

Is Hormone Replacement Therapy Right for You?

Have these symptoms? I can Help!

Condition	Symptoms
Adrenal Fatigue	anxiety/irritability, depression, insomnia, nighttime wakening, hot flashes, brain fog, crave sugar, weight gain, fatigue, “tired but wired”, high blood sugar, insulin resistance, IBS symptoms, low libido, vaginal dryness, menstrual irregularities, orthostatic hypotension, poor concentration, low progesterone, low DHEA
Pre-menopause (approx age <40)	migraines, headaches, menstrual irregularities, mood disorders, irritability, PMS, acne, food cravings, fibrocystic breast changes, breast pain, water retention, bloating, weight gain, painful sex, facial hair growth
Perimenopause/Menopause (approx age >40)	hot flashes, insomnia, night sweats, nighttime wakening, decreased libido, anxiety, depression, weight gain, difficulty losing weight, vaginal dryness, painful sex, recurrent UTIs, joint pain, headaches, brain fog, itchiness, vertigo, dizziness, dry skin, dry eyes, muscle aches, inflammation, bloating, GI issues, moodiness, irritability, irregular menstrual cycles and heaviness
Thyroid Dysfunction	fatigue, cold, constipation, weight gain, dry skin, depression, menstrual irregularities, fertility issues, miscarriage, hair loss, muscle & joint pain, brain fog

BENEFITS OF HRT DURING PERIMENOPAUSE / MENOPAUSE

- Can be cardioprotective and reduce the risk of heart attack and stroke
- Can help lower cholesterol
- Can help prevent bone loss and decrease risk of osteoporosis
- Can reduce unwanted symptoms during this phase of life