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Bio Identical Hormone Replacement Therapy or BHRT is one of the major reasons that most of the mature, or rather elderly women can lead a tension free life. Hormone Replacement Therapy is predominantly of three types- for menopausal women, male to female and female to male. But predominantly it is used by menopausal women who take in small quantities of estrogen and progesterone. Women who push nearer fifty find their monthly periods decreasing and they stop altogether.

There was a time when women were apprehensive about the bioidentical hormone replacement therapy but thankfully, doe to the spreading of awareness, this has reached out to more and more people. And they are coming about it openly instead of suffering in silence. Both of the above mentioned hormones also stop their production after menopause is reached but they are essential to keep a womanâ€™s body healthy, not only her reproductive system but also for certain other vital functions in the body.

However, it should still be mentioned that innumerable researchers still believe that the BHRT also poses the same risks as the CHRT, especially if used over a prolonged time period.. So what is basically evident here is that more than the therapies themselves, it depends upon the physician administering the patient to realize how beneficial is HRT.. And that again depends upon the physical capacity of the patient.

Sometimes any harmful side effects are not predictable and are beyond anybodyâ€™s control. So do opt for bioidentical hormone replacement therapy and feel the difference it makes to your health and lifestyle.

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For more information on a natural hormone replacement therapy, check out the info available online; these will help you learn to find the a bioidentical hormone replacement therapy!

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