



Naturopathic Doctor In Toronto Publishes Report on Bioidentical Hormone Replacement Therapy

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Annex Naturopathic, a naturopathic health clinic in Toronto, has announced that they have recently published a report on bioidentical hormone replacement therapy (BHRT). BHRT is a treatment for hormone imbalances that come in a variety of forms, such as topicals, injections, or patches. It is designed to help the body regulate its hormone level to attain balance. The difference from the traditional hormone replacement therapy is that BHRT makes use of bioidentical hormones, which have been ensured to be chemically identical to the hormones that are naturally produced by the body. They are often compounded using plant estrogens, which is in contrast to the synthetic hormones used in the traditional hormone replacement therapy.

Dr. Tanya Lee, ND, a naturopathic doctor in Toronto and co-founder of Annex Naturopathic, explains, "Bioidentical hormone replacement therapy is a natural treatment option with a variety of different benefits, especially if you're suffering from a condition that impacts your body's hormone production. When your hormones are imbalanced, you will feel the repercussions in numerous ways, from your brain to your musculoskeletal, immune, and reproductive systems."

The article also describes the common uses for BHRT. These include: prevention of osteoporosis; treatment

for fibromyalgia; reduction of insulin resistance; and reduction of the symptoms of menopause.

Osteoporosis may be due to age, menopause, or hyperthyroidism. Menopause can be a significant contributor to osteoporosis because of fluctuating hormone levels that result in the loss of bone mass. Estrogen replacement therapy has been approved for the prevention of osteoporosis, which means that women over the age of 40 who are undergoing menopause, can use this therapy to ensure that their bones remain strong and healthy.

Meanwhile, patients with fibromyalgia are turning to BHRT for treating the pain and fatigue symptoms. Hormones like progesterone, have been found to be capable of reducing inflammation, which can reduce the overall pain levels. For people with fibromyalgia, they can consult with a naturopathic doctor for the development of a specific treatment plan that is customized for them and able to reduce the symptoms of fibromyalgia. People can check out the Annex Naturopathic clinic if they need to consult with a naturopath. They may also want to check out their Yelp page at <https://www.yelp.ca/biz/annex-naturopathic-clinic-toronto>.

BHRT may also be used to regulate insulin resistance. Insulin resistance means there is a problem with regards to the communication of the hormone insulin with the cells of the fat tissue and muscles. The result is that glucose is unused and remains in the blood stream, causing health problems. Insulin resistance also often results into high blood pressure, being overweight, and high levels of triglycerides in the blood. BHRT can help with insulin resistance because it can help the body regulate hormone levels and enhance insulin sensitivity.

And finally, BHRT can be used to minimize the symptoms of menopause. Women undergoing menopause often suffer from uncomfortable symptoms, such as hot flashes, sleep issues, chills, weight gain, mood changes, vaginal dryness or discomfort, and thinning hair. BHRT can help minimize those symptoms by providing bioidentical hormones as the body drastically reduces its production of estrogen, progesterone, and other hormones.

The team of integrative healthcare practitioners at Annex Naturopathic are well-experienced in providing treatment for various conditions, including immune system health, stress & fatigue, digestive disorders, and hormonal issues. They offer various kinds of treatment, such as classical osteopathy, acupuncture, specialized testing, clinical nutrition, BHRT, detox plans, functional diagnostic testing, naturopathic consultation, and vitamin therapy.

Some of the conditions they are able to treat include: allergies, cardiometabolic health, cardiovascular conditions, children's health, chronic fatigue and stress, men's health, musculoskeletal health, and skin conditions.

Annex Naturopathic was founded in 2016 by Drs. Marnie Luck and Tanya Lee, who are both naturopathic doctors in Toronto. It is located in the Annex neighbourhood of downtown Toronto at Bloor and Bathurst.

Those who would like to know more about Annex Naturopathic can visit their website or contact them on the phone or through email. They can also check out their Apollo page at <https://www.apollo.io/companies/Annex-Naturopathic-Clinic/59ff1f15a6da98591cd5a211>.

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For more information about Annex Naturopathic, contact the company here: Annex Naturopathic Dr. Tanya Lee, ND (647) 624-5800 info@annexnaturopathic.com 572 Bloor St W Suite #201, Toronto, ON M6G 1K1

Annex Naturopathic

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