

## MONARCH MEDSPA – BIO IDENTICAL HORMONE REPLACEMENT TREATMENT INFORMATION ABOUT THE SERVICE / BACKGROUND

### **What is Menopause?**

What is menopause? The word “menopause” literally means “cessation of the monthly cycle.” It’s derived from the Greek words “meno” (month) and “pause” (cessation). Brought about by declining sex hormones, you’ve officially reached menopause after your last monthly cycle ends.

Men and women both go through hormone declines. As noted, in women this is called menopause. In men, it’s called andropause. Men and women each have their own recognizable symptoms, and both are easily treatable and reversible.

The problem with treating these conditions lies in the bungling manner in which mainstream medicine handles the therapies, and its failure to recognize safe and completely natural treatments. This has resulted in massive confusion in the media - resulting in skepticism by the general public of any treatment method - whether mainstream or natural.

### **Declining Ovarian Hormone Production Causes Menopause**

A woman’s ovaries, the key to menopause, produce several sex hormones: Estrogens, progesterone and testosterone. One might say the ovaries are the key to everything – creating life and making hormones that make sure the life-creation process is intact.

Hormones control every physiologic process within your body. We cannot function without them. When hormones decline – so do our bodies. In the natural course of human life, hormone production of all types peaks at the age of 25 in both men and women.

After that, the decline is about 1% – 3% annually. By the time you reach 40, hormone production has already fallen off 15% - 45%. Although the average age of menopause (the final monthly cycle) is age 51, it takes decades of declining hormone production to get there.

### **Peri-Menopause**

This transition of normal monthly cycles to complete cessation of cycles is called peri-menopause.

For most women, early symptoms of peri- menopause start to appear in the late 30’s. However, it is in the 40 – 50 age groups where significant symptoms take place.

Over time, it’s the estrogen deficiency which produces the most significant symptoms we normally associate with menopause.

## **Surgical Menopause**

Sudden, rapid removal of the ovaries by surgery can cause immediate menopause. This surgical removal of the ovaries is called an “oophorectomy.” Severe menopausal symptoms appear virtually immediately. Within 24 hours afterwards, the woman is facing her first major bouts of hot flashes and night sweats.

At one time, oophorectomies used to be commonly performed in conjunction with hysterectomies. Fortunately, this is no longer the case.

A hysterectomy, removal of the uterus only, will not by itself cause surgical menopause. But because the ovarian artery is frequently affected by this procedure, women often experience partial damage to their ovaries, thus accelerating ovarian decline.

## **The Major Symptoms of Menopause:**

1. Hot flashes
2. Night Sweats
3. Vaginal Dryness

The most dramatic symptoms associated with menopause are the trio of hot flashes, night sweats and vaginal dryness. All three of these symptoms are caused by estrogen deficiency. There are many more symptoms than these three, but these are the ones for which most women seek relief.

Hot flashes and night sweats can be major problems, extensively interfering with a woman’s life and the lives of those around her. She is intensely uncomfortable, and her responses to these distresses affect her loved ones as well. These symptoms can persist for years.

Vaginal dryness is not as dramatic, but aside from being intensely uncomfortable it can significantly affect her intimate life and enjoyment of sex as well.

## **Menopause Treatment Prior to 2002**

In the past, all these symptoms were treated quite successfully with synthetic estrogens sold under the name of Premarin. Frequently, Premarin was given in a combined form with a synthetic progestin under the brand name [PremPro](#).

For decades, Premarin was the mainstay medical treatment for the menopausal symptoms

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of hot flashes, night sweats and vaginal dryness. If vaginal dryness was the primary symptom, often a synthetic estrogen cream was used.

### Women's Health Initiative Study Explodes on the Scene

Then in 2002 a medical bombshell hit the news. The [Women's Health Initiative](#) released their study (WHIS), **exposing Premarin and PremPro as toxic drugs** that increased the risk for heart disease, strokes, blood clots, breast cancer and cognitive function (brain thinking).

**Since the results of the WHI study went public, sales of Premarin and PremPro declined by half or more.** Women were simply afraid (and rightly so) to continue taking these drugs. Women who stopped taking them were smart, because for the first time in decades the incidence of breast cancer dropped significantly.

However, women were saddled with a significant problem: The only mainstream treatment that successfully reversed menopausal symptoms (Preamarin and PremPro) were no longer considered safe. So women took nothing instead – and suffered miserably with their uncontrollable symptoms.

At that time doctors and women didn't understand why synthetic hormones caused the adverse effects noted by the WHI study. In fact most doctors still refuse to accept the actual scientific explanation explained below.

### Synthetic, Non-Human Hormones vs. Natural (Bio-identical) Hormones

Why are Premarin and PremPro so dangerous? Because they are synthetic, chemically altered hormones having estrogen-like effects, but they're not bio-identical to what human estrogens should be.

**Drug companies take a real hormone (in the case of Premarin, from horse urine!), alter its chemical structure in a laboratory, mass produce it and give it to human females and tell them it's "estrogen". Well... it's an estrogen if you are a chemically modified horse. The companies base their studies on horses and use horse urine in the production of this drug.**

PremPro is even worse. The altered estrogen component (the "Prem") is matched with a synthetic, chemically altered progestin (the "Pro"). So instead of one foreign chemical, they made it TWO foreign chemicals, doubling the toxicity.

Your body sees these chemicals not as hormones, but foreign invaders. So on the one hand, these drugs fool the body into thinking they are estrogens – and this is why your menopause symptoms disappear. But on the other hand – there's a price to be paid: The long term adverse effects noted by the WHI study of 2002.

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### Why Create These Frankenstein Mimics At All?

Why do the drug companies make these synthetic, chemically altered drugs and try to pass them off as hormones? Answer -Because of national patent laws and the money to be made off of those patents.

By law in the US and most other countries, a natural substance such as the ones used in bio-identical hormone replacement therapy, cannot be patented. But a chemically altered, unique hormone that is not found in nature can be commercially protected. No one else can copy it or sell it, and this protects the developer from infringements. All prescription drugs are patented and therefore not natural - and all have adverse effects.

There is zero incentive for a big drug company to sell a natural product. Because of the cumbersome procedure and enormous expense to get FDA approval for a new drug, the big drug companies need a substance they can own the rights to so they can protect their investment.

By making a chemically altered hormone they can make billions in profits, and also use the power of the FDA to suppress or restrain any natural or bio-identical alternatives. Plus, since most doctors get their latest information directly from the big pharmaceutical companies, it's easy to control the flow of knowledge and facts about the true nature of these drugs.

### Bio-Identical Hormones are Successful and Safe

One might ask the question: If major menopausal symptoms are caused by a deficiency of estrogen, why not simply replace the deficiency with REAL, **NATURAL ESTROGEN** – the same substance your body makes by itself? Will this reverse the problem?

The answer is a resounding: **YES!**

The simple administration of bio-identical estrogens and other natural hormones completely reverses all the major symptoms of menopause.

The best parts? It only takes a short time for this therapy to work – and it's completely safe.