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## *Bio-Identical Hormone Replacement Therapy*

Hormones are an integral part of our lives. They help to regulate our body's natural functions and feelings. When our hormone balance tips in favor of one hormone or another, our body tells us about it by exhibiting an assortment of symptoms.

*Fibrocystic breast*

*Weight gain*

*Heavy/Irregular menses*

*Hot flashes*

*Dry skin/hair*

*Anxiety*

*Depression*

*Night sweats*

*Vaginal dryness*

*Headaches*

*Irritability*

*Mood swings*

*Breast tenderness*

*Cramps*

*Fluid Retention*

*Breakthrough bleeding*

*Fatigue*

*Loss of memory*

*Bladder symptoms*

*Arthritis*

*Harder to reach climax*

*Decreased sex drive*

*Hair loss*

*Sleep disturbances/insomnia*

If you are suffering from any of these symptoms, talk to your doctor about a possible solution.