

Back To You Integrative Medicine

Your Guide to Bioidentical Hormone Replacement Therapy (BHRT)

A Functional Medicine Approach to Restoring Balance & Vitality

What Is BHRT?

Bioidentical Hormone Replacement Therapy uses hormones designed to match the ones your body naturally produces.

At **Back To You Integrative Medicine**, BHRT is part of a **whole-body, root-cause approach** to supporting energy, mood, metabolism, and long-term wellness.

Your BHRT Journey With Back To You Integrative Medicine

1. Initial Consultation

Your journey begins with a comprehensive visit where we explore:

- Your symptoms
- Your health history
- Lifestyle factors (sleep, stress, nutrition, movement)
- Your personal wellness goals

This allows us to understand the deeper causes of your hormone imbalance and design a plan that truly supports *you*.

2. Comprehensive Testing

To get a clear picture of your hormonal health, your provider may recommend blood testing for:

- Estrogen
- Progesterone
- Testosterone
- Thyroid function
- Cortisol patterns
- Metabolic markers

Our goal is to create a plan that reflects your unique physiology.

3. Personalized Treatment Plan

Your BHRT plan at **Back To You Integrative Medicine** may include:

- Bioidentical hormones (cream, capsule, patch, pellet, or injection)
- Nutrition and lifestyle guidance
- Stress and sleep optimization
- Targeted supplements
- Gut and metabolic health support

We don't believe in one-size-fits-all care — your plan is tailored to your body and your goals.

4. Starting BHRT

Once your plan is finalized, you'll begin therapy at a carefully selected dose.

Most patients notice early improvements within a few weeks, with full benefits developing over 2–3 months.

5. Follow-Up & Monitoring

Your provider will check in regularly to ensure your therapy remains safe, effective, and aligned with your goals.

Follow-ups may include:

- Symptom tracking
- Repeat blood testing
- Dose adjustments
- Lifestyle and nutrition support

Your plan evolves as your body responds.

Benefits Patients Often Report

Many individuals experience improvements in:

- Energy and stamina
- Mood and emotional balance
- Sleep quality
- Libido and sexual wellness
- Mental clarity
- Hot flashes and night sweats
- Weight changes
- Overall sense of well-being

Every journey is unique, and we help you set realistic expectations.

Safety & Considerations

BHRT may not be appropriate for everyone. Your provider will review your personal risk factors and discuss potential risks, which may include:

- Blood clots
- Stroke
- Gallbladder issues
- Heart disease
- Breast cancer

Safety is always our top priority at **Back To You Integrative Medicine**.

Why Choose Back To You Integrative Medicine?

Our practice is built on:

- **Root-cause healing**
- **Personalized, integrative care**
- **Whole-body balance**
- **Lifestyle-centered wellness**
- **Long-term support and partnership**

BHRT is just one tool we use to help you return to feeling like *yourself* again.

Ready to Begin Your Journey Back to You?

We're here to guide you every step of the way.

Ask us about scheduling your consultation or learning more about whether BHRT is right for you.