



## **Naturopathic Doctor In Toronto Stresses Importance Of Hormone Optimization**

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Dr. Amauri Caversan, ND of the Dr. Amauri Wellness Centre based in Toronto, Ontario, Canada, has announced that they want to stress the importance of hormone optimization. The naturopathic doctor in Toronto points out that hormones are vital chemical messengers in the human body that ensure the important functions work in synchrony. When there is a hormone imbalance, various symptoms appear. That is why Dr. Amauri Wellness Centre offers hormone replacement therapies, such as Bio-identical Hormone Replacement Therapy (BHRT) and Testosterone Replacement Therapy (TRT).

Dr. Amauri, ND says, "Hormones affect your reproductive cycles, sexual function, and your development and growth. They control your current mood and sleep; and are in charge of how you cope with stress and how your body breaks down food. In short, hormones are in charge of nearly every major system in our body. Have you started experiencing night sweats, mood swings, hair loss, poor sleep, depression, weight gain that's been hard to lose, irregular menstrual cycles, acne, poor memory or low energy? If you've been experiencing any of the above, your hormone levels may be unbalanced. Hormonal imbalances arise when there is too much or too little of a hormone in the bloodstream."

During menopause, a wide range of symptoms can occur and indicate that there is female hormone imbalance. The most common symptoms that are caused by hormonal imbalance include changes in sensitivity to cold, blood pressure changes, difficulty sleeping, changes in heart rate, mood swings, dry skin and rashes, anxiety and depression, bone loss, frequent thirst, blurred vision, weight gain or weight loss that's hard to explain, low sex drive, bloating, thinning hair, infertility, puffy face, urinary incontinence, excessive sweating, changes in blood sugar concentration, and breast tenderness.

Services offered by the Dr. Amauri Wellness Centre, such as BHRT and TRT, may help in alleviating the above-mentioned symptoms of hormone imbalance. BHRT, which is also known as bio-identical hormone optimization, may help in hormonal imbalances, andropause and menopause. Synthetic hormone treatments may create harmful metabolites but bio-identical hormones are obtained from plant products. Bio-identical hormones are chemically identical to those that are produced by the human body and are therefore considered to be more natural than synthetic hormones.

For women experiencing menopause, BHRT may help in: improving mental clarity and memory; reducing hot flashes and night sweats; improving sex drive; reducing wrinkles by increasing the amount of elastin and collagen; improving sleep; increasing energy levels; and reducing the risk of osteoporosis by boosting bone mass and bone density. It should be noted, however, that the results of BHRT may vary because of the person's genetic makeup and lifestyle. For some, the results become evident in a short period of time. But for others it may take longer. Also, there are possible side effects, such as bloating, acne, mood swings, fatigue, weight gain, and increased facial hair.

Meanwhile, for men, many studies have shown that low testosterone is linked to an increased risk of obesity, diabetes, and cardiovascular disease. Testosterone deficiency, according to Vancouver endocrinologist Dr. Richard Bebb, is experienced by 40 percent of men who are over the age of 45. Symptoms of low testosterone include: low sex drive; prostate issues; decreased muscle mass; weak or absent erections; inability to have orgasm; premature ejaculation; enlarged prostate; frequent urination; depression; sleep issues; fatigue and anxiety; cognitive issues; reduced mental clarity; weight gain and increased fat, particularly abdominal fat; lack of motivation and drive; and mood swings.

TRT may help in increasing muscle mass; restoring sexual function; and boosting mood, sleep, and energy. The men's health program at the Dr. Amauri Wellness Centre includes TRT, optimum health and disease prevention. These may help in enhancing health and wellness, libido, energy levels, vitality, and cognitive health.

Dr. Amauri Caversan BSc., N.D., is a naturopathic doctor specialising in bio-identical hormone replacement,

acupuncture, cold Laser therapy, detoxification, intravenous therapy, lab testing, naturopathic medicine, pain treatment, thyroid replacement therapy, shockwave therapy, and weight loss.

Nurse Practitioner Arv Buttar, NP, who studied ?Mastering the Protocols for Optimization of Hormone Replacement Therapy? under the tutelage of Dr. Neal Rouzier M.D. of WorldLink Medical, a renowned BHRT expert. Together, their hormone replacement therapy program which utilizes many Naturopathic principles aims to help woman and men restore their hormones to an optimum level with as little side effect and best result as possible.

Dr. Amauri Wellness Centre is located in Toronto, Ontario in the heart of Yorkville. Those interested in the services of the naturopath Toronto ON clinic can visit the Dr. Amauri Wellness Centre website or contact them by phone or by email.

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### **Dr. Amauri Wellness Centre**

*Dr. Amauri Wellness Centre is consist of wellness practitioners that are committed to helping you achieve optimum health, well-being, and over-all quality of life. Our team is lead by a Naturopathic Practitioner in Toronto, Dr. Amauri Caversan, ND.*

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