

# HEALTH & WELLNESS NEWSLETTER

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## BIOIDENTICAL HORMONES— THE SECRET TO LIVING LONGER, HEALTHIER LIVES!



### SPECIAL POINTS OF INTEREST:

- *Men can benefit just as much if not more than women from Hormone replacement.*
- *Proper lifestyle balance including nutrition and exercise is very important for BHRT to work as effectively as it can*
- *Prevent disease and live longer with Bioidentical Hormone replacement*

“It is made possible by a simple microscopic drop-let of the hormone estrogen secreted at puberty by the ovaries, which transforms a skinny girl into a shapely woman ready for pregnancy”.  
Guy Murchie

As we grow older, our body chemistry changes. Production of hormones such as thyroid, testosterone, estrogen, human growth hormone, adrenal hormones etc...decline leading to the decline of the human physical body and mind, which I call aging.

Rejuvenating hormone therapies are not new. More than a century ago, the French physiologist Charles Edward Brown-Sequard thought he had discovered the secret to eternal youth in the testicles of animals. At age 72 he removed and crushed dog and pig testes, testicular blood and seminal fluid mixed with water and injected the filtered

extract under the skin of his arm. After three weeks of injections, Brown-Sequard reported greater strength, mental concentration and stamina.

Since the experiment by Brown-Sequard, the science of hormone deficiency and replacement has been going through many ups and downs. Until the release of the 2002 report of the Women’s Health Initiative Trials, women were told they could safely take synthetic estrogen and progestin, however the result of this study concluded that synthetic HRT are carrying high risk of cancer of the breast, ovarian cancer, stroke heart attack and dementia. With this outcome, total confusion over what kind of treatment will substitute the synthetic HRT. Bioidentical or Natural hormones emerged as a safe alternative. You may

think that Bioidentical hormones are new in the marketplace but in fact they have been produced commercially for decades ex., Estrace tablets and vaginal cream.

All Bioidentical hormones originate from either soy or wild yam. These hormones are compounded by pharmacies and are identical in chemical structure to the hormones produced by the human body. Cont... They fit the hormone receptors perfectly unlike synthetic mimickers; they do the job as nature intended them to do.

*How do we make the hormone replacement treatment safe and effective?*

*First, make it safe:*

We individualize the dose required for balancing deficiencies. They are prescribed in the

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## BIOIDENTICAL HORMONES CONTINUED.....

We individualize the dose required for balancing deficiencies. They are prescribed in the most effective way- transdermal cream. We correct all important hormone deficiencies simultaneously and lastly perform regular check ups, every 3 months to ensure optimal balancing.

*Second, make it effective:*

Improve diet, environment and lifestyle. Balance hormones judiciously with the various therapies and add supplements and vitamins necessary for the optimal effect of hormones and a

safe metabolic pathway.

Bio identical hormone replacement should not be limited to sex hormones only. For example individuals with hypothyroid or adrenal fatigue syndrome will not benefit from "sex hormone" replacement alone.

***Hormone Deficiency Syndrome is not limited to the female gender. Males are equally if not more dramatically affected, which may be reflected in shorter life expectancy.***

From the experience I have had

in my own practice, I have found BHRT to be safe and effective. Effective in treatment of mood disorders, depression, fibromyalgia, dementia, weight loss, libido, improving prevention of cardiac diseases, psoriasis, etc..

***I believe that Bioidentical hormone replacement along with lifestyle modifications and optimal nutrition is now and will be in the future, the most powerful tool in the prevention of numerous dreadful diseases.***

**Dr. Andrew Wojcicki M.D.  
FRCP(C)**

## TIPS FOR SUCCESSFUL WEIGHT MANAGEMENT

Weight gain is a direct correlation to deficiencies in your hormonal balance and causes many health related problems such as cardiac stress, back pain, knee problems and the list goes on... How do you control your weight you ask? Here are a few pointers from our European weight loss program at the Vivian Medical Spa to help keep you on track:

**Number one:** eat 3 small meals a day and two even smaller snacks. **Number two:** each meal should be no larger than the size of your fist— this is how much food your stomach can hold and your body needs for fuel. **Number three:** enjoy your meal by sitting down, nice place settings, good conversation if possible, enjoy the art of eating which will pre-

vent binge eating in front of the fridge! **Number four:** Eat less of higher quality foods, eat local foods when possible and eat organic when possible. Fresh ingredients, no preservatives will help your body to process the food more expeditiously without unwanted additives. **Number five:** dessert, yes but only two bites! Remember moderation = balance! Carpe Diem!

*Dance like no ones watching,*

*Sing like no one is listening,*

*Love like you've never been hurt and*

*Live like it's heaven on earth.*

*Mark Twain*

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We offer a Medical Membership option which includes a comprehensive health analysis with recommendations— Find out your true health status today. Yes we include hormone testing and consults in with the annual membership as well as access to our facilities and more.....

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