

My Journey with Natural Hormone Therapy

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A NEW BEGINNING, NATURALLY

Hormones are something we never really think about until we realize that something is not quite right and we come to the conclusion that we may be losing some of them. It is only then that we understand what a vital role hormones play in making us feel good, keeping our energy levels up, our sex drive going, and our mental faculties in tact.

According to Neal Rouzier, M.D., hormones are molecules that are synthesized and secreted by specialized cells often localized in endocrine glands. They are released into the bloodstream and exert biochemical effects on target cells.

In his book, Biochemical Hormone Replacement Therapy, Dr. Rouzier tells us that all aspects of aging are influenced by hormones. As we age, cellular receptor sites become less sensitive to stimulation by hormones thus requiring an increased amount of hormone to affect a cellular change even though a person's levels might be within a normal range. In turn, this is why we need optimal levels of various hormones to replace those that are declining in order to improve health and feel better. (This is particularly true with the thyroid)

I most certainly took hormones for granted. But at the ripe young age of 50, I discovered just how symptoms of declining hormone health can make you feel. I had no energy, low libido, and at times felt like I was losing my mind. My family felt sure I was losing my mind. Most physicians, although highly educated, know little about how to treat hormonal symptoms. Hormone Replacement Therapy is unique to each individual and one size does not fit all. Each person, male or female, has his or her own unique level of hormone balance and symptoms, and these levels decline at different times throughout the lifespan for different reasons.



In my search to find the right provider, the first step was to find someone who understood the problem and was willing to develop a personalized plan for me. After almost five years of trying everything and going to every kind of doctor, I finally found that person in Tracey Livingston, ANP-BC. She has been a registered nurse for 26+ years and a nurse practitioner for 6+ years. She is an adult healthcare provider with a specialty in Bio Identical Hormone Replacement Therapy (BHRT). Tracey has extensive training in mastering hormone protocols for women and men under world renowned hormone expert Dr. Neal Rouzier.

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Being a fitness professional for 37 years, taking care of my body (as well as the bodies of my clients) with a natural and holistic approach has always been my goal. I wanted to find the root of the problem, not just take a pill to treat symptoms and I wanted a more natural solution.

As explained by Rouzier, “There are hormones that are more natural to the body. The molecule of the natural hormone is identical in structure to the hormone naturally found in the body. Pharmaceutical companies cannot patent natural or bioidentical compounds. So where do these natural

hormones come from? The pure biologically identical (human identical) hormone is either extracted from plants or synthetically manufactured. What is most important is that the end product is a molecule identical to the hormone found naturally in the body. This applies to all hormones - thyroid, estrogen, progesterone, testosterone, and DHEA."

No one knows your body like you do; so I began doing my own research to better understand the changes that were occurring. I quickly discovered that I was not alone. Almost all of my clients aged 35 and older had many of the same symptoms I was experiencing, but we were all told, "You're getting older, it is natural, just accept it." One very well known physician told me, "Mrs. Wells, you are just not happy because you are aging and you must come to terms with this." Needless to say, well, never mind. It is pointless now. Let me just say that I NEVER saw that doctor again.

tative medicine. Replenishment of these hormones to physiological levels (optimal but within normal limits and not excessive) has been shown to alleviate these age related changes. Much of what goes wrong in old age is the effect of our hormones no longer maintaining the balance they once did. Maintaining proper balances can help prevent many of the diseases associated with the aging process. Alleviating symptoms such as decreased energy levels, decreased sense of well-being, laziness, and lack of desire for daily activities in patients who are otherwise typical middle-aged, healthy people will lead to a better quality of life in the long run.

Targeting optimal hormone levels is a newer, preventative approach to health. Livingston has seen that all too often patients that are taking "natural hormones" from a standard medical therapy regimen, find that it is inadequate and the patients remain symptomatic and simply do not feel well.

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One might ask, so what makes "Bioidentical Hormone Replacement Therapy" effective for treatment of declining hormonal health and suboptimal hormone levels? Well, first it is important to understand the difference between "Bioidentical Hormone Replacement Therapy" and synthetic hormone therapy. Rouzier writes, "BHR has a chemical structure that is identical to the hormones naturally produced in the body. We refer to them as natural because they are natural to the human body. Synthetic hormones act differently and produce different effects and a multitude of studies have shown synthetic hormones to have harmful effects."

As with many things in life, hormone therapy is largely about finding the right balance. As Rouzier explains, "Thyroid, estrogen, and progesterone have been prescribed for years, but optimal hormone replacement is new." It has become logical therapy to replace and balance all of the hormones at the same time to have a more optimal physiological level instead of maintaining lower to mid-levels. This is the difference between optimal hormone replacements in comparison with standard medical therapy. You do not wait for levels to be at the low end of the normal range or below normal range. More and more medical practitioners are becoming aware of the science behind this new preven-

I believe this might be the reason so many midlife men and women readily give in to feeling old and give up on waking up with vitality. I know because that was how I felt. According to Livingston, many patients can be helped if treated early, thus preventing long term sequelae associated with imbalanced hormones.

I am now on my road to recovery, but I have learned that it is a process of sorts and an art to replacing hormone levels to a level that is optimal for me. Perfect balance may take a while to attain and you must be patient. I believe through Tracey Livingston and her caring staff, along with her desire to help patients, she can help anyone reach their best health ever, no matter what age. I know through her and my own research, I can have increased quality of life well into my 60's, 70's, and beyond and prevent disease processes that can occur when we age.





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