



THE

i B O D Y™

BIOIDENTICAL
HORMONE PELLETT
THERAPY FOR WOMEN



NATURAL • EFFECTIVE • LIFE-CHANGING

In today's world, women seeking relief from the debilitating symptoms of PMS and Menopause are becoming increasingly aware of the vital link between hormonal balance and their health. Crucial hormones such as estrogen and testosterone form the foundation of a healthy female body and the experience of undesirable symptoms that accompany their loss often takes a physical and emotional toll, leaving women feeling listless, tired and depressed.

Bioidentical hormone therapy works with the body to correct these imbalances, bringing with it a rejuvenated state in which women feel healthy, sexy and vibrant throughout their entire lives.



WHAT IS BIOIDENTICAL HORMONE THERAPY?

It is an effective treatment that involves the painless insertion of bioidentical hormone pellets just beneath the surface of the skin. These pellets, measuring the size of a grain of rice, are all-natural, biological equivalents that work in partnership with your body 24/7, releasing a safe, measured dosage of hormones directly into the bloodstream whenever the body requires them. This enables a woman's body to control the release of hormones just as it did when her ovaries were functioning normally. Unlike other treatments that require careful monitoring and consistent application bioidentical hormone pellets work automatically, responding naturally to the body and providing an uninterrupted supply of hormones that contribute greatly to a woman's vitality and sense of well-being. There are no additional creams, pills, patches or injections to use and the benefits of treatment can last for up to six months.

WHAT ARE BIOIDENTICAL HORMONE PELLETS MADE FROM?

Bioidentical hormone pellets are derived from soy and other natural, plant based ingredients. Hand-compounded by pharmacists in accordance with the highest industry standards bioidentical hormones are biologically identical to the estrogen and testosterone produced by the female body. These pure, biologically equivalent pellets are produced without the use of animal ingredients, artificial stimulants or synthetic pharmaceuticals and are formulated to provide the female body with vital hormones it can no longer produce on its own.

WHY DO I NEED ESTROGEN?

Estrogen is the matriarch of women's hormones, governing sexual and reproductive development, regulating the menstrual cycle and affecting everything from external attributes like skin, bones and hair to vital systems such as the urinary tract, blood vessels, heart and brain. As such, maintaining optimal levels of estrogen is a key factor in promoting women's health and protecting against maladies like heart disease, Alzheimer's, osteoporosis and stroke.

WHY DO I NEED TESTOSTERONE?

Women typically possess only 10% of the testosterone levels found in men, but its role in women's health is still quite significant. Testosterone reduces the risk of cardiovascular disease and high blood pressure, prevents Alzheimer Disease, enhances mental clarity, alleviates depression, enhances libido, increases sexual drive, improves muscle tone and increases muscle mass. Women with low testosterone levels frequently complain of disorientation, weight gain, lack of libido and poor muscle growth.

HOW DO I RECEIVE MY TREATMENT?

Receiving bioidentical hormone therapy is a straightforward, single-visit process in which each minuscule hormone pellet is slipped painlessly just beneath the surface of the skin, usually in the hip area. A mild, local anesthetic is used and the procedure is completed in five to ten minutes. Bioidentical hormone pellets are long lasting, making repeat treatments a simple matter of visiting your physician just a few times per year. That's all!



WHAT CAN BIOIDENTICAL HORMONE THERAPY DO FOR ME?

Simply put, bioidentical hormone therapy can make you feel fantastic again! By directly addressing the underlying cause of hormone imbalance, women can experience swift relief from the chronic and debilitating effects of menopausal and post-menopausal symptoms. Treatment with bioidentical hormone pellets can restore women to the hormonal health, well-being and physiological state of their 30's! Imagine a healthy, sexual and re-energized state is no longer just a wishful dream. With bioidentical hormone therapy, the state of optimum health is now a reality.



BENEFITS OF BIOIDENTICAL HORMONE THERAPY:

- Reduced risk of cardiovascular disease and high blood pressure
- Prevents Alzheimer's Disease
- Prevents Osteoporosis
- Increases mental clarity, focus and ability to concentrate
- Improves memory, recollection is easier and automatic
- Enhances your libido and/or increases sexual drive
- Reduces fatigue and increases energy levels
- Promotes emotional stability and decreases feelings of anger, anxiety, and irritability
- Relieves nervousness and depression
- Increases vitality and creates a sense of overall well-being
- Gains in lean body mass and decrease in body fat
- Enhances capacity for getting in shape



ARE THERE ANY SIDE EFFECTS?

Side effects have been shown to be infrequent and minimal. Some women report transient breast tenderness for seven to ten days following their first treatment, but rarely after repeat treatments. Other rare side effects include the incidence of mild acne and some hair loss from testosterone therapy, both of which subside when treatment is discontinued. Facial hair growth is also rare and has been demonstrated to occur no more frequently than in post menopausal women with no hormones.

WHAT IS MY FIRST STEP?

Start by calling our office at (626) 593-5993 to schedule an initial consultation with Dr. Roberto Tostado. Our office will mail you a new patient registration packet and lab forms designed to help form your medical profile. At your initial consultation Dr. Roberto Tostado will conduct a thorough review of your past and current medical history, evaluate your current hormone levels, symptoms and lifestyle in order to determine a course of treatment that is best for you.



TESTIMONIALS



"For years I was unable to sleep through the night and began having hot flashes when I was 50. I was putting on weight even though my diet had not changed and I continued to work out. I had no sex drive whatsoever. I recommend bioidentical hormone pellet therapy over oral medications and creams. I now sleep better, have more energy, my memory has improved and my sexual desire has increased."

- Susan D.

"I suffered from vertigo, headaches, not sleeping, hotness, depression, low energy and low sex drive. I'm now happier and all of my symptoms are gone. I have more energy and my sex drive is back!"

- Lauren P.

"I experienced extreme mood swings including depression and anxiety. I have virtually stopped taking the antidepressants. With bioidentical hormone pellets, I have never felt better in my life."

- Dale D.

DR ROBERTO TOSTADO



Dr. Roberto Tostado has been a pre-eminent medical doctor for over 25 years. He is a Board Certified physician in Family Medicine, Regenerative Medicine and Anti-Aging Medicine. He is certified by the American Academy of Restorative Medicine and is currently a Fellow of Nutritional and Digestive Medicine. He has also received specialized training in stem cell harvesting and isolation techniques from US Stem Cell and has many satisfied patients from this new treatment.

His credentials include degrees from Columbia University, the University of Michigan Medical School and the USC Medical Residency at the California Medical Center. His multiple levels of medical education and years of personal medical practice treating many different ailments has lead him to be a renowned provider of many different medical modalities for his patients.

In 2005 he decided to begin his own practice in San Marino, California and chose the name iBody to reflect an emphasis on the total patient not just any one ailment. His successful approach toward treating the entire person has become well known and a welcome approach by his patients. Dr. Tostado and the iBody staff uses stem cell treatment, bio-identical hormone therapy, detoxification treatments and medically supervised weight loss treatments for thousands of patients with positive and life changing results. These therapies and treatments have stopped and/or reversed patients with low energy, metabolic issues, diabetes, high blood pressure and many other ailments formerly treated with only medication.

His many patient testimonials have shown how using these modalities his patients can change their own lives and begin a new and healthier lifestyle.



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