



## Women's Health: Bioidentical Hormones

Bioidentical hormones are structurally identical to endogenous hormones. When used appropriately, they can relieve symptoms and support metabolic health. Individualization and monitoring are essential. Education prevents misuse.

Estrogen and progesterone influence insulin sensitivity, bone health, and vascular function. Bioidentical formulations allow physiologic dosing and route customization.

Lab monitoring ensures safe levels and symptom alignment.

Hormone therapy works best alongside nutrition, movement, and sleep optimization.

### 01 Is This Your Story?

A woman with severe menopausal symptoms struggles despite lifestyle changes. After careful evaluation, bioidentical hormone therapy is initiated. Symptoms improve, sleep deepens, and metabolic markers stabilize under close monitoring.

### 02 Try This Today

**Measure:** Track symptoms and hormone-related changes.

**Do:** Discuss risks and benefits with a knowledgeable provider.

**Reflect:** Ask whether therapy is personalized or generic.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

