

Dr. Amauri Caversan Wellness Centre offers [Bio-Identical Hormone Replacement Therapy](#) in Toronto. Contact now for more info (416) 922-4114



Bio-Identical Hormone Replacement Therapy

Bio-identical Hormone Replacement Therapy (BHRT) is the therapeutic use of hormones that have the exact same molecular structure and function as hormones produced naturally in our bodies. These “biologically identical” hormones can be highly effective in relieving and treating the symptoms of hormonal imbalance or deficiency. For both women and men alike, hormone levels can be optimized naturally to improve life quality.

As we age, our hormone levels begin to decline. Environmental chemicals can also affect our ability to maintain optimal hormone levels. These hormonal imbalances are especially prevalent in perimenopausal, menopausal, and post-menopausal women.

Symptoms of hormonal imbalance or deficiency can include:

- low sex drive
- loss of bone or muscle mass
- infertility
- hot flashes
- night sweats

- depression
- moodiness
- weight gain or difficulty losing weight
- acne
- fatigue / sluggishness
- insomnia
- memory loss
- difficulty concentrating/ brain fog
- joint pain/stiffness
- headaches / migraines
- anxiety / panic attacks
- heart palpitations
- urinary incontinence
- vaginal dryness
- excessive sweating
- bloating / water retention
- heavy/ painful/ irregular periods
- early or difficult menopause
- aging skin
- thyroid issues
- hair loss or thinning hair
- abnormal hair growth

In women, complications related to hormonal imbalance can include:

- low bone mineral density
- recurrent miscarriages
- fibroids
- endometriosis
- ovarian cysts
- polycystic ovarian syndrome
- fibrocystic breasts

Bio-identical Hormones are created from vegetable products like soy or wild yam plant sterols. They include estradiol, estrone, estriol, progesterone, pregnenolone, thyroid, DHEA. Synthetic hormones, by comparison, are not identical to the body's own hormones, and as a result, may produce harmful metabolites in the body. To avoid the adverse side effects and long-term health risks (including breast cancer and

cardiovascular issues) associated with synthetic hormone replacement therapy (sHRT), Bio-identical Hormones can be used as an effective alternative.

Since Bio-identical Hormones are anti-inflammatory, they also have added overall health benefits, including anti-aging (skin, hair and nails), as well as improved energy, sex drive, cognitive function, memory, and weight management. Bio-identical Hormone Replacement therapy can also reduce the risks of high cholesterol, osteoporosis, heart attack and stroke.

Rather than simply replacing hormones, our goal is to re-establish optimal hormonal levels, as well as support the body's ability to maintain a proper balance on its own. The first step is assessing patient symptoms and health history, and then conducting laboratory tests (usually blood and/or saliva) to determine patient hormone levels. Our health practitioners will also take into account lifestyle factors like stress, nutrition and physical activity which play a significant role in hormonal health. After a thorough evaluation, we will develop a customized, bio-identical hormones treatment plan, in combination with diet, supplements, and herbs to help balance your hormones naturally.

Schedule a complimentary introductory 15-minutes meeting for your queries info on Bio-Identical Hormone Replacement Therapy, visit or call the clinic at:

Dr. Amauri Caversan ND
1200 Bay Street #1102
Toronto, Ontario M5R 2A5
(416) 922-4114

<https://dramaurinaturopath.com/>

<https://plus.google.com/+DrAmauriCaversanND>

[bio-identical hormone replacement therapy Toronto ON](#)

[bio-identical hormone replacement therapy near me Toronto ON](#)

[bio-identical hormone replacement therapy toronto Toronto ON](#)

[bio-identical hormone replacement therapy canada Toronto ON](#)

[bio-identical hormone replacement therapy doctors Toronto ON](#)

[bio-identical hormone replacement therapy doctor near me Toronto ON](#)

[bio-identical hormone replacement therapy treatment Toronto ON](#)

[bioidentical hormone replacement therapy providers near me Toronto ON](#)
[bio identical hormone replacement therapy services Toronto ON](#)
[bioidentical hormone replacement therapy weight gain Toronto ON](#)
[bioidentical hormone replacement therapy weight loss Toronto ON](#)
[bioidentical hormone replacement therapy for weight loss Toronto ON](#)
[bioidentical hormone replacement therapy \(hrt\) Toronto ON](#)
[bioidentical hormone replacement therapy hormonal imbalance Toronto ON](#)
[bioidentical hormone replacement therapy testosterone Toronto ON](#)
[bioidentical hormone replacement therapy injections Toronto ON](#)
[bioidentical hormone replacement therapy benefits Toronto ON](#)
[bioidentical hormone replacement therapy side effects Toronto ON](#)
[bioidentical hormone replacement therapy cost Toronto ON](#)
[bioidentical hormone replacement therapy does it work Toronto ON](#)
[bioidentical hormone replacement therapy what is it Toronto ON](#)
[bioidentical hormone therapy near me Toronto ON](#)
[bioidentical hormones near me Toronto ON](#)
[bioidentical hormones side effects Toronto ON](#)
[bioidentical hormones and weight loss Toronto ON](#)
[bioidentical hormones for men Toronto ON](#)
[bioidentical hormones cost Toronto ON](#)
[bhrt near me Toronto ON](#)
[bioidentical testosterone for females Toronto ON](#)
[male bioidentical hormone replacement therapy side effects Toronto ON](#)
[benefits of bioidentical hormones Toronto ON](#)
[can bioidentical hormone replacement therapy help with weight loss Toronto ON](#)
[what is bioidentical hormone replacement therapy Toronto ON](#)