

BIOIDENTICAL HORMONE THERAPY: UNDERSTANDING YOUR OPTIONS

WHAT ARE BIOIDENTICAL HORMONES?

Bioidentical hormones are molecularly identical to the hormones your body naturally produces, including estrogen, progesterone, and testosterone.

They are derived from plant sources and are designed so your body can recognize and use them naturally, unlike synthetic hormones which have different structures and may behave differently in the body.

WHY HORMONES MATTER

Hormones influence far more than symptoms. When balanced, they support:

- Bone strength and muscle mass
- Skin, hair, and collagen health
- Cardiovascular and vascular function
- Brain health, memory, and mood

Optimizing hormones supports long-term health and healthy aging, not just symptom relief.

A KEY PIECE MANY PEOPLE MISS

Hormones are important—but they are not always the root cause of how you feel.

If your body is stuck in a state of chronic stress (fight-or-flight), you may not feel the full benefit of hormone therapy—even if your levels are optimized.

The nervous system directly influences:

- Hormones
- Immune function
- Gut health
- Inflammation and healing

This is why some people feel dramatically better on hormone therapy, while others feel like it “did nothing.” Often, the difference is whether the body is in a state where it can respond.

At Balanced Body Functional Medicine, we address both:

- Hormone optimization
- Nervous system regulation

Support may include stress reduction, sleep optimization, and programs such as PrimalTrust or similar approaches. When the body is more regulated, it becomes much more responsive to healing.

HORMONE DELIVERY OPTIONS

There is no one-size-fits-all approach. The best method depends on your lifestyle, preferences, and medical history.

Transdermal Creams

Applied to the skin and absorbed into the bloodstream.

Pros: Adjustable dosing, non-invasive, bypasses the liver, can stop quickly

Cons: Daily use, transfer risk, variable absorption, possible skin irritation

Hormone Pellets

Small implants placed under the skin lasting 3–5 months.

Pros: Consistent levels, very convenient, no daily dosing

Cons: Minor procedure, cannot adjust dose, not ideal when starting

Injections

Given weekly or every 1–2 weeks.

Pros: Excellent absorption, precise dosing, adjustable

Cons: Requires needles, possible fluctuations, training needed

Troches (Lozenges)

Dissolve in the mouth.

Pros: Easy to use, non-invasive, adjustable

Cons: Much is swallowed, less predictable absorption, less effective overall

Oral Hormones (Pills)

Safe option:

- Oral progesterone (supports sleep and uterine health)

Avoid:

- Oral estrogen
- Oral testosterone

These pass through the liver first and can:

- Increase inflammation
- Raise risk of blood clots and stroke
- Negatively affect cardiovascular health

For this reason, we do not recommend oral estrogen or testosterone when safer options are available.

CHOOSING THE RIGHT APPROACH

Your plan is individualized based on:

- Lifestyle and daily routine
- Comfort with each method
- Medical history
- Health goals

We can adjust your approach over time as your body responds.

SAFETY AND MONITORING

- Hormone levels are monitored regularly
- Dosing is personalized
- Adjustments are based on symptoms and labs
- Oral estrogen and testosterone are avoided for safety

You are an important partner in this process.

OUR GOAL

Hormone therapy is one tool to help you:

- Feel better
- Function better
- Support long-term health and resilience