



# Schnipper Chiropractic & Wellness Center

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## Feeling Your Best? Signs of Menopause? Perimenopause Weight Gain? Natural Bioidentical Hormones for Women



Millions of women in the United States are suffering from hormonal imbalance, whether it is early menopause, perimenopause symptoms, perimenopause weight gain, adrenal fatigue, menopause, or premenstrual symptoms (PMS). In many cases, bioidentical hormones are the solution.

The signs of menopause and related hormonal issues include:

- Weight Gain
- Hot Flashes
- Mood Swings
- Depression
- Low Libido
- Insomnia
- Fatigue
- Memory Loss
- Fibroids
- Endometriosis
- Premenstrual symptoms
- Vaginal Dryness

Hot flashes, night sweats, trouble sleeping and weight gain are the most common symptoms of hormonal imbalance as a woman ages. Perimenopause weight gain is often times misdiagnosed and is one of the first signs of hormonal imbalance. These signs of menopause or early menopause and related conditions are also connected to your stress levels, poor nutrition, lack of exercise and the environmental toxins your body is exposed to on a daily basis.

The Anti-Aging Institute of Florida's physicians use only bioidentical hormones, which are identical to the body's natural chemistry. The Anti-Aging Institute of Florida's expert physicians provide natural treatment plans that support women suffering the symptoms of perimenopause, menopause whether due to age or a hysterectomy, adrenal fatigue, and thyroid disorders by using bioidentical hormone therapy to live the best life possible.

Hormonal imbalances are the root of many chronic health problems and can increase your risk of serious disease. In women, the symptoms often first appear in perimenopause or menopause, when estrogen, progesterone and testosterone production begins to diminish.

The good news is that hormone losses and imbalances are correctable. Through the use of bioidentical hormones, women can not only be relieved of the symptoms, but also effectively protect themselves against osteoporosis and heart disease. And through supervised treatment, natural hormone replacement therapy can make women feel healthier, and younger than they have in years.

### The Anti-Aging Institute of Florida's Bioidentical Hormone Therapy Program

Your individualized treatment program includes:

- Highly Trained Bioidentical Hormone Doctors specializing in Natural Bioidentical Hormones for Women
- Comprehensive Hormone Level Testing including Blood, Saliva and Urine
- Personalized Hormone Therapy Programs – Matching Solutions with Symptoms
- Thorough Analysis of Lab Results, Symptoms, Medical, Family and Personal history
- Quality Compounded Hormones and Pharmacy-grade Supplements
- Nutritional Guidance and Support
- Customized Women's Health and Fitness Programs

### Testing with Comprehensive Symptoms are critical factors for success.

To determine your hormonal needs, The Anti-Aging Institute of Florida's physicians thoroughly evaluate your symptoms using state-of-the-art diagnostic tests, such as, saliva, urine and/or blood tests to determine your hormone levels and your unique bioidentical hormonal needs. After starting bioidentical hormone therapy, The Anti-Aging Institute of Florida's physicians will monitor and re-evaluate your hormone levels, meeting with you, to insure that they are maintained at their optimum balance.