

What Is Bioidentical Hormone Replacement Therapy And What Are Its Benefits?

By **Melissa Thompson** - Wed June 21, 2017

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When we age, the body can naturally undergo a gradual decline in some of the hormones it produces, and sometimes we experience a faster reduction when we have underlying health problems. For these health problems, doctors might suggest hormone therapy if safe for you. Usually, women consider hormone therapy treatment after they go through menopause in order to combat the symptoms they endure. Although hormone therapy isn't the right option for everyone, women should consult with their primary care provider in order to find out if it's right for them.

You may not be entirely knowledgeable about what bioidentical hormones are, and that's okay. Without getting too technical about how they're made, bioidentical hormones are derived from plants and maintain the same chemical function as natural human hormones. They just come from a different manufacturer, that's all! The same enzymes in your body that process or break down the hormones as part of normal metabolic function can do the same thing for the bioidentical hormones because they're designed to achieve the same biological responses as natural hormones.

When you have **hormone therapy** that incorporates bioidentical hormones as part of the treatment plan, the proper balance is personalized for you. If you lack certain hormones, the therapy will replicate and provide them for you, and much of their functionality should be restored, making you feel younger in the process.

There are numerous potential benefits for bioidentical hormone therapy. Women can expect to have greater control over the symptoms of menopause. Many patients report increased energy levels, weight loss, a higher libido, stress reduction and sleep pattern restoration. Additionally, you might notice yourself become more physically and mentally fit over time, as hormonal imbalance can cause your body to become out of whack and make it harder for you to get exercise.

Bioidentical hormones can also help treat osteoporosis or potentially provide a trustworthy preventative measure. Another interesting study showed a marked reduction in the number of women who were susceptible to ruptured brain aneurysms when on this kind of hormone therapy.

When undergoing this kind of therapy, most symptoms will gradually go away over a period of two to five years. Although this might seem like a long time to wait, patients should remember that a lifetime with those same symptoms would be a lot worse. Especially when those symptoms could worsen as hormones continue to diminish over time.

In order to determine the best personalized approach for you, doctors will customize your blood tests, do ultrasound evaluation and provide DNA testing to ensure the best results. In order to negate any possible detrimental side effects, you'll receive comprehensive food allergy tests, heavy metal testing, and stool analysis. A number of other tests will help figure out how your body is likely to react to the new hormones.

Women who experience a **reduction in estrogen** are likely to suffer from irregular menstruation, urinary tract irregularities or infections, hair thinning, insomnia, fat accumulation, and even some signs of menopause when your body hasn't started that process yet.

The idea of hormone replacement therapy might sound scary, and hormones derived from plants might seem to make the possibility even weirder, but the benefits often outweigh the risks for certain women. To see if you should consider hormone therapy for yourself, check with your doctor.

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