

# VANN HEALTHCARE PHARMACY

## Bio-Identical Hormone Replacement Therapy

To keep the body in good health is a duty ... otherwise, we shall not be able to keep our mind strong and clear. -- Buddha



### *Benefits Of BHRT*

Hormones, particularly estrogen and progesterone, can become imbalanced due to aging, but other factors also impact this balance.

Stress (emotional, physical, and dietary), poor sleep hygiene, being overweight, and environmental factors can create a hormonal imbalance or worsen one that already exists. BHRT identifies the imbalance, and utilizes a variety of hormone supplements to restore the balance, which is essential for your physical, mental, and emotional health.

### *What Is Bio-Identical Hormone Replacement?*

Bio-Identical Hormone Replacement uses hormones, which are identical in structure to the ones produced naturally by your body. The hormones are formulated in creams, ointments, capsules, or sublingual drops in individualized doses tailored to achieve your normal hormone balance.

### *Are You A Candidate?*

If you are a female who is pre-menopausal, approaching menopause, enduring menopause, or who is post-menopausal, and you have the following symptoms, you may be a candidate for Bio-Identical Hormone Replacement Therapy:

- |                      |                   |
|----------------------|-------------------|
| Fibrocystic Breasts  | Weight Gain       |
| Breast Tenderness    | Bloating          |
| Hot Flashes          | Night Sweats      |
| Dry Skin/Dry Hair    | Anxiety           |
| Depression           | Fatigue           |
| Headaches            | Arthritis         |
| Irritability         | Mood Swings       |
| Sleep Disturbances   | Insomnia          |
| Loss of Memory       | Vaginal Dryness   |
| Decreased Sex Drive  | Irregular Periods |
| Hair Loss            | Unwanted Hair     |
| Bladder Symptoms     |                   |
| Difficulty Climaxing |                   |

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*My Choice For A  
New Start on Life*