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Reduce the Risk of Weight Gain with Bioidentical Hormone Replacement Therapy by [Phil Altman](#)

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The majority of women experiencing the menopause need some sort of HRT to guide alleviate their sufferings, and also women earlier to the menopause will suffer problems of hormonal imbalance if they experience a poor diet or are losing away on vital vitamins. All sets of ladies could endure with some or the other variety of disorders, with pains in the breasts, feelings of bloating after eating, unexplained increase in weight, insomnia, depression and nervousness, and a lot more difficult problems for example loss of calcium and lower bone density, and arthritis. All of those can leave a woman feeling quite depressed, & can expose her to other dangers such as breast cancer. In lots of situations, bioidentical hormone replacement therapy can make easier a woman to get back on her feet.

You can find 2 major hormones whose loss is responsible for the disorders which ladies undergo. The effective estrogen endocrine is liable for the pre-menstrual cycle, & it's harm will lead to warmth inside the breast, any outbreak of allergies or skin problems & severe mood swings. Whereas these problems will be treated with traditional HRT, most woman experience constant problems because of the loss of one more hormone, Progesterone. The majority of HRT remedies will not add this, and only bioidentical hormone replacement therapy will really replace both types of hormones through one treatment.

The bio-identical hormones are shaped utilising organic hormones that are developed in the lab using plant-based hormones. This permit them to be familiar by the body more easily than the classic HRT product, that is formed by synthetic hormones. The latter are frequently obtained out of animal products, and will amplify the risk of cancer and hypertension. Instead, bioidentical hormone replacement therapy gives the taker with a completely organic & natural substance which will allow them to find what they want from the therapy without having to identify too many non-organic chemical substances.

It's not all the time a good idea to accept non-organic replacement hormones when you find yourself suffering from a pre-menopausal problem, because the latter will every now and then be triggered through the body's reaction to chemicals. In case you have suffered by allergies in the earlier period, then bio-identical hormones can always be a much best response, and gives an alternative to synthetic hormones.

You might need to speak to several doctors before you could find 1 who is ready to let you to avoid synthetic hormones, and rather prefer a bio-identical hormone replacement therapy that can enable you to cut down the risks of weight gain and high blood pressure that can sometimes be caused by unnatural chemicals.

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For further information on using natural HRT, talk to the specialists at a <http://www.thehealthychoice.net> now. The Healthy Choice specializes in compounding customized medications and a [bioidentical hormone replacement therapy](#) to fit each patient's individual

requirements. It believes in treating the whole person and the integrative approach to health care gives doctors and patients cutting edge alternatives to mainstream treatments.

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bioidentical hormone replacement therapy, bio-identical hormones, natural hormones, natural hormone therapy, hormone analysis, hormone imbalance

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