

Lawrence Broder MD Comments On Suzanne Somers And Bioidentical Hormone Replacement

/EINPresswire.com/ Suzanne Somers on Real Housewives of Beverly Hills wants to live to 110! How is she doing it? She has discovered Bioidentical Hormone Replacement (BHRT). [Lawrence Broder MD](#) of [Beleza Medspa](#) Austin TX is an expert at natural hormone therapy for both men and women.

Suzanne Somers and The Real Housewives of Beverly Hills.
Is it possible to Live Forever? Live to 110?

Health guru Suzanne Somers, made an appearance on RHOBH tonight. How does she look so good and feel so good at age 66? She has discovered Bioidentical Hormone Replacement (BHRT). She has found the new way to age. Not to just accept the inevitable and go away quietly, but to go kicking and screaming! Life is beautiful and precious and we owe it to ourselves and loved ones to not do anything less. BHRT or natural hormone therapy is a safe, logical and easy way to promote vitality and live the lifestyles we worked all our lives to obtain.

Hormone therapy suffered a black eye after studies linked synthetic hormones to certain cancers and heart disease. The traditional way of hormone therapy was to perform one blood test to confirm a patient was in menopause. Then based solely on symptoms (ie; hot flashes), women were placed on huge doses of synthetic hormones. These hormones were dirty, they contained many other types of the hormone that had the bad effects seen by the studies. They were also typically given orally, which created even more problems as they were metabolized by the liver. To make matters worse, they were never stopped or adjusted. As long as the symptoms were gone, they were continued!

So how is BHRT different? For one, the hormone levels in your body are actually measured to see what needs replacement. Salivary testing allows an easy way to see what the tissues are seeing in terms of hormones. Blood tests cannot do this. Armed with this information, a customized treatment plan can be made that is based on symptoms and the hormones that are lacking. The bioidentical hormones are from natural sources and cannot be patented by the drug companies. Specialized compounding pharmacies make these hormones in different delivery systems. Typically, creams are used that get absorbed directly into the bloodstream and avoid metabolism by the liver. The smallest does possible as well as only specific subtypes of each hormone are prescribed. Subtypes of the hormones known to be harmful are avoided.

So what can BHRT do for someone like Suzanne Somers? The hormones treated including estrogen, progesterone, testosterone, cortisol, DHEA and thyroid have critical roles in health. They regulate metabolism and energy levels, libido and sexuality, fat distribution and weight loss, muscle mass and even thinking! As a result, imbalances of these hormones can have many harmful effects on the body.

The goal is to not only replace deficient hormones, but to adjust the ratios of these hormones to each other. These hormone balances are as critical to restoring health and preventing side effects. Typically, levels are retested every 3 months until the levels and symptoms are stable.

For those experiencing PMS, menopause, andropause symptoms or unexplained weight gain, fatigue, hot flashes, loss of libido, loss of muscle or cloudy thinking, [Bioidentical Hormone Therapy](#) may be worth a shot.. It is as easy and safe as ever. Lawrence Broder MD is an expert at natural hormone therapy. Free consultations are available at 1-800-509-9785 or info@belezamedicalspa.com.

Beleza Medspa is a physician owned cosmetic surgery and medical aesthetics practice with offices in Austin, Round Rock and Cedar Park, TX. They are among the leaders in smartlipo laser liposuction, fat transfer, Botox, Juvederm, DOT Therapy, photofacials, laser hair removal, chemical peels, zeronax, coolsculpting, bioidentical hormones and more!

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