

# A NEW ERA IN MEDICINE!

There is an exciting revolution in science and medicine today focusing on optimizing health during the aging process. Conventional medicine has always held the belief aging is inevitable and its progressive deterioration cannot be altered. One of the most important preventative therapies in this new era of care is hormone supplementation. Because many physicians assume age-related hormonal declines are natural, the medical community as a whole, has been very slow to offer hormone replacement therapy. However, researchers from around the world have now shown a hormonal deficiency associated with aging is no different from that of a younger person with a hormonal imbalance, and should be treated as deftly and as quickly as other hormonal related complications and diseases.

## How and Why We Age

Over the last 50 years, research in the fields of endocrinology and immunology has improved our knowledge as to how and why we age. Communication between the nervous, endocrine and immune systems makes it possible for us to adapt and survive in our environment and hormones are the messengers between these systems. Hormones are molecules released into the blood stream to regulate our body's temperature, reproduction, growth, aging and immune function. As messengers of the central nervous system, hormones instruct our internal organs on how to function. Unfortunately, both men and women experience a drop in these life-sustaining hormones.

## Symptoms/Diseases of Hormonal Imbalance Include:

- Weight Gain
- \* Loss of Muscle Mass
- \* Degenerative Diseases (Diabetes, Cancer, Heart Disease, Osteoporosis)
- \* A Compromised Immune System
- \* Wrinkling and Thinning of the Skin
- \* Depression and Stress
- \* Cognitive Decline
- \* Insulin Resistance
- \* Loss of Sex Drive
- \* Fatigue/Chronic Fatigue
- \* Fibromyalgia
- \* Insomnia
- \* Hot Flashes
- \* Night Sweats
- \* Polycystic Ovary Syndrome (PCOS)

Replenishment of these hormones to optimal, physiological levels (within normal limits and not to excess) has been shown to alleviate these age-related changes.

LOOK YOUNGER.

