

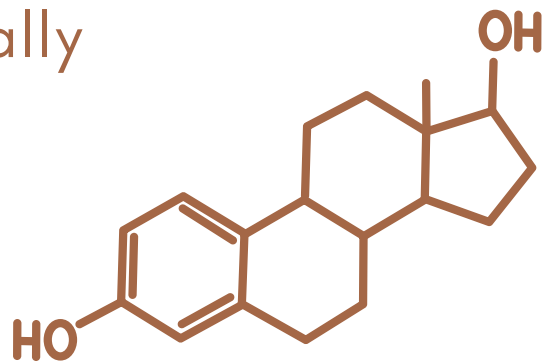
BIOIDENTICAL HORMONE THERAPY

RESTORING HORMONES AND HORMONE BALANCE



What is BHRT?

Bioidentical hormones are identical to the ones your body naturally produces. They help restore balance, especially during menopause.



WE'RE HERE TO HELP YOU

EVERY STEP OF THE WAY

At Southern Medical Weight Loss and Wellness, we take a holistic approach to your health. We believe hormone therapy is most effective when it's part of a comprehensive wellness plan.



OUR TEAM WILL WORK WITH YOU TO:

- Build sustainable habits
- Recommend personalized, high-quality supplementation
- Help you feel your healthiest - inside and out

What We Offer

Our BHRT Packages Include:

- Comprehensive lab testing and hormone assessment.
- A customized treatment plan tailored to your unique needs.
- Exclusive discounts on professional-grade supplements.
- Access to our wellness app for food and activity tracking, direct messaging with your provider, and habit-building tools.
- Weekly recipe collections and meal plans for healthy, enjoyable eating.

Together, you and your provider will craft a personalized roadmap that supports your goals and fits your lifestyle—so you can feel empowered, supported, and truly well.

Should You Consider BHRT?

- | | |
|--|---|
| ☐ Hot Flashes | ☐ Weight Gain |
| ☐ Difficulty sleeping | ☐ Muscle Pain |
| ☐ Low Energy | ☐ Joint Pain |
| ☐ Brain Fog | ☐ Irregular Periods |
| ☐ Moodswings/Irritability | ☐ Hair Loss/thinning hair |
| ☐ Little or No Desire for Sex | ☐ Increased salt/sugar cravings |
| ☐ Pain during Sex | ☐ Anxiety |
| ☐ Vaginal Dryness | ☐ Dry skin |
| ☐ Urinary Frequency | ☐ Thinning skin/increased wrinkles |



Benefits of BHRT

Symptom Relief

BHRT effectively reduces the frequency and severity of common menopausal symptoms, especially vasomotor symptoms like hot flashes and night sweats. Many women experience significant improvement in sleep, mood, and cognitive clarity.

Personalized Treatment

BHRT can be customized to meet the specific hormonal needs of each individual, often based on saliva, blood, or urine hormone testing.

Enhanced Mood and Mental Clarity

Balancing estrogen and progesterone levels can stabilize mood, reduce anxiety and depression, and improve mental clarity.

Cardiovascular and Bone Health Support

Estrogen plays a crucial role in maintaining heart and bone health. BHRT may help reduce the risk of osteoporosis and improve cardiovascular health when administered appropriately.

Improved Sexual Health

BHRT can restore vaginal tissue integrity, alleviate dryness, and increase libido.

Better Sleep and Energy

Regulating hormones can significantly improve sleep quality, leading to higher energy levels and better daytime functioning.



Is BHRT safe?

Hormone Replacement Therapy (HRT), particularly Bioidentical Hormone Replacement Therapy (BHRT), has been extensively studied since the 1970s and has a well-documented record of safety and effectiveness. While concerns are common, they are often based on outdated or generalized information.

It's important to remember that each person is unique. Your personal and family medical history may influence your individual risks and should be carefully discussed with your healthcare provider before beginning any form of hormone therapy.

What's clear from decades of research is that declining hormone levels during and after menopause are associated with a range of symptoms and an increased risk of chronic conditions, including cardiovascular disease and certain cancers. Estrogen, in particular, is a protective hormone—and its decline can leave the body more vulnerable.

Current evidence strongly supports the role of hormone replacement therapy not only in relieving menopausal symptoms, but also in helping to prevent and even treat chronic diseases that commonly affect women as they age.



READY TO FEEL LIKE YOU AGAIN?

Your Wellness, Your Way

Let us create a custom BHRT plan
based on your symptoms, health
history, and lifestyle.

