



THE HORMONE SOLUTION

Life Doesn't Have to Change Just Because Your Hormones Do!

By Brigitte Surette

Forty-something Erika was a vibrant, attractive doctor with a hugely successful career. For nearly two decades she'd not only run one of the largest tertiary care emergency centers in New York, but built and directed one of the largest internal medical practices.

Then, Erika went through menopause at the age of 46 and life as she knew it began to change. Her only option was to go on traditional hormone replacement therapy. Bloating, depression and weight gain soon followed. Erika knew there had to be a better way in which to not only age gracefully, but stay healthy and maintain her vigor and vitality.

Bioidentical Hormones

Dr. Erika Schwartz discovered bioidentical hormones through a serendipitous encounter with a pharmacist in the mid-1990s.

"This pharmacist was filling a compounded hormone prescription for a patient who was experiencing the same hormonal changes I was. The patient was doing well on the preparation and I wanted to try the hormones for myself," said Schwartz.

She did and began feeling like her old self again. She spent the next five years researching bioidentical hormones, treating herself and her patients. Eventually, she created her own protocols that had her and her patients feeling great (weight loss, soaring energy levels and moods stabilizing) within six weeks!

The next two decades, Dr. Erika devoted her time to developing the gold standard/protocols for bioidentical hormone therapies. She became one of the world's leading experts and advocates for treatments with bioidentical hormones and founded Erika Schwartz, MDPC in Manhattan and the Bioidentical Hormone Initiative, a not-for-profit organization where physicians are trained in hormone therapies, diet, exercise, wellness and patient advocacy.

"Traditional" HRT Versus Bioidentical Hormones

Why change the status quo in hormone therapies prescribed by physicians?

Fear of hormones has been instilled in most women and their doctors (since the 2002 Women's Health Initiative study) showed that Premarin and Provera, synthetic conventional drugs used to treat menopausal symptoms also increased the risk of heart attacks, stroke and cancer.

Some women have hormonal imbalances so severe (hot flashes, night sweats, insomnia, loss of libido, weight gain) their only option has been to take these hormone formulations derived from the urine of pregnant horses and live in fear of complications.

"Traditional HRT, such as Premarin® and Provera, are like fitting a square peg into a round hole. These hormone impostors don't fit into the receptors on the cells. Some (in the case of estrogen) if taken orally, are also toxic to the liver.

In contrast, bioidentical hormones are manufactured to deliver estradiol through creams, patches or gels and are derived from soy and yam oils and are identical in molecular structure to the hormones our bodies make. "What's more, bioidentical hormones used in proper doses and combinations of estradiol, progesterone, testosterone and thyroid should not cause weight gain, excessive bleeding or other undesirable symptoms," says Schwartz.

Why do synthetic hormones even exist and why are they still being prescribed? While we are living in a free market and cannot control all medications/hormones, Dr. Erika believes within the next decade, physicians will prescribe mainly bioidentical hormones for both women **and** men who also need hormones as they age.

"As with any ingrained way of doing things, it takes time for the conventional medical community to embrace more evolved therapies. Most conventionally trained physicians do not know about bioidentical hormones because their training does not address them," she said.

"The success rate for treating our patients with bioidentical hormones in terms of quality of life is phenomenal. Not only do our patients become physically stronger so their exercise regimen is more effective, they eat better, sleep well and we help them with the proper supplements to suit their needs. They look **and feel** better and younger," said Schwartz.

Bioidentical hormones don't keep us "forever young." As Schwartz explains, "We're not using bioidentical hormones to 'override' a patient's system. As we age, most of our hormones become depleted and eventually disappear. With the help of bioidentical hormones, we feel better and don't suffer the ravages associated with diseases of aging."

The Lecture

A body composition evaluation will be conducted at the booth and the "In-Body" electronic scale, with the help of Dr. Erika's team, will determine your:

- Basal metabolic rate
- Percentage of body fat
- Ratio of water/fat/muscle
- Thyroid function status
- Personalized need for hormone balance

Attendees will:

- Receive a free consultation at the booth.
- Recommendations on bioidentical hormone protocols
- Information on the HCG diet.
- Meet Dr. Erika's nurse and patients whose lives have been transformed by Dr. Erika's treatments

Dr. Erika's best-selling books and supplements will be available for purchase during her lecture.

Dr. Erika Schwartz is the author of four best-selling books including *The Hormone Solution*, *The 30-Day Natural Hormone Plan*, *The Hormone-Friendly Diet* and *Dr. Erika's Hormone Solution for your Daughter*. She has developed a series of hormone/energy-enhancing supplements and has personally cared for more than 100,000 patients. She has testified before Congress regarding the safety of bioidentical hormones, hosted her own PBS pledge special, and has appeared on CBS News, Larry King Live, CNN, MSNBC, The View and Oprah's Satellite Radio with Dr. Oz. One of the world's foremost health experts and advocates, Dr. Erika teaches physicians (over 1,000 to date) all over the world the protocols and gold standards of bioidentical hormone therapy.

To learn more about Dr. Erika and Erika Schwartz, MDPC, visit her website at drerika.com or call 212-873-3420.