

Looking Good, Feeling Great

Special Women's Health Edition

What Every Woman Should Know About Hormone Replacement Therapy!

A Revealing Look At How All Natural, Biologically Identical Hormones Can Keep You Young, Sexy and Full of Energy In Your 30's, 40's, 50's and Beyond... At Last, There's an Effective Alternative To Those Dangerous Hormone Replacement Drugs So Heavily Promoted By Profit-Driven Pharmaceutical Companies!

Read Our Special Women's Health Report Now To Find Out:

- ✓ *The Reason Why the Synthetic Drug Hormones Advertised In Magazines and Tested In the Now Famous Women's Health Initiative Study Do Not Replace Human Hormone! Learn the Shocking Truth Behind Why So Many Women Each Year Are Forced To Suffer Needlessly With the Symptoms of Menopause and What You Can Do To Make Sure This Doesn't Happen To You!*
- ✓ *What Bio-Identical Hormones Are and Why They Are More Effective Than Synthetic Drug Hormones. Look Inside As We Clear Up Some of the Confusion and Set the Record Straight!*
- ✓ *How Natural Bio-Identical Hormones Can Restore Your Sex Hormones To Their Youthful Levels and Replenish Your Body's Natural Fountain of Youth. Now You Don't Have To Go "Cold Turkey" Trying To Cope With the Negative Effects of Menopause!*
- ✓ *Why Replenishing Your Female Hormones With Natural Human Identical Types Can Decrease the Debilitating Effects of Aging, Increase Your Energy Levels and Improve Your Sex Drive At Any Age!*
- ✓ *Answers To Some Common Questions Regarding Bio-Identical Hormones. Find Out How This Medically Approved Hormone Therapy Can Help You Get Back To Living Life To Its Fullest... Regardless of Your Age!*

Special Added Bonus Section!

"Are You a Candidate For Natural Hormone Therapy?"

Here You Will Discover...

- ✓ *The Early Warning Signs of a Hormonal Imbalance...Find Out What Your Friends, Family, Even Your Own Doctor May Not Know and Protect Yourself From the Dangers of Unnecessary Drugs Including Antidepressants, Birth Control Pills and Sleep Aids For Your Symptoms!*
- ✓ *The Long-term Consequences of a Hormonal Imbalance and What You Can Do To Prevent Them!*
- ✓ *Consumer Beware: The Truth About Herbal Hormone Remedies and Why You Should Always Be Monitored By a Doctor If You Take Them!*

All Natural Bio-Identical Hormone Therapy:
The One Medical Treatment For Balancing Your Hormones That Is Helping Women Just Like You Reinvigorate Their Sex Lives and Fight the Symptoms of Aging Without The Use of Synthetic Drugs!

“The Solution You Have Been Waiting For Has Finally Arrived!”

Dear Neighbor,

Is your life being ruined by the symptoms of menopause or a hormonal imbalance?

Are you spending a small fortune on some of those so called “miracle” remedies you see in magazines or on the internet but the relief you are getting is only temporary at best?

Perhaps you’ve already been to a doctor because your mood swings or hot flashes were just unbearable, but you’re afraid to try hormone replacement therapy using standard synthetic drugs or have had a bad experience using them in the past? Perhaps your doctor even suggested you not take anything at all.

Maybe out of sheer frustration over being told the problem was all in your head you’ve resorted to taking anti-depressants and sleeping pills, but the frequency of your symptoms have not changed or have even gotten worse?

Well, if you’ve answered yes to any of these questions, you are not alone! In fact, millions of women see their doctors each year because of these same frustrations, making it one of the leading patient complaints that cause women in their 40’s and 50’s to visit their primary care physician or gynecologist!

Unfortunately, in spite of these statistics, a vast majority of women who continue to suffer from the negative effects of a hormonal imbalance or symptoms of menopause are not aware of the help that is now available and think there is nothing more that can be done when typical hormone replacement therapies fail!

In fact, even the best physicians and those high profit drug companies often miss the boat when it comes to helping women naturally restore the hormones that are lost with aging!

Well, You Can Now Regain Control of Your Life and Be the Person You Once Were, But You Won’t Learn How By Listening to Drug Companies or Most Doctors!

As sad as this may sound, time and time again we have found this to be true!

Why is this, you ask?

Because this is the way our drug-centered health system works! Mainstream doctors prescribe what drug companies promote and drug firms won’t promote what they can’t patent... plain and simple!

And guess what?

“Your Body Chemistry Can’t Be Patented!”

This is why, up until recently, hormone replacement therapy using safe, natural compounds that act the same way as your own natural hormones has not been widely known.

So, How Do Pharmaceutical Companies Get Away With This?

This is the result of decades of pharmaceutical company propaganda, which has erroneously established their synthetic hormone drugs as the standard of care in the medical community for menopausal women!

Let me explain...

Many years ago when drug manufacturers realized the huge need women had for replacing lost hormones, they began developing hormones by taking the natural structure and changing it to make it unique.

Now, we all know when these companies with their high budget marketing campaigns see a need for a drug and a chance to make money, they proceed to spend millions of dollars developing and promoting it!

And guess what? This was followed by massive advertising campaigns on the Internet and in magazines touting the greatness of their product. And since their advertising budget is endless, the message about natural hormones was drowned out in their sea of drug ads!

As a result of this, by the time a woman now reaches her mid to late forties, she's more than likely been told or read at least once that the *best* way to combat menopause and prevent osteoporosis is with synthetic hormone replacement drugs.

In Our Opinion, This Is Misleading Information That Is Governed By The Sheer Desire To Make a Profit and Line Some Corporate Executives' Pockets!

You see, although these chemically synthesized or non-human type hormones may ease the symptoms of menopause, since they only match naturally occurring human type hormones by about 5-10%, they do little to replenish or re-establish your natural hormone balance and, even worse, come with many serious side effects that we feel outweigh their benefits!

Furthermore, what we have found over the years is these synthetic type hormones can lead to unwanted weight gain or bloating, and over time can actually diminish your body's supply of naturally produced progesterone (not a good thing)!

In fact, *PremPro* (synthetic estrogen/progestin) has been linked to an increased incidence of breast and uterine cancer, as well as higher risk of cardiovascular incidents such as stroke.

It's no wonder why fewer than 15% of all menopausal women who begin hormone replacement therapy with synthetic drugs prescribed by their doctor actually stay with it!

Fortunately, There are Natural Hormone Alternatives That Can Help You Balance Your Hormones and Slow Down the Aging Process!

Yes, it's really true! Thanks to some amazing advances in human hormone therapy, it is now possible to restore your hormones to their youthful levels and replenish your natural fountain of youth without the use of side effect-prone, synthetic hormone drugs!

Just think for a moment what this could mean for you!

Picture how great it would be to wake up in the morning after a good night's sleep feeling alive and ready to take on the day...with this newfound energy you may even notice a renewed interest in sex!

Imagine stepping on the scale and instead of being depressed, feeling good as you see the results of your diet and exercise program paying off and those extra pounds slowly disappearing! Envision, for a

moment, looking in the mirror and seeing younger, healthier-looking skin as you begin to experience the positive effects of a balanced hormone system!

All This Is Now Possible With Bio-Identical Hormone Replacement Therapy!

With the right doctor in your corner and natural *Bio-Identical Hormones* (also know as *Human Identical Hormones*), you can now make sure every new decade of your life is just as satisfying and enjoyable as the last without having to submit yourself to the negative effects of non-human type hormones!

In fact, we have helped change the lives of many local residents just like you using this breakthrough medical treatment alone!

These were women who thought their only options were synthetic drugs or those so-called menopause remedies you see on the internet, but after reading this informative special report learned how *Medically Supervised Bio-Identical Hormone Therapy* could balance not just their estrogen and progesterone levels, but other important hormones such as testosterone (yes, women have some too), and help rid themselves of their debilitating symptoms...naturally!

Now You No Longer Have To Just Deal With The “Change of Life Horrors”!

That’s right!

With the use of natural *Bio-Identical Hormones* (ones produced by a natural source and are exact copies of your own natural hormones) in conjunction with a sensible diet, lifestyle and a sound vitamin/mineral supplementation regimen, you no longer have to be upset or worried about entering the second half of your life!

Yes, it is now possible to naturally return your female hormones to their youthful levels and alleviate classic menopausal symptoms such as hot flashes, mood swings, weight gain and skin/vaginal dryness.

In fact, these natural jewels that are friendly to your body can even help stop the progression of, and in some cases even reverse, *osteoporosis*!

...Go figure, all this can be achieved without the use of synthetic hormones...We bet those fat-cat drug executives are still scratching their heads over this one!

We know right now you’re probably saying to yourself, “*This sounds just too good to be true!*” And to tell you the truth, if we were in your shoes reading this for the first time, we would probably be thinking the same thing; however, please put aside your skepticism for a moment and continue reading as we explain in more detail what *Bio-Identical Hormones* are and how they beat conventional replacement methods hands down!

But before we do this it is important for you to realize that an imbalance of your female hormones in and of itself is *not* a disease and the symptoms associated with one are simply your body’s way of alerting you that such an imbalance exists.

You see, in both men and women the production of sex hormones declines with age. In men, the production of testosterone begins to fall after age 17, while in women, sex hormone levels begin to go south from their mid-thirties through menopause (late 40’s to early 50’s).

And with women now living well into their 80’s, the fact is most will spend a significant percentage of their life in a state of hormonal flux.

Now you can easily see why it is so important for every woman (and man) regardless of age to have their hormone levels checked and if there is an imbalance, restore them to their ideal levels!

Balance Your Hormones and Conquer Menopause the Natural Way With Bio-Identical Hormones!

The goal of hormone therapy is to restore the hormones that you have always produced back to levels that naturally occur in a healthy young woman's body.

Hormone replacement therapy with *Bio-Identical Hormones*, when used properly, achieves this without the unwanted side effects, such as abnormal bleeding, breast tenderness and weight gain or the long-term risks including stroke and breast cancer, which are associated with synthetic hormone drugs.

The reason for this is natural *Bio-Identical Hormones* are identical in chemical structure and function as the hormones your body produces. And since they can be formulated according to *your* specific hormonal needs (as determined by your blood/saliva tests), an accurate balance of your hormones can be achieved.

In Other Words, In the World of Natural Hormone Replacement There Is No Such Thing As "One Pill Fits All", Which For Years Has Been the Approach With Synthetic Hormone Drugs!

Conversely, *Synthetic Patented Hormones* (Premarin®, Prempro®, Provera®, Climara®, Estratest®, Estratab® and all birth control pills) are those manufactured with a chemical structure that is foreign to the human body and therefore only mimics *some* of the body's hormonal activity.

While these conventional hormone drugs do provide temporary symptomatic relief for many women, as mentioned earlier, since they are not natural to a woman's body, they do so at the risk of certain side effects, and in some cases, long-term use can lead to serious health complications.

Warning: Don't be fooled by advertisements using the word "natural". This is probably the single most abused word in hormone therapy marketing. There is an important distinction between the term "natural" hormones, and hormones produced from a "natural" source.

Natural hormones are derived from wild yams and soy then converted by a chemist to hormones which are identical (bio-identical) in every way to those made by the human body. These naturally occurring substances cannot be patented and therefore are not produced by drug manufacturers. They are not like their weaker, less effective counter parts you might see at some health food stores and are prescribed by a doctor. Only a special pharmacy can make natural *Bio-Identical Hormones*.

Synthetic hormones are not bio-identical to human hormones. For example, *Premarin*TM, though derived from a natural source (pregnant mares' urine), contains hormones found only in horses and is therefore not natural to the human body! They are chemical substitutes because they have been altered in order to make them patentable.

So, Which Hormones Are We Talking About and How Can Replenishing Them Improve Your Quality of Life?

The key female hormones are estrogen, progesterone, testosterone and DHEA. Although considered your "minor hormones" (the major ones being insulin, adrenalin and cortisol just to name a few), when an imbalance of any or all of them is present it can wreak *major* havoc on your life (as you may already know).

Here are just some of the benefits these youthful gems provide:

Progesterone – First hormone to decline. Plays a major role in the female reproductive cycle and is also known as the "feel good hormone" because of its mood-enhancing and anti-depressant effects.

Testosterone – Begins declining in your thirties. Produced by your ovaries and adrenal glands; helps maintain your sexual interest and function. Also has bone-building qualities.

Estrogen – Found in the body as estradiol, estrone and estriol. Together with progesterone, it plays an important role in the female reproductive cycle.

DHEA – Levels begin to drop in your thirties. DHEA's main role is to keep cortisol levels under control and reduce your risk for illness and obesity.

SPECIAL BONUS SECTION!

Are You a Candidate For Natural Hormone Replacement Therapy?

...The Truth Is You May Be and Not Even Know It!

Hello Again,

We realize that for many of you this may very well be your first time reading about the benefits of natural *Bio-Identical Hormones* and how a balanced hormone system can make you feel young & alive again. With this in mind, be sure to read everything inside this special bonus section, because what we're about to reveal to you could possibly change your life!

Okay, let's start with a simple symptom checklist. This is the first step to getting the relief you're looking for. Below is a list of symptoms that are often associated with a hormonal imbalance. Put a check in the box next to the symptoms you are presently experiencing (or have experienced in the past) regardless if they are mild or severe:

Possible Symptoms of Menopause or Hormonal Imbalance:

A lack of Estrogen, Progesterone, DHEA or Testosterone (or a combination) can result in any or all of the following symptoms:

- | | | |
|--|---|--|
| <input type="checkbox"/> Hot flashes | <input type="checkbox"/> Swollen breasts | <input type="checkbox"/> Loss of muscle |
| <input type="checkbox"/> Night sweats | <input type="checkbox"/> Headache | <input type="checkbox"/> Loss of pubic/axillary hair |
| <input type="checkbox"/> Sleep Disorders | <input type="checkbox"/> Low libido | <input type="checkbox"/> Muscle weakness |
| <input type="checkbox"/> Vaginal dryness | <input type="checkbox"/> Anxiety | <input type="checkbox"/> Muscle and joint pain |
| <input type="checkbox"/> Dry skin/Wrinkles | <input type="checkbox"/> Nervousness | <input type="checkbox"/> Hyperemotional |
| <input type="checkbox"/> Mood swings | <input type="checkbox"/> Fuzzy-thinking | <input type="checkbox"/> Lack of self-esteem |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Food cravings | <input type="checkbox"/> Lack of sexual desire |
| <input type="checkbox"/> Memory loss | <input type="checkbox"/> Insomnia | <input type="checkbox"/> Inability to have orgasm |
| <input type="checkbox"/> Painful intercourse | <input type="checkbox"/> Emotional swings | |
| <input type="checkbox"/> Hair loss | <input type="checkbox"/> Weight gain | |
| <input type="checkbox"/> Low energy | <input type="checkbox"/> Cellulite | |

Okay, so how did you do?

As you may have already guessed, if you have any one of these symptoms, or a combination of them, you are a potential candidate for natural hormone replacement therapy using *Bio-Identical Hormones*, also referred to as *Human-Identical Hormones*.

However, what you may not realize is when you are under stress (e.g. work) and adrenaline kicks in, any one or all of your sex hormones can become depleted, giving you only mild symptoms (e.g. low energy) or in some cases no symptoms at all! This commonly occurs with women in their mid to late thirties.

Therefore, during these times, you may also be a candidate for *Bio-Identical Hormone Replacement or Restoration Therapy* and take advantage of the beneficial health-preserving properties this therapy provides.

Possible Long-Term Consequences of Not Replacing Your Lost Hormones:

If you are a candidate for natural hormone replacement therapy yet choose to do nothing about it, over time you may suffer any one of these medical consequences:

Osteoporosis	Ovarian Cysts	Arched backbone
Premature aging	Memory Loss	Alzheimer's Disease
Vaginal atrophy	Hip fractures	Heart Disease
Facial wrinkles	Loss of collagen	Sexual dysfunction

Okay, that's the bad news...

The Good News Is That These Conditions Are Not Inevitable With Age and Can Be Prevented By Monitoring Your Hormone Levels and Replenishing Those That Are Lost Over Time!

And with the use of *Bio-Identical Hormones*, you can do this without the all the risks associated with synthetic drugs! So what's the next step?

Find Out If You Have a Hormonal Imbalance Today!

If you have read this far, it is most likely because you already suspect that you have a hormone imbalance. The best way to know what hormones are low is to get tested.

So, if you have symptoms of a hormonal imbalance, get evaluated by a doctor trained in hormone replacement therapy using all natural *Bio-Identical Hormones* & begin living again! It all starts with a consultation followed by a simple blood, or better yet, saliva test to determine your present hormone levels. Based on these findings, a corrective treatment plan can be initiated...it's that simple!

So don't delay in making this decision. Discuss with your physician to see if he or she is versed in hormone replacement drug-free *Bio-Identical Hormones*, or give our office a call at **(800) 257-9842**.

Attention: Special Herbal Remedies Warning!

Many women have resorted to herbal remedies as a means of self-treating their menopausal symptoms. Unfortunately, what most women forget (and the manufactures of these products fail to tell you) is that herbal remedies, though natural, have side effects that can be potentially dangerous if taken by the wrong person or in the wrong quantities and they have not been found to be effective in most women!

Here are just a few that you should be aware of:

1. Black Cohosh – do not use for more than 6 months without a doctor's supervision
2. Licorice – Do not take daily for over 4-6 weeks, overuse can cause high blood pressure
3. Chasteberry – May counteract the effectiveness of birth control pills
4. Buchu – Do not use if you have kidney disease

While we have found that certain herbs & foods can be helpful in alleviating some of the minor symptoms associated with menopause or a hormonal imbalance and we often counsel our patients on their use, we recommend first having your hormone levels checked to determine which of your hormones are out of balance. With this approach, a program can be designed that is specific for your needs so you can safely experience all the benefits natural hormone therapies have to offer.

**Discover What Some Doctors and Studies Have Confirmed To Be An Effective Treatment For the Symptoms of Menopause and Hormonal Imbalance To Date...
At Last, Your *Life Sentence* of Endless Mood Swings, Hot Flashes Weight Gain, and Constant Fatigue May Finally Be Over!**

Okay, so what do you do now?

What is the next step towards resolving your symptoms and regaining control of your life?

If you're like most of the women we have helped over the years, we know you've probably already tried using herbal remedies, or maybe you've even met with your private doctor who has prescribed synthetic hormones, but these approaches have not given you the relief (without the risks) you're looking for.

So, what more can be done to help you once and for all get rid of these unbearable symptoms and restore your hormones to the levels they were when you were younger?

Unfortunately, if you're like most women who, before reading this special medical report, were suffering through menopause and just coping with the progressive decline of their hormone levels, you probably were not aware of the help that is available and thought there was nothing more that can be done.

Don't feel badly, even your very own family physician or gynecologist may not know about some of the latest diagnostic tools such as saliva testing, an accurate, non-invasive way to measure your hormone levels, or natural hormone treatments including hormone replacement therapy using bio-identical hormones.

Well, now there is hope!

Medical science has proven that hormonal imbalances *do not* have to be an inevitable part of the aging process, and there are now effective treatments available!

In fact, with the right doctor at the helm, it is now possible for a woman with a history of hormonal problems to reverse her symptoms naturally through diet, exercise, lifestyle changes and medically supervised *Bio-Identical Hormone Replacement Therapy*. The secret then is to find the right doctor!

Allow me to once again introduce myself.

My name is Dr. Vernon F. Williams and I am a physician practicing right here in town. Our office is located at 19016 Stone Oak Pkwy suite 240. In fact, our office is probably just a short walk or ride from your home. We are not only licensed to practice medicine and have special training in anti-aging medicine and hormone replacement therapy, but we also have experience in treating and managing women's hormonal changes, specifically using *Bio-Identical Hormones*.

This is important!

That's why being "familiar" or "knowledgeable" about symptoms relating to menopause or a hormonal imbalance and the myriad of treatments available isn't even *close* to being enough!

You need someone like us who *specializes* in detecting and correcting hormonal changes and will work with you on a program to restore proper hormone balance... naturally!

In fact, over the years we have helped numerous women just like you find a better way to replenish their lost hormones to their youthful levels using *Bio-Identical Hormones* alone!

Let Me Now Describe To You Now Our Unique Approach To Restoring Your Hormones To Their Youthful Levels:

Introducing: Our Physician's Hormone Health Plan

A Complete Hormone Health Plan For Men and Women In Every Stage of Life!

Understanding that your hormone profile is as unique as your very own fingerprints, this three-step diagnostic and treatment program is designed to not only identify a hormonal imbalance at any stage of life, but to also customize a plan to help naturally restore your sex hormones to their youthful state and eliminate your unbearable symptoms, while significantly reducing the risk of serious disease.

With this comprehensive approach to hormonal health you can now make sure every new decade of your life is just as satisfying and enjoyable as the last without having to submit yourself to the negative effects of non-human type hormones!

A brief description of our breakthrough hormone restoration program is as follows:

Step #1: The Hormonal Health Evaluation:

This first step includes a one-on-one *Hormonal Health Evaluation* to discuss your symptoms as well as past treatments and outcomes.

We will also perform a lifestyle and diet assessment to help identify contributing factors such as poor sleep habits, external stressors, inadequate exercise and food allergies!

Step #2: Your Comprehensive Examination and Hormone Work-Up:

If, after the initial hormone evaluation, we have determined that you have signs of a hormonal imbalance and that our program can help you, the next step will be to perform a comprehensive physical examination to identify any underlying health problems such as cardiovascular or thyroid disease.

Additionally, blood, urine and/or saliva testing will be ordered to further evaluate your overall health and hormone levels so that an appropriate treatment program can be developed.

Later, with the baseline information gathered in these first two steps, if hormone therapy is recommended and you begin our hormone restoration program, we will refer back to these results during periodic re-evaluations to monitor your overall progress and make adjustments to your therapy as necessary.

Which brings me to the third and final step...

Step #3: Hormone Restoration Therapy:

Once your hormone levels have been evaluated, if an imbalance is found, a customized hormone restoration program unique to your needs will be designed to help return your hormones to a level of equilibrium and control the process of aging.

This program includes:

- Specifically formulated *Bio-Identical Hormones* to help replenish your lost hormones
- Nutritional and dietary suggestions including vitamin and mineral supplementation
- Lifestyle modifications including stress management strategies
- Exercise recommendations

As mentioned before, after your program begins, periodic monitoring of your hormonal levels will be carried out to keep track of your needs that are likely to change over time.

Now We Would Like To Answer For You Some of the Common Questions We Get Regarding Natural Hormone Replacement Therapy...

Q: I'm Only 35. Can My Symptoms Really Be Due To a Hormonal Imbalance?

A: Yes. Your symptoms may very well be the result of the hormonal imbalances associated with pre-menopause and the loss of progesterone. Remember, hormonal loss does not affect just menopausal women as they age! In fact, with the high stress lifestyle today's women are subject to, many experience their first sign of a hormonal change in their thirties! This is why even younger women can benefit from having their hormone levels checked and if an imbalance is present, correcting it with natural *Bio-Identical Hormones*.

Q: What I Have Learned From Reading Stories About The Womens' Health Initiative Studies Is That Hormone Replacement Therapy Can Be Bad For Me. Does This Include Bio-Identical Hormones?

A: We hear this question quite often from patients who have heard about the WHI studies and have unfortunately been just dealing with their symptoms because they were lead to believe that all types of hormone replacement therapies were bad ... natural or synthetic.

For this confusion you can thank the mainstream news media!

You see, one thing the news media does have a tendency to do is skim the surface of health studies, then make rash, often invalid, conclusions! Sometimes this misrepresentation of facts can actually hurt the reader or viewer.

This is what happened when they exposed the inherent dangers of hormone replacement therapy revealed in recent clinical studies such as those found in the *Womens' Health Initiative*.

Negligently, the media ignored the fact that the drug studied in the WHI studies was *Prempro*, which consists of the two drugs *Premarin* and *Provera* (patented chemical alterations of the body's natural messengers) and not natural *Bio-Identical Hormones*!

Because of these blanket statements proclaiming how the risks of hormone replacement therapy far exceeds the benefits, millions of women just like you have been literally scared into going "cold-turkey" trying to cope with the symptoms of an age related hormonal imbalance or menopause!

Fortunately, with medical reports like the one you now hold in your hands and books such as the *Sexy Years*, written by Suzanne Summers, the record is being set straight!

Because of this, everyday women just like you are becoming aware of the differences between *Bio-Identical Hormones* and the now disgraced conventional synthetic hormone drugs, and are prolonging the quality of their lives by replacing the natural sex hormones their bodies once produced in abundance with these anti-aging gems.

Q: Are Bio-Identical Hormones The Same As Herbal Remedies?

A: Absolutely not. Different herbs such as black cohosh, red clover and chasteberry can be considered for the mildest of symptoms and are good at offsetting specific problems like hot flashes in some women. However, they do not replace the hormones missing in your body and are very different from natural, prescription-strength *Bio-Identical Hormones* that have the same chemical structure and function as the hormones the ovaries produce.

This is why *Bio-Identical Hormones* are far more effective at alleviating your symptoms and restoring your hormone balance. For more pronounced symptoms, or for anyone who just wants to slow down the aging process, natural *Bio-Identical Hormones* are the best choices.

Q: Is Soy An Effective Remedy For My Menopausal Symptoms?

A: The jury is still out on this one. Some researchers believe that Japanese women experience fewer hot flashes because of their high-fiber, high-soy, low-fat diets. However, a study in *Fertility and Sterility* found that taking soy isoflavones does not relieve menopausal hot flashes any more than a placebo!

What we have found to be a more effective approach to treat the symptoms of *Menopause* is to first determine the *cause* of your symptoms, then devise a treatment plan which includes a combination of nutritional supplements, dietary and exercise recommendations, and hormone replacement with nature *Bio-Identical Hormones*.

Q: What Tests Are Performed To Determine My Hormone Levels and How Do You Know How Much I Am Supposed To Take?

A: *Bio-Identical Hormone Replacement Therapy* must be customized for each woman. An effective regimen can be designed only after a thorough review of your symptoms and past medical history, which includes previous hormone use and experiences are performed, in conjunction with a physical examination and blood test to determine your hormonal levels. When hormone therapy is actually started, the doses may need to be fine-tuned. This is done by regular communication with your physician. Once you reach a level that is ideal for you, periodic follow-ups with your doctor are recommended to monitor your levels and make adjustments accordingly.

Q: Why Do Bio-Identical Hormones Require a Prescription?

A: Unlike herbal remedies or weak over the counter hormone creams, *Bio-Identical Hormones* can only be obtained from a special pharmacy. Additionally, developing a customized dosage for an individual person is a function a pharmacist performs only with the permission of a physician.

Q: Will My Insurance Pay For Bio-Identical Hormones?

A: About 80-85 percent of insurance companies will cover blood work and the cost of the natural hormones as well. For your convenience, we have the friendliest staff you will *ever* meet and they can help you determine whether your insurance plan will cover treatment. If so, they are all trained in handling the often-confusing paperwork that needs to be filled out if you are using your insurance. In the case of no available insurance, affordable payment plans are available.

Q: How Am I Supposed To Take Bio-Identical Hormones?

A: A patient may need to try several different delivery systems to determine which one works best. In general, non-oral routes, such as through the skin via the use of a cream, pills, drops under the tongue and pellet implants provide a more consistent and natural way to introduce hormones into the body. Shots are generally *not* needed. At our office, there's no such thing as "one type for all" and we will work with you to help find which delivery method is right for you.

Q: What Are The Possible Side Effects?

A: Ideally there are no side effects, since the hormones that are prescribed are replacing the hormones your body made when you were younger, *exactly*. However, when therapy is started and the exact dosage that is right for you is being determined, sometimes side effects of hormone excess such as breast tenderness, hand swelling and sleepiness may occur. This will signal the need for a lower dosage, and a simple adjustment will be made to stop the side effects. Serious side effects are *extremely rare*.

Q: If I Am Already On Conventional Hormone Drugs Is It Difficult To Switch To Natural Hormones?

A: In most cases, the transition from synthetic drugs to all-natural *Bio-Identical Hormones* is a smooth one.

Q: How Do I Know If I Am a Candidate For Your Physician's Hormone Health Plan?

A: As mentioned earlier, if you suffer from the symptoms of *Menopause* or a hormone imbalance, or if you are experiencing the unwanted effects of aging such as a lack of energy or constant fatigue, you should be evaluated. If it is determined that your hormones are out of balance, then restoring them naturally is often the best choice.

Additionally, many women in their 30's and 40's can benefit from our program because a loss of progesterone can start 15 years before menopause. A lack of progesterone can cause sleep disturbances, weight gain, bloating, breast tenderness and irregular menstrual cycles. All of these symptoms can be relieved by just replacing this one hormone, instead of the usual birth control pills, anti-depressants and sleep aids that many doctors prescribe.

So, if you are worried about the potential health consequences associated with declining hormone levels as a result of the aging process or have experienced unwanted side effects from conventional hormone replacement therapy using synthetic hormone drugs, don't be afraid to discuss your symptoms or concerns. If you are a candidate and don't know which way to turn, we can help restore your hormonal balance so you can feel better and once again live a more active life.

This is why...

We Would Like To Offer You A No Obligation, FREE Hormonal Health Evaluation

You must respond by the date stamped on the coupon that came with this report!

That's right! You can come in and try the first part of our *Physician's Hormone Health Plan* and see if you feel comfortable with me...absolutely *free*. During this time we will perform the *Hormonal Health Evaluation* and we can discuss your specific situation in detail to see if our program is the best option for you.

There will be absolutely no obligation and no pressure to go further. If, after the appointment, you believe there is no benefit to working with me, you simply leave and that's it. No hard feelings!

It's easy to take this first step, simply call our office today at **(210) 495-8558** and tell our receptionist that you would like to schedule your **FREE Hormonal Health Evaluation**, the first phase of our *Physician's Hormone Health Plan*.

But don't procrastinate, if you would like to do something about balancing your hormones and replenishing your fountain of youth naturally, make that call right now!

We look forward to meeting with you in the not so distant future so that maybe we can help you like we have helped numerous other local residents regain control of their life!

Either way, we hope you've found this report informative and wish you good luck and good health.

Sincerely,

Vernon F. Williams, M.D.

P.S. Picture how your life will be in a few weeks if you decide to do something about your symptoms of menopause and hormonal flux *right now!* How many days of misery will it save you? Is there a chance you could once again be free to do the things you enjoy most in life?

Unfortunately we'll never know unless you take the next step. So why not take the time, at our expense, to find out if all-natural *Bio-Identical Hormone Replacement Therapy* is right for you? Call today for your **FREE Hormonal Health Evaluation!**

P.P.S. If you are concerned about cost, remember, the screening is absolutely *free!* Furthermore, if additional testing or treatment is needed, it is usually covered by most insurance.

So, what have you got to lose? *Absolutely nothing!*...unless you choose to ignore this letter, then you just might be missing an opportunity of a lifetime!

The information provided in this report is meant as a general source of information only and should not be substituted for sound medical advice. If you are considering one of these procedures, you should consult further with a medical professional for complete information on the benefits and risks of all treatments described in this report.

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