



IMPROVING YOUR HORMONE REPLACEMENT EXPERIENCE

Fortify Health Coaching

Unlocking the Power of Hormone Restoration in Perimenopausal Women

In the journey to optimal health and well-being, perimenopausal women often find themselves facing a complex puzzle. Hormonal changes during this phase can have a profound impact on metabolic health, leading to weight gain, insulin resistance, and a host of related issues. However, as advocates for female health, we firmly believe that Hormone Replacement Therapy (HRT) can be a vital tool in maintaining and enhancing metabolic health in an appropriate host.

As we navigate the challenging waters of perimenopause, one thing becomes abundantly clear: metabolic health is the cornerstone of our overall well-being. It's not just about fitting into that favorite pair of jeans or looking great in photos; it's about the deeper connection between our hormones and metabolic balance. HRT can be a game-changer, not only in preventing metabolic health decline, but also in promoting a vibrant and fulfilling life for perimenopausal women.

However, when embarking on your Hormonal Health journey there must be foundational pieces in place and addressed as HRT as an intervention is a responsibility and only as effective as the actions of the individual

Some Benefits of HRT for Overall Health

Maintaining Muscle Mass

As we age, preserving lean muscle becomes increasingly crucial. HRT can play a role in preserving muscle mass in conjunction with a weight training program, which in turn helps support metabolism and maintain a healthy body composition.

Cardiovascular Protection

HRT has been linked to potential benefits for heart health, including improved lipid profiles and reduced risk of cardiovascular disease. It's not just about metabolic health; it's about keeping your heart strong.

Neurological Protection

Cognitive health is a priority, and HRT may offer protective effects for the brain. Some studies suggest a reduced risk of cognitive decline and improved memory in women on hormone replacement therapy.

Bone Protection

Osteoporosis becomes a concern for many women during perimenopause and beyond. HRT can contribute to maintaining bone density and reducing the risk of fractures.

Metabolic Efficiency

HRT has been shown to improve insulin sensitivity when lifestyle and nutrition habits are being supported, reducing the risk of insulin resistance and type 2 diabetes. This is a significant advantage, as insulin resistance can be a stumbling block to health and a doorway to metabolic diseases.

HRT, when administered under the guidance of a knowledgeable healthcare provider, and supported with Nutrition and Lifestyle can be a powerful tool to not only prevent health decline but also enhance the quality of life.

What can impact Hormone Replacement Experience ?

Nutrition

- Ensure You are not being Undernourished via:
 - macronutrients
 - protein, carbohydrates, fats
 - micronutrients
 - vitamins, minerals
- Ensure food quality; reduce calorie dense processed foods
- Adequate hydration and mineral support

Alcohol Consumption and Smoking

- Eliminate if not reduce this as much as possible!
- Alcohol is a toxin stealing prioritization from your body's Hierarchy to metabolize
- Alcohol consumption alone (without any hormonal intervention) increases any risk for breast cancer. You want to reduce a major risk factor? Eliminate (or drastically reduce) alcohol and smoking

Digestive Health

- Having active infection or dysbiosis can negatively impact your experience. This should be discussed and a resolution should be outlined.
- Ensure you are hydrating your body consistently. Hydration aids in digestive health and overall body function. This includes adequate water and mineral status
- Digestive health for women especially is important with regard to cancer risk factors of those with poor digestive health and inflammation
- Having daily bowel movements.

Sleep

- Not prioritizing sleep can have a massive effect on your overall health including, but limited to, hormone production, stress, blood sugar regulation
- Having a proper sleep-wake cycle is the most underrated action to positively

	impact our systemic health, beginning with our brain.
Poor Thyroid and HPA Health	<ul style="list-style-type: none">• This includes micronutrient deficiencies , chronic stressors (sleep, nutrition, illness, etc), and digestive health, to name a few. You need to work on getting things into an optimal place.

Note: This is not an exclusive list

Why did your HRT (Hormone Replacement Therapy) experience not go well Previously?

- **You did not give it enough time.** With any hormonal change, give it a minimum of 8 to 12 weeks (context matters on timeline). We know it's hard, but you must allow things time to settle in. A discussion of potential symptoms and side effects should help you understand that everyone is an individual. It is likely that your provider will start you on a lower dose that will likely need to be increased. Hormones are affecting ALL areas of your body .
- **You were not seeing the appropriate provider :** You are receiving recommendations from someone who may have the ability to write prescriptions, but doesn't have the training or experience to follow through, outside of a general (perhaps old) guideline they received in their education. We have all sadly seen Ophthalmologists, Chiropractors, and even Botox clinics writing prescriptions for female hormones. We are not generalizing or attacking professions here, but you want a skilled and experienced medical provider throughout your journey. We also believe that as coaches, we should be working with your providers to ensure you, our clients, are supported from every direction.

Testing was not done: Testing is PARAMOUNT and NON-NEGOTIABLE. This is where it does get a bit nuanced. Yet another reason you want to ensure you have a skilled provider. We want to ensure that a client is within optimal health ranges for all the amazing protective benefits of HRT, however we must also listen to the client and how she feels. Sometimes this may be building confidence to continue forward. Another reason why working with a skilled and supportive team is critical.

Note: Testing *MUST* be done prior to beginning HRT as well as throughout your journey.

- **Comparing Yourself To Others:** Comparing your history and even intervention to your friend, relative, boyfriend, or husband. Their journey is not yours. Your goals and the journey to get there are yours alone. Those who you love can be a great support, but we caution with comparison, especially when it comes to suggestions on dosages and changes to your prescriptions. Please ensure you discuss any thoughts PRIOR to making changes with you health care team.
- **Poor Digestive Health:** You will hear this over and over and over again! We can not emphasize enough the importance of digestive health for everything, including hormonal health.
- **The Rationale For Needing HRT Was Misplaced:** Sadly, the number of women we have worked with who pursued HRT, namely a Testosterone pellet, for weight loss is honestly staggering. HRT is not a fat loss pill/patch/injection treatment. Although having hormones that are optimal and supportive can absolutely aid in your body composition improvement efforts, HRT are not weight loss drugs.
- **Life Foundations were not in place:** if you go to your Provider and the first recommendation is HRT and there has been zero discussion on consistency with sleep, nutrition, hydration, stress management, digestive health ... RUN AWAY QUICKLY! Having someone who knows that these things are necessary to support you is crucial. Do you want to go from feeling bad to horrible? Starting any medication, let alone HRT while having sluggish liver pathways and poor gut health will likely yield a sub-optimal outcome to say the least.

If you are looking for guidance with your hormonal health journey please contact us at **info@fortify-health.com**. We offer 1-on-1 Coaching and Consultation Services, and specialize in helping people optimize their internal health.



DISCLAIMER: The contents of this document should not be taken as medical advice. It is not intended to diagnose, treat, cure, or prevent any health problem - nor is it intended to replace the advice of a physician. Consult your physician on matters regarding your health.