BioIdentical Hormones for Health and Longevity Transcript

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Introduction to bioidentical hormones

Hi, I'm Dr. Susan Sklar and I want to talk to you about a subject that interests a lot of women. You've heard about it on TV, you've seen it in Oprah, and you read Suzanne Somers books.

I am talking about bioidentical hormones. What's the big deal about bioidentical hormones? If you ask your regular doctor, they'll tell you bio identical hormones aren't any different than any other hormones.

Why bioidentical hormones are considered safer

They're not any safer. There not anymore effective. So why bother with it? Well, I want to tell something. I'm one of those doctors. I used to say the same thing to my patients.

And now I finally understand after careful learning, scientific evidence, and really understanding the literature, what bioidentical hormones mean. First of all, bio identical hormones are safer than traditional pharmaceutical hormones, particularly in the area of progesterone.

Hormones as part of healthy aging

What we know is that synthetic pro gesterones or provera is a stimulant to breast tissue and has a lot of adverse effects that natural or bio-identic pro-gestero does not have.

So bio identity hormones in fact are And more than that, bioidentical hormones are not simply a matter of giving women and men hormones to make their symptoms better.

Bioidentically hormones a really part of an entire anti-aging and healthy longevity program. And that's really where the difference lies. Traditional medicine really doesn't have much to say to do to help women to live longer and healthier.

There are no pharmaceutical agents to prolong healthy We all know that lifestyle plays an important part. What you eat, your exercise, supplements that you take.

But the missing link in terms of aging and slowing down the degenerative, chronic, deteriorating processes that happen as people get older are hormones.

Benefits of restoring hormone balance

One of the reasons that we age is that our hormones decline. We lose vitality, we lose energy, sleep decreases, our thinking capacity diminishes, our moods change, many of these things due to lack of hormones or imbalance in hormones.

And when we replace and restore balancing hormones back to the hormone levels of a younger age in our lives, I see amazing changes in the people I take care of.

I seen mood improve, energy improve vitality, mental focus, sex drive, sleep, and many many other things in addition. So what are bioidentical hormones?

Bioidentically hormones are really part of a plan to live longer and healthier through modern science.