

BIOIDENTICAL
HORMONE REPLACEMENT
Therapy for Women



LOOK GOOD • FEEL GOOD • BE HEALTHY

AN INTRODUCTION TO BIOIDENTICAL HORMONE THERAPY

by Roberto Tostado, MD



We are living in a time where deterioration is the norm, and as a doctor I refuse to accept this notion for my patients. My vision is to restore balance through bioidentical hormone replacement to help restore vitality and wellness. Women can experience symptoms of fatigue, irritability, insomnia, depression, increasing body fat, and less energy even if they are not in menopause. The exposure to toxins in our foods and environment has decreased the ability to maintain normal physiologic levels of hormones in the body.

Low hormones were primarily a middle-age problem for women, but in our modern lifestyle of processed foods and high stress more women are feeling the impact of less hormone production and the symptoms that result. Over the years I have seen women that I have treated with BHRT regain their confidence, their vitality and their life.

Wishing you good health, vitality and happiness.

WHAT IS BIOIDENTICAL HORMONE PELLET 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 slightly bigger than 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 your 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 four to five months.

A grayscale photograph of a human hand, palm up, holding a small, white, cylindrical pellet. The background is a solid dark gray. The text is overlaid on the left side of the hand.

WHAT ARE BIOIDENTICAL HORMONE PELLETS MADE FROM?

Bioidentical hormone pellets are derived from 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.

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 hormonal 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 30s! A healthy, sexual, and re-energized lifestyle is no longer just a wishful dream. With bioidentical hormone therapy, a state of optimal health is now a reality.





BENEFITS OF BIOIDENTICAL HORMONE THERAPY

- Reduces 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 becomes easier and more automatic
- Enhances libido and/or sex 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 overall well-being
- Increases lean body mass and decreases body fat
- Enhances capacity for getting in shape
- Improves mood

FAQS

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 disease, 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's disease, enhances mental clarity, alleviates depression, bolsters libido and sex drive, and boosts both muscle tone and 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?

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!

Will it improve my energy levels?

Restoring proper levels of estrogen can not only help women feel energetic, and improve focus, memory, and mood, but they can also have stronger bones, healthier hearts, and glowing, more resilient skin. BHRT can help women relieve mood swings, PMS, weight gain, vaginal dryness, low libido, frequent bladder infection, osteoporosis, and heart disease.

Progesterone complements the effects of estrogen and can relieve mood swings, prevent weight gain, restore libido, and more. Testosterone can also be indicated to improve symptoms and help restore balance.

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 of testosterone therapy include mild acne and light hair loss, both of which subside when treatment is discontinued. Facial-hair growth occurs occasionally, but 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 a consultation with Dr. Roberto Tostado. Our staff will help you write your medical profile. During your appointment, Dr. Tostado will conduct a thorough review of your lifetime medical history, and evaluate your current hormone levels, symptoms, and lifestyle to determine your optimal course of treatment.



TESTIMONIALS

"With a family history of ovarian cancer, I opted for bioidentical vs synthetic hormones. Since the procedure, I have more energy and my mood swings are more stable. Most importantly, my hot flashes are gone and I'm able to have a restful night of sleep."

—Nellie R

"After my hysterectomy, intercourse was very painful, which put a strain on my relationship. After the pellet procedure, my natural desires returned, I no longer experience pain during intercourse, and my overall mood is much improved."

—Joan S

"I was suffering from insomnia, fatigue, weight gain, mental fog, and lack of energy. Within a week after the pellet therapy I was sleeping better. Within two weeks, my energy went through the roof. Weight gain is no longer an issue. I am so happy and feel amazing."

—Gina T

After getting testosterone pellet therapy from Dr. T I felt normal again. I regained my energy, became more focused and my sexual feelings towards my husband returned. As a fashion photographer I felt more creative and focused on my work.

—Michele L

ABOUT DR. TOSTADO

Dr. Roberto Tostado has been a preeminent medical doctor for over 25 years. He is a dual board-certified physician in Family Medicine, Regenerative Medicine and Anti-Aging Medicine; a Fellow of Nutritional and Digestive Medicine from the American Academy of Antiaging Medicine; and is certified by the American Academy of Restorative Medicine. With additional specialized training in stem cell harvesting and isolation techniques from U.S. Stem Cell, he is a nationally-renowned provider of these innovative treatments.

Dr. Tostado has degrees from Columbia University and the University of Michigan, with a USC Medical Residency at the California Medical Center in Los Angeles.

In 2005 he founded the iBody, his successful private practice in San Marino, California. He chose the name iBody to reflect his emphasis on treating the entire patient, not their ailments.

A widely sought-after health expert, Dr. Tostado dedicates his practice exclusively to preventive and regenerative medicine. He is one of a new breed of doctors pioneering a unique integrative approach to health and has led thousands of patients to improved, healthier lives. His patients fondly enjoy his attitude of ease, humor and continual inspiration.





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956 Huntington Dr | San Marino CA 91108 | 626 593 5993 | www.theibody.com