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The Road to Wellness

Natural Hormone Replacement

By Janet Berg

If you're feeling constantly exhausted, it might not be all in your head. According to Dr. Bruce Worrell of the Center for Optimal Vitality in Mason, symptoms of energy drain, poor focus, depression, decreased exercise tolerance, weight gain in spite of exercise, osteoporosis and decreased libido could be a hormonal imbalance.

Hormone shifts can also affect your cholesterol and more, including inflammatory diseases, heart attack, stroke and Alzheimer's. As we age -- and this process can start sooner than we think -- we have a decrease in hormone production, which takes us out of balance. Without normal levels of hormones, which regulate and stimulate many organ systems, our health and quality of life as we age declines.

Worrell says that Bio-identical Hormone Replacement Therapy (BHRT) can actually recreate the physiology we had in our twenties and thirties and possibly even protect us from breast cancer and osteoporosis.

Having always had an interest in preventative medicine, he began studying anti-aging. Helping his patients live longer and healthier without taking a lot of medicine became his goal and his passion.

Worrell was led to and taught by Dr. Gino Tutera, an eminent gynecologist who had spent many years studying BHRT in his own practice and developing the SottoPelle system (www.sottopelletherapy.com). This efficient hormone delivery system, Worrell's therapy of choice, far surpasses the use of creams, shots or pills -- which are not as predictable and have to pass through the liver first before being absorbed into the bloodstream.

Treatment begins with a medical history and blood test to measure your current level of hormones and determine your level of need.

Tiny pellets, made by a local compounding pharmacist and derived from the natural plant sources of yam and soy, are made into the exact likeness and potency of your original hormones and implanted under the skin to be absorbed directly into your bloodstream. The pellets are a constant reservoir that your body can naturally draw upon for four to six months and are replaced as needed.

Your blood levels are checked at one month and at least yearly thereafter. The therapy and procedure are safe and painless.

Why haven't we heard more about this? After all, BHRT has been used successfully in the U.S. since 1939 and is used in England, Australia and other countries every day. Could it be political?

Perhaps it's because the completely natural ingredients in the pellets are not patentable and therefore not a huge moneymaker for the pharmaceutical companies. A natural product must be changed and made unnatural so it can be patented, you see.

For a new lease on life or further information, Worrell can be reached at 513-289-6034 or bworrell@optimalhc.net.

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