

Four Rules For Hormone Balancing Therapy

1) **Identify the missing hormones.** A corollary to this rule is do not take hormones that are not missing. Blood work is not the only way to identify missing hormones. Understanding the physiology of the human body is another way to identify hormone levels that are low or missing. You need to know that some labs do not run hormone levels well. You do not have to wait for a hormone to be missing completely before starting to replace it. However, it is a lot easier to do hormone balancing therapy when the hormone is completely missing.

2) **Replace the missing hormones with the same (identical) hormones.** This sounds like a very obvious rule, but this is the rule that we feel is broken the most. A good example of this is when Premarin (Equinol) is prescribed in a post-menopausal woman when Estradiol is the missing hormone. Equinol is not the same as Estradiol. Another name for using the same hormone is bioidentical hormone replacement therapy.

3) The third rule is about **how to replace the hormones that are missing.** The way that we go about Hormone Balancing therapy is to mimic the normal physiology of the body. We strongly feel that the human body was designed correctly and that we should continue to follow the blueprint of physiology. In the case of replacing estradiol and progesterone, we must follow the normal menstrual cycle.

4) Last, but not least, is **tracking.** Tracking means to follow the effects of the hormone balancing therapy. In the case of a menopausal woman, things that are tracked include her feeling of well being, bone mass, cholesterol levels, and if a woman still has her uterus, her monthly withdrawal bleeding from cycling with hormones. Along with this, hormone levels themselves can be measured from blood tests. (Remember, not all labs have accurate hormone tests.)