

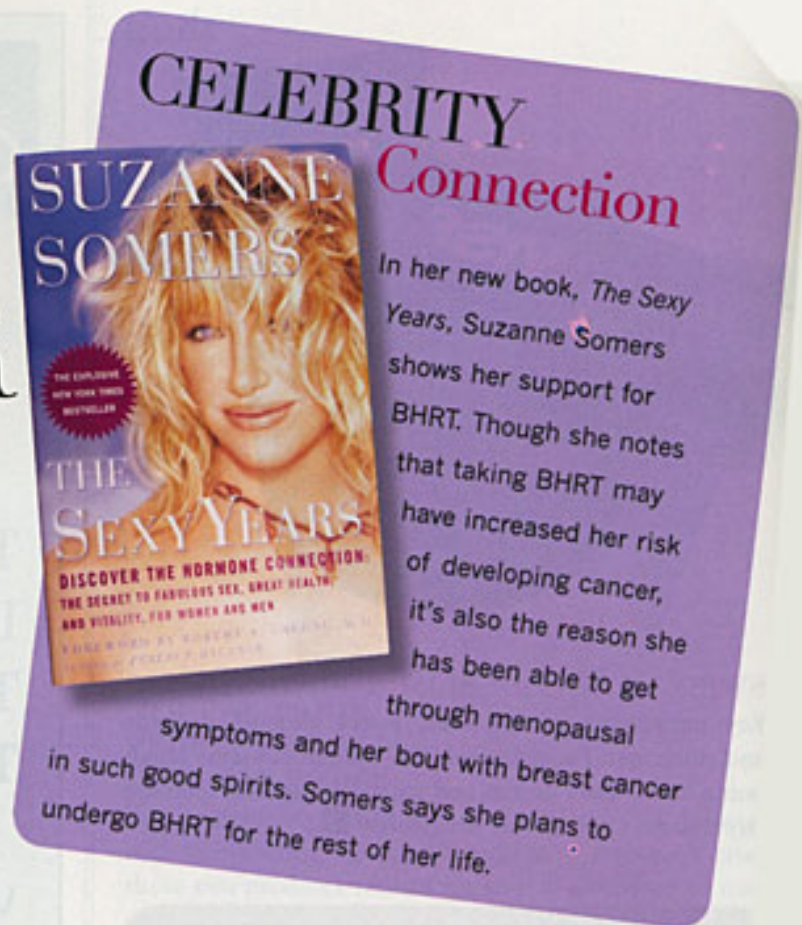
50+
and fabulous

FOREVER Young

Searching for that elusive fountain of youth? Bioidentical hormones may be the answer.

BY LIZ BRUCKNER

Want to feel 29 forever? The secret to maintaining a youthful appearance may lie with bioidentical hormone replacement therapy (BHRT), says Dr. Martin Braun, a cosmetic rejuvenation specialist in Vancouver. According to clinical studies, women's hormones are in perfect alignment at 29, making it the time you'll feel the best in your life. But as we age and approach menopause, estrogen levels decrease and progesterone increases. As a result, brain fog (forgetfulness), weight loss, mood swings and skin elasticity all take a turn for the worse. But Dr. Braun says these negative byproducts of the aging process aren't inevitable – or irreversible – thanks to BHRT.



RISKS AND RESULTS

In 2002, a Women's Health Initiative study of traditional hormone replacement therapy found that it caused an increase in the incidence of breast cancer, heart disease, stroke and blood clots in users. Though large studies have yet to be performed on the efficacy and safety of BHRTs, smaller studies have found no increase in clotting when compared with oral consumption. And a recent study at the University of Iowa found that of 100 volunteers undergoing BHRT, there was a 96 per cent approval rate. The study also found that 24 of the 37 menopausal symptoms showed marked improvement.

Source: Elevate, Winter 2005, p.74