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Hormone Replacement: Maximizing Safety, Minimizing Risk

Bio-identical hormone replacement therapy (BHRT) is the treatment of hormonal imbalances seen during peri-menopause and menopause utilizing the identical forms of hormones that are found in the human body. This natural means of supporting women's health does not use animal hormones, and for that reason, is preferred by many women. To obtain the greatest benefit from BHRT therapy, certain nutritional supplements have been found to make these therapies more effective. Hazle Drugs Women's Vita Protection is an exclusive women's multiple vitamin that contains CoQ10, Alpha Lipoic Acid, Cranberry, and Superfruits: Mangosteen, Pomegranate, and Acai. Hazle Drugs brand of "B Well" is a high potency B-complex vitamin that supports nerve impulses throughout the body.

Along with these foundational supplements, other nutritional supplements have been found to be helpful for women of BHRT therapy. Estrogen therapy can deplete the body of trace minerals such as zinc and several of the B vitamin. These nutrients are essential for many of the body's metabolic processes. Most women are deficient in vitamin D. Hazle Drugs brand of "Vitamin D" is essential for bone density, protects against many types of cancers, helps to prevent depression, and is essential for proper thyroid function. To ensure that we are taking up essential nutrients from our food, probiotics are often recommended to support our intestinal gut flora. Hazle Drugs brand of "Probiotic Balance" is a special high potency multi-strain probiotic that only needs to be taken in the morning for all day protection

Women utilizing hormonal therapy should not assume they are processing and eliminating their hormones properly. Diindolylmethane, or DIM, is a useful supplement that supports the normal metabolism of hormones. Women who are concerned about potentially carcinogenic and toxic build-up of estrogens should consider taking Hazle Drugs unique blend of "Indole Protection" to encourage normal healthy estrogen elimination.

Finally, for women who are facing menopause but do not wish to take any estrogen supplementation, there are nutritional products that can help relieve menopausal complaints. Black Cohosh has been used for many years to reduce menopausal symptoms. Hazle Drugs brand of Women's Hormonal Support includes standardized herbal extracts and other nutrients which, together, form a truly well-balanced and effective product for women to support healthy hormonal levels during menopause. Our Compounding Pharmacists and Certified Clinical Nutritionist, Bill Spear R.Ph.,CCN, are trained to offer you the best nutritional support for your hormonal therapy.

Bill Spear, R.Ph., CCN is a Compounding Pharmacist and Certified Clinical Nutritionist. He is available for personal nutritional consultations at Hazle Drugs, 1 Broad St., Hazleton, Pa. 18201. (570) 454-2476