

# Bio-Identical Hormone Replacement Therapy for a Better Life



Dr Richard  
Sibthorpe

# Bio-Identical Hormone Replacement Therapy for a more balanced life

Hormones are chemical messengers that help all of our organs, tissues, and cells communicate within the body, which is why Bio-Identical Hormone Replacement Therapy can be a powerful tool to boost to your health.

Activities of hormones include food metabolism, maintaining body temperature, cardiovascular health, healthy hair, skin and sleep patterns as well as regulating mood and cognitive functioning. Hormones keep the whole body in balance and are crucial to the health and vitality of both men and women.

After the age of 25 our hormones begin to decline gradually and around the age of 35 most men and women have a deficiency in their primary hormone levels and start to experience a range of symptoms.





## SYMPTOMS COMMONLY ASSOCIATED WITH HORMONE IMBALANCE ARE:

- weight gain
- loss of skin elasticity, wrinkles
- muscle loss
- sexual dysfunction
- bone loss
- loss of libido
- anxiety
- hair loss
- moodiness
- sleep disorders
- mental foginess
- loss of motivation
- vaginal dryness

Bio-Identical Hormone Replacement Therapy, also known as BHRT, uses naturally occurring bio-identical hormones to bring hormone levels back to optimal levels relieving symptoms and restoring the quality of life we enjoyed in our younger years.



# Bio-Identical vs. Synthetic hormones

## SYNTHETIC HORMONE REPLACEMENT THERAPIES

Conventional Hormone Replacement Therapy (HRT) are sometimes animal derived (horse oestrogens).

They are not identical in chemical structure to those hormones produced by the human body while Bio-Identical hormones match human hormones molecule by molecule.

*Synthetic hormones have been in use for several decades. Research shows they come with a host of risk factors. These include drug dependency, treating symptoms without treating underlying causes, and increase risks for adverse medical conditions.*



# BIO-IDENTICAL HORMONE REPLACEMENT THERAPY

Scientists have determined that natural approaches to hormone treatment alleviate risks associated with synthetic hormone replacement treatments. Bio-identical hormones are extracted from plants and matched to an individual's endocrine system.

Bio-identical hormones treat symptoms and the underlying causes of hormonal imbalance in both men and women. The benefits include:

- mild effects
- improved muscle mass
- improved cognition and memory retention
- decreased risks for depression by stabilizing moods

I have been treating patients with hormone deficiencies and developed basic guidelines for treating my patients:

- Prescribe hormones only when there's a proven deficiency shown by proper testing and medical evaluation
- Prescribe the smallest dose possible to restore healthy hormone levels without side effects.
- Only prescribe Bio-Identical hormones – never synthetic

Bio-Identical hormones have been available for over 50 years and are a natural and safe option for hormone replacement. Bio-Identical Hormones are processed using Wild Yam and Soybean plants.

These hormones match the same chemical structure found in human hormones. Creating the same response as hormones found naturally in the body which means an effective treatment with low side effect profile. Bio-Identical hormones are individualized and made specifically for each patient.

*The basics for optimal health and longevity are proper diet, exercise, nutritional supplementation and bio-identical hormone replacement therapy.*

Addressing these areas of health can slow down the ageing process by stopping cellular degeneration and allowing regeneration of tissue and healing. Physical and mental decline are not requirements of ageing. It is possible to stop much of this undesirable aspect of ageing as well as the symptoms and diseases associated with ageing. BHRT is a customizable science which has been shown to prolong the quality of one's life.

# BHRT BENEFITS FOR WOMEN

- Helps Eliminate or Reduce Hot Flashes
- Improved Sleep
- Reduces Night Sweats and Insomnia
- Enhances Sex Drive and Libido
- Helps Improve Memory and Concentration
- Prevents Vaginal Thinning & Dryness
- Increases Energy and Reduces Depression
- Protects Bones from Osteoporosis
- Encourages Bone Growth

## DO I NEED BIO-IDENTICAL HORMONE THERAPY?

If you're over the age of 35 and currently sitting on the fence, ignoring the symptoms and changes in your body, you could be unnecessarily suffering from the effects of a hormone deficiency or imbalance. I will design a treatment plan specifically for you and regularly monitor your hormone levels and results.

## HOW DO YOU TEST FOR A HORMONE IMBALANCE?

A simple blood test/hormone profile will provide the information needed to ascertain which hormones are deficient or imbalanced. The profile will check vitamin and mineral levels to see if you benefit from any dietary or lifestyle changes. Your hormone program will be adapted as progress is made.

The blood tests will be tailored and become less frequent as the body reaches optimal performance.

A simple blood test/hormone profile will provide the information needed to ascertain which hormones are deficient or imbalanced. The profile will check vitamin and mineral levels to see if you benefit from any dietary or lifestyle changes. Your hormone program will be adapted as progress is made. The blood tests will be tailored and become less frequent as the body reaches optimal performance.

## WHEN CAN I BEGIN TO SEE RESULTS USING BIO-IDENTICAL HORMONES?

Most of my patients begin to feel better within a few months of beginning the program, but some results take a bit longer to achieve. You may begin to feel a difference within a matter of weeks, especially when it comes to sleep patterns and energy levels.

Every patient has a different experience but the end result is the same – a healthier balanced life.

# CONTACT

Please use the  
contact details  
below to get  
in touch.

Dr Richard Sibthorpe  
[office@doctorsib.com](mailto:office@doctorsib.com)  
+44 203 131 3041

[www.doctorsib.com](http://www.doctorsib.com)