidentical hormone replacement therapy: *Sex: The Natural Way* Stephen Holt MD DSc, 2012-05-30 The Experts Agree: Holt on: Sex: The Natural Way is a roadmap for adults Naina Sachdev photo Thoughtful and provocative, this book places modern trends in sexuality in their true perspective. Informative and relevant to all adults in the sexual jungle Naina Sachdev MD www.nainamd.com Ester Mark photo This book takes the lid off of sexual repression. A masterpiece of science woven together with easy reading and enlightenment for all. Ester Mark MD www.estermarkmd.com Dr. Holt photo Stephen Holt MD, DSc is a pioneer of Integrative Medicine, best-selling author and medical practitioner in New York State. The Holt Institute of Medicine www.stephenholtmd.com www.hiom.org

suzanne somers bioidentical hormone replacement therapy: *Sexy Forever* Suzanne Somers, 2011-12-27 What If Your Weight Wasn't Your Fault? If you are like most, you have tried to find an easy, enjoyable, permanent weight loss solution. One that doesn't make you give up too many of your favorite foods, have you working out like a maniac, and won't fail you in the long run. But long-term success is awfully hard if you don't address the hidden culprit behind the excess fat we carry: the toxic burden our bodies have accumulated. Whether you have just a few pounds to lose or are battling more, this new plan from health pioneer Suzanne Somers will give you the knowledge you need to easily combat these toxins and become slim, vibrant, healthy, and sexy . . . forever. Within the pages of *Sexy Forever* you will discover:

- Thousands of FDA-approved chemicals and toxins surrounding us every day that sabotage our health and weight—and how to conquer these enemies.
- A simple-to-follow three-phase weight loss program, filled with rich, delicious foods. Plus, a special Detox Phase that has been designed to release your toxic burden and blast off those first—or last few—pounds.
- All-new delicious recipes, with menus for fabulous eating every day.
- A moderate (hint: fast and easy!) exercise program to keep you fit and healthy.
- Ways to jump-start your success: cutting-edge, natural tools and products to make every step of the plan faster, easier, and more convenient. Includes amazing supplements and weight loss products to help catapult your success.
- A simple test that could unlock the hidden secret to your personal food demons—food sensitivities or intolerances that could silently be keeping you overweight or even chronically ill.
- How to achieve natural hormonal balance: the missing ingredient for every person over forty that must be added to make any plan successful.
- An all-access pass to revered doctors, experts, and nutritionists who helped Suzanne craft the plan. You can win this battle. Your goals are achievable! Stay the course and you'll be on the path to regaining the vibrant health you were born to have. *Sexy Forever* is your ticket there.

suzanne somers bioidentical hormone replacement therapy: *Hormone Therapy* Katherine Sherif, 2013-05-14 *Hormone Therapy: A Clinical Handbook* provides a comprehensive overview on hormone replacement therapy, with a range of key features that differentiate it from other titles on the topic. This concise, handy title presents an interdisciplinary approach to the subject, acknowledging that sex hormones affect more than reproductive organs and hot flashes for a deeper understanding of how hormones function. The authors provide a breadth and depth of practical prescribing experience, including many helpful tables and algorithms as well as directions for prescribing hormone therapy in the most effective and safest ways possible. Targeted and easy to

read, *Hormone Therapy: A Clinical Handbook* offers all clinicians the state-of-the-art information they need to prescribe hormone therapy and hormone replacement therapy.

suzanne somers bioidentical hormone replacement therapy: Bioidentical Hormones 101
Jeffrey Dach, 2011-09-09 American medicine has lost its way. In *Bioidentical Hormones 101*, author Dr. Jeffrey Dach uncovers the ills in today's health care system and suggests ways to get it back on track. Through a series of articles that originally appeared on his Internet blog, Dach provides evidence that bioidentical hormones are safer and more effective than synthetic hormones. He describes how to win the information war and take control of your health. Questioning the prevailing medical dogma, he covers a wide range of topics related to health and health care: Natural thyroid Iodine supplementation Selenium Dangers of GMO food Avoiding bad drugs Limitations of cancer screening with mammograms PSA testing Thyroid ultrasound Low-dose naltrexone Future of medicine Health insurance companies Dispensing the truth about drugs, health care, and medicine, *Bioidentical Hormones 101* uses information to empower America to embrace a more holistic approach to health care.

suzanne somers bioidentical hormone replacement therapy: The Hormone Shift Dawn M. Cutillo, 2012 Would you like to lose five pounds, stop your hot flashes and sleep better, THIS WEEK? These results are attainable when your hormones get into balance. The author explains how natural, safe solutions can bring fast results that last. From her twenty-three years of experience in the health field, and after helping thousands of women at her Lancaster, Pa. health center, she has noted growing trends that ALL stem from a simple hormone imbalance: The inability for women to lose weight efficiently after the age of 35 due to a slowed metabolism. The increased use of strong mood medications for depression/anxiety that do not improve mood satisfactorily for most women and also cause unpleasant side effects. The increase in fatigue experienced by women and the increased use of synthetic thyroid medication that does not satisfactorily resolve all the woman's symptoms. The increased use of the birth control pill for heavy, painful periods and menstrual irregularity that temporarily solves the problem but will cause health issues over time. The increased number of ablations, hysterectomies and other invasive procedures performed for cysts, fibroids, endometriosis. Women still fear breast cancer due to not knowing its true cause. CONCLUSION: Frustration is rising due to NOT getting validation about concerns or answers on these issues from the medical field or health/nutrition industry! Are Your Hormones Imbalanced? Perhaps your hormones have shifted a bit due to stress, age, pregnancy or menopause. Are you left feeling frustrated from trying to deal with many issues that do not seem to respond to diet, exercise, herbs, medication or even surgical procedures? Learn the ONE MAIN hormonal shift that occurs in almost all American women, starting at puberty and peaking around menopause along with its ONE MAIN origin. The author will give you simple steps on how to reverse this hormonal shift so that within a month you can be: Losing weight quickly (even if NOTHING worked up until now) Relieving your hot flashes/night sweats Deepening your sleep Easing your anxiety/irritability and mood swings Seeing your depression lift Regulating your menstrual cycle - easing symptoms of PMS Decreasing your chance of female-related cancers Reversing your other PMS/menopausal symptoms or conditions that affect your overall health. You will understand that when hormones are balanced you will look and feel your best while preventing female-related cancers...and slowing the aging process as an extra benefit! If you are one of the many women saying.... These constant hot flashes are driving me crazy! Is everyone around me trying to get on my last nerve? I'm counting FLOCKS of sheep and still can't sleep! I'm working out, eating like a bird and can't lose a single pound! Sex? Are you kidding? I'd rather be sleeping or eating. My thyroid medicine just doesn't seem like it's helping me lose weight. Depressed? That's an understatement, nothing is really fun anymore. This book is a must-read!

suzanne somers bioidentical hormone replacement therapy: The Estrogen Elixir
Elizabeth Siegel Watkins, 2007-04-16 In the first complete history of hormone replacement therapy (HRT), Elizabeth Siegel Watkins illuminates the complex and changing relationship between the medical treatment of menopause and cultural conceptions of aging. Describing the development,

spread, and shifting role of HRT in America from the early twentieth century to the present, Watkins explores how the interplay between science and society shaped the dissemination and reception of HRT and how the medicalization—and subsequent efforts toward the demedicalization—of menopause and aging affected the role of estrogen as a medical therapy. Telling the story from multiple perspectives—physicians, pharmaceutical manufacturers, government regulators, feminist health activists, and the media, as well as women as patients and consumers—she reveals the striking parallels between estrogen's history as a medical therapy and broad shifts in the role of medicine in an aging society. Today, information about HRT is almost always accompanied by a laundry list of health risks. While physicians and pharmaceutical companies have striven to develop the safest possible treatment for the symptoms of menopause and aging, many specialists question whether HRT should be prescribed at all. Drawing from a wide range of scholarly research, archival records, and interviews, *The Estrogen Elixir* provides valuable historical context for one of the most pressing debates in contemporary medicine.

suzanne somers bioidentical hormone replacement therapy: New Testosterone Treatment Edward Friedman, William Cane, 2023-12-21 Written by the leading authority on hormone receptors and prostate cancer, this book reveals the surprising truth about how you can prevent and treat breast cancer, prostate cancer, and Alzheimer's with testosterone and other FDA-approved drugs. For decades, doctors have sought to combat prostate cancer under the mistaken assumption that testosterone fueled its growth. But the latest research into the nature of hormone receptors and therapies using bioidentical instead of synthetic hormones have caused a shift in thinking and new hope for treating this cancer with testosterone. Today the medical profession equates a diagnosis of Alzheimer's with a death sentence. In fact, the only thing doctors do is throw ineffective drugs at it and resign themselves to failure. For the first time, this book explains how testosterone can halt the disease and cure early-stage Alzheimer's. Similar breakthroughs for fighting breast cancer follow close on the heels of these revelations, outlining how the avoidance of synthetic progestins and the use of aromatase inhibitors are crucial tools in prevention and treatment. At the core of this book is the remarkable observation that we experience our highest hormone levels during our teen years--a time of life when there is no breast cancer, prostate cancer, or Alzheimer's. Could bringing hormones back to teen levels be the key to vibrant good health? The answer is a resounding yes. This thoroughly researched guide to the latest biomedical research is must-reading for medical professionals and anyone concerned about their health.

suzanne somers bioidentical hormone replacement therapy: Think Bigger Michael Hill, 2010-12-01 A motivational guide by successful entrepreneur Sir Michael Hill - this bestselling step-by-step guide will help fulfil your dreams. Internationally successful businessman Michael Hill outlines the key lessons he has learned over the years. His wisdom covers these topics in great detail, with lots of helpful examples: Clearing the clutter of your mind; Positive day-dreaming; Letting go and thinking bigger; Change - Making a negative a positive; Working smarter not harder;; How to keep motivated; The power of the spoken word; Smarten up; Great health; Having fun; Thinking outside the box and Helping others. All royalties from this book go to the New Zealand charity Cure Kids.

suzanne somers bioidentical hormone replacement therapy: A Woman's Guide to Men's Health Abraham Harvey Kryger, 2006-03 What you need to know about male health, happiness, vigor and sexuality--Cover.

suzanne somers bioidentical hormone replacement therapy: Integrative Endocrinology Donald R Beans, 2009-10-16 This introductory text will enable practitioners to understand and approach integrative endocrinology. Split into two parts: the first explores the glands involved in the endocrine system and the second discusses therapies found to be of benefit in treating the endocrine glands and their related disorders.

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