

T – Total Hormone Balance

As men and women age, hormone levels decline which can cause significant changes in the body, including low energy, weight gain, difficulty sleeping, and loss of libido. Hormone Optimization Therapy is used to replicate the body's natural hormone levels. Dr. Meehan firmly encourages therapies which mimic a youthful, healthy hormone pattern & structure to optimize your health. Mimicking our youthful hormone balance helps alleviate these symptoms while reducing the risk of many diseases associated with aging.

Hormone therapy done correctly helps men and women reduce the risks of many of the diseases associated with aging, including cancer, heart disease, osteoporosis, stroke and senility. The benefits include increased energy, weight loss, diminished difficulty sleeping and improved libido. Today, natural bioidentical hormone replacement therapy is an increasingly popular alternative to traditional (synthetic) hormone replacement therapy. Studies have shown the long-term health benefits of natural hormone optimization reduces the risks of the diseases associated with aging (i.e. cancer, heart disease, osteoporosis, stroke, and senility).

MINDSET™ - Seven Key Elements of Health & Longevity

