



Hormone Balancing

By Susan Bratton

Hormone Balancing

Dear Friend,

Thank you so much for choosing to read this little hormone ebook.

The very fact that you're taking action to discover more about your hormonal and sexual health tells me you're a pro-active forward-thinking person.

That's what it takes to step into a world of technological advancements that can change your life for the better.

Some folks shrug their shoulders and say, "It's just my hormones," as if there's nothing to be done with the changes that come with aging or other imbalances. But as we get into this topic a bit more, you'll realize that you can take control and work with your hormones, which is crucial if you want to optimize how your body and mind function.

That's why I'm super excited for you. And I know you are too.

When you have all kinds of sex techniques, tips, and communication methods things can get really interesting in the bedroom. Variety is, after all, the spice of your intimate life. I've made a living helping men and women from all over the world achieve the most passionate relationship they could possibly want.

However, if your overall health is problematic, your sex life will suffer as well.

When I talk about overall health, I'm talking about physical, emotional, mental, and sexual wellbeing. But for the purposes of this book, we're going to narrow the focus and talk specifically about your hormones.

HORMONES... IT'S KIND OF A BIG DEAL

Hormones aren't the end-all-be-all of your sex life, but they do play an important role. In fact hormonal balance vs. imbalance can mean a lush, adventurous, passionate sex life, or a dry, empty wasteland.

And I'm not just talking about testosterone for men and estrogen for women. There's a whole lot more to discover over and above these two.

Read this book and you will discover the other important hormones in your body that play a vital role in your sexual and emotional health.

I've interviewed several different types of doctors and experts to give you a wide variety of opinions.

Whether you want to do endogenous or exogenous hormone therapy, this book will give you the straight facts and make it easier to decide what's right for you.

Endogenous therapy means taking measures to help your body increase hormone production naturally, whereas exogenous means giving your body a little assistance to boost your hormone levels.

Some functional and integrative doctors are very big on exogenous hormone therapy. Most traditional and allopathic doctors haven't been trained in hormone replacement therapy, so they are generally more conservative.

Your hormones are part of what drives your libido, but they're not solely responsible for your sex drive. In fact, sexual desire is multi-faceted. Hormone replacement is helpful, but it's not a magic bullet cure for low libido.

That said, having enough hormones will help you stay healthy and maintain your sexual vitality as you age.

Now, before we proceed, there's something I really want you to understand. It's important to take ownership of your health and wellness. This is not about dipping your feet in to test the waters. It's about jumping in and learning to swim. Half-hearted measures will only give you half-hearted results. Getting a handle on your hormonal health is definitely worth the effort, so let's jump in.

NOTE: Every person is unique and therefore you should make your own decisions based on your needs and preferences. What I'm about is laying out various options so you can be fully informed and decide for yourself what's best for you.

HOW TO USE THIS BOOK

The information in this book is for both men and women. I've made sure to cover multiple topics so both you and your partner can easily get a thorough education on hormone replacement therapy without spending hours googling around and potentially wasting time and money taking advice from people who are misinformed.

I've arranged the book so you can quickly go to the sections of greatest interest to you. If you're exploring this topic with a partner and want to learn about Hormone Replacement Therapy for each other, I suggest you read from beginning to end to get a full picture of what's possible for you as a couple.

In this book, you'll hear the opinions of a variety of medical professionals: doctors who specialize in functional, integrative, naturopathic, allopathic and oriental medicine. I've also included insights from a couple of hormone coaches.

This book is a companion to a series of video interviews. For each subject covered, I will supply you with a link to the YouTube video where I discuss that topic. Feel free to skip to sections that are most relevant to you.

IMPORTANT: If you have any questions or comments whatsoever, please leave a comment *under the YouTube videos*. I make sure to read and respond to every single question or concern I receive.

We're going to cover hormonal birth control. The well known birth control method of using "the pill" is

actually a hormone manipulation mechanism. Taking birth control pills has a huge impact on a woman's natural ability to produce and manage her hormones, so it's an important topic to discuss.

Here are some of the other topics you'll learn about in the pages that follow:

- how to produce your own hormones
- how to measure the hormones in your body
- which tests to ask for so you get accurate readings
- the pros and cons of hormone replacement
- how to know if you have hormonal imbalances
- the risks, and advantages of hormone therapy
- non-hormonal contraception
- the negative effects of birth control pills
- testosterone and its effects on erectile dysfunction (E.D.)
- 5 causes and 8 effects of E.D.

You'll also discover the difference between "bio-identical" hormones and the traditional hormones your doctor prescribes. I want you to know the truth about pharmaceutical hormones and, more importantly, how bio-identical hormones are made and where to get them.

There's also information about:

- how hormones affect your sex drive
- what hormones have to do with loss of muscle mass
- how hormone imbalances can cause depression and sleep deprivation
- the best way to take estrogen.

You'll also get Dr. Glenn Wilcox's guiding principle with hormone replacement therapy. That sounds like a lot, but it all hangs together so you won't get overwhelmed. Promise!

Click on the links below if you want to skip ahead, or just read right through from beginning to end. I am 100% sure you'll find the information I've gathered for you in this book worth your while.

First off, here are a few basics you won't want to miss:

[Hormone Replacement Tips](#) *with Dr. Glenn Wilcox*

[Hormone Imbalance Symptoms](#) *with Dr. Jolene Brighton*

[How To Know If You Need Hormone Replacement Therapy](#) *with Dr. Glenn Wilcox*
Best Hormone Tests

If you're asking, "Should I consider getting Hormone Replacement Therapy? What's in it for me?" The following videos are definitely for you:

[Benefits Of Bioidentical Hormone Replacement Therapy](#)
with Dr. Glenn Wilcox

[Why Bioidentical Hormone Replacement Therapy Is Good For You](#) *with Dr. Glenn Wilcox*

Hormone Replacement Therapy has a lot of positives, but does it have some downsides? Here are the videos that will make everything clear for you:

[The Pros And Cons Of Hormone Replacement Therapy](#) with Dr. Glenn Wilcox

[Hormone Therapy: Risk VS Advantages](#) with Dr. Glenn Wilcox

If you're female (or have a female partner), these videos will explain everything to you:

[Hormone Imbalance Symptoms](#) with Dr. Jolene Brighton

[Hormone Replacement Therapy VS Birth Control Pills](#) with Dr. Jolene Brighton

[Non-Hormonal Contraceptives And Birth Control Options](#) with Dr. Jolene Brighton

[Non-Hormonal Contraception And The Fertility Awareness Method Explained](#) with Nicole Harlow of "Girl Meets Body"

[Hormone Replacement Tips](#) with Dr. Glenn Wilcox

[Why Bioidentical Hormone Replacement Therapy Is Good For You](#) with Dr. Glenn Wilcox

[Best Hormone Tests](#)

And if you're a guy (or have a male partner), these are the videos to watch:

[Low Testosterone - Signs, Symptoms, And Hormone Treatment](#) with Dr. Amy B. Killen

[Hormone Replacement Tips](#) with Dr. Glenn Wilcox

[Hormone Therapy: Risks VS Advantages](#) with Dr. Glenn Wilcox

[Why Bioidentical Hormone Replacement Therapy Is Good For You](#) with Dr. Glenn Wilcox

[How To Increase Testosterone Naturally](#)

[Best Hormone Tests](#)

What Is HRT (Hormone Replacement Therapy)?

Hormones are a major driver in brain function, memory, life satisfaction, lubrication, as well as vital for avoiding cancer and heart disease. Thank goodness we can improve our hormone balance in today's day and age!



In this video, I speak with Dr. Glenn Wilcox and discuss what bioidentical hormones are and compare them to regular hormones and “alien” hormones. We dig into the truth about pharmaceutical hormones, share the good news about bioidentical hormones and how they work in your body. You’ll also learn how bioidenticals are made and where to get them.

[Hormone Replacement Tips](#) ← **Click Here To Watch The Video**

But How Do You Know If Your Problem Is Related to Hormones?

Sometimes we just pass off signs and symptoms as part of aging, which doesn't help the problem one bit.

Feeling tired all the time? Can't get to sleep at night? Not feeling as "strong" as you did in days gone by? Maybe you're feeling grouchy or irritable throughout the day.



Whatever you're feeling, whether good or bad, the cause has a physiological component. Something is going on in your body. So it's smart to know what to look for so you can decide what to do next.

[Hormone Imbalance Symptoms](#) ← **Click Here To Watch The Video**

In this video, Dr. Glenn Wilcox and I discuss a few good reasons why you should look into HRT. We talk about what you feel physically, as well as symptoms you might not notice in the bedroom (or dismiss as “no big deal”) if you’re not in-the-know and well-informed.



Dr. Wilcox also talks about the 3 conventional ways to check your hormone levels, as well as the more advanced tests most doctors don’t do that could tell you whether or not HRT is carcinogenic for you. (For some people it is, but not everyone, so this test is super important!)

Finally, he also includes his “Gold Standard” when it comes to HRT.

[How To Know If You Need Hormone Replacement Therapy](#) ← **Click Here To Watch The Video**



Both men and women can improve their quality of life by keeping their hormones balanced throughout their lives.

We all need a combination of Testosterone, Estrogen, Progesterone, DHEA and Cortisol, as well as Thyroid.

Expect to tweak your hormone replacement plan as you age — by staying up with the latest information from the functional and natural medicine community — which is what I'm sharing here. These are the experts I keep track of because they always have their finger on the pulse and know about the latest research.

[Best Hormone Tests To Stay On Top Of Your Hormonal Health](#) ← Click Here To Watch The Video

Here's What You're Getting From HRT



In this video, Dr. Glenn Wilcox and I talk about the good things about HRT for health and sex, what you need to know about the 3 main sex hormones, and your options for HRT.

We also delve into Ancient Chinese methods for HRT, how it has changed over time, and who to speak with if you're interested in HRT.

Benefits Of Bioidentical Hormone Replacement Therapy ← **Click Here To Watch The Video**



For this next video, we talk about why you might want to replace your hormones, and how hormone imbalances can hurt your physical health, sex drive, and mood.

We also talk about why women should not take estrogen orally, and the best way to do it instead.

[Why Bioidentical Hormone Replacement Therapy Is Good For You](#) ⇐ **Click Here To Watch The Video**

The Ups And Downs

With all the good things that we're saying about Hormone Replacement Therapy, you may wonder, "What's the catch?"

In this next video with Dr. Glennn, we talk about the positives and negatives HRT.

We reveal why Hormone Replacement Therapy got a bad rap and what you can do to avoid the risks. You'll also learn about alternatives to so-called "alien hormones," the difference between prescription progestin and natural progesterone, side effects of traditional HRT, where the "Premarin" estrogen many doctors prescribe really comes



from, the bio-identical hormone solution to the "safety" issues, and a whole lot more.

[The Pros and Cons of Hormone Replacement Therapy HRT](#) ⇐ **Click Here To Watch The Video**

In this video, we discuss the latest updates with HRT, the better alternative to “alien” hormones, the difference between prescription progestin and natural progesterone, and side effects of traditional HRT.

We also then speak about the impact of the Women’s Health Initiative on HRT treatment, as well as the specific cancers known to be sensitive to bioidentical hormones.



You will see the next section applies to both the male and female sections of this book.

[Hormone Therapy: Risks vs. Advantages](#) ← Click
Here To Watch The Video

Both men and women can improve their quality of life by keeping their hormones balanced throughout their lives.

We all need a combination of Testosterone, Estrogen, Progesterone, DHEA and Cortisol, as well as Thyroid.

Expect to tweak your hormone replacement plan as you age -- by staying up with the latest information from the functional and natural medical research community - - which is what I'm sharing here.



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Ladies? How Do You Know You Need HRT?

Sometimes we just pass off signs and symptoms as “part of aging,” which is where the problem starts.



Feeling tired all the time? Can't get to sleep at night? Not feeling as “strong” as you used to be? Maybe you're feeling grouchy or floating throughout the day.

Whatever you're feeling, whether good or bad, is caused by something going on in your body. So it's smart to know what you need to look out for, and what to do next.

[Hormone Imbalance Symptoms](#) ← **Click Here To Watch The Video**

Check out my videos with Dr. Jolene Brighton, where we talk about the problem with using birth control pills, its ill-effects on a woman's hormone balance, and what to do to fix it.



If you need help with menopausal symptoms and your doctor is recommending birth control pills or synthetic birth control in any form (a patch, IUD, NuvaRing, implants, or the pill), it's a very short-sighted approach.

In this video, we talk about what women should do instead.

[Hormone Replacement Therapy VS Birth Control Pills](#) ← Click Here To Watch The Video

In the next video, we talk about non-hormonal contraception methods that are body-friendly and far better for your overall health and peace of mind.



These are alternatives to synthetic hormones that trick a woman's body into thinking you're pregnant so she doesn't ovulate. (What? Who ever came up with that idea?!?! How very twentieth-century!)

[Non-Hormonal Contraceptives And Birth Control Options](#) ← Click Here To Watch The Video

In this next video, I'm joined by my friend Nicole Harlow of "Girl Meets Body."



We're going to talk about the Fertility Awareness Method, which is a computer-based model that statistically projects your fertility.

We also discuss how it works for contraception, as well as what a woman's cycle is like, how it impacts her vaginal secretions, and what she should look for to know when she's fertile and when she's safe.

[Non-Hormonal Contraception And The Fertility Awareness Method Explained](#) ← **Click Here To Watch The Video**

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Hormones are a major driver in brain function, memory, life satisfaction, lubrication, as well as vital for avoiding cancer and heart disease. Thank goodness we can top up our hormones in today's day and age!



In this video, I speak with Dr. Glenn Wilcox and discuss what bioidentical hormone is compared to regular hormones and “alien” hormones. We also dig into the truth about pharmaceutical hormones, what bioidentical hormones do to your body, how they’re made, and where to get them if you want.

[Hormone Replacement Tips](#) ← **Click Here To Watch The Video**

For this next video, we talk about why you might want to replace your hormones, why you would want it, how hormonal imbalance hurts your physical health, sex drive, and mood.



We also talk about why women should not take estrogen orally, and the best way to do it instead.

[Why Bioidentical Hormone Replacement Therapy Is Good For You](#) ← Click Here To Watch The Video

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[Best Hormone Tests To Stay On Top Of Your Hormonal Health](#) ← **Click Here To Watch The Video**

Guys, If This Happens... You May Need To Get HRT



For this next video, I'm with Dr. Amy B. Killen. She is a specialist in regenerative medicine with expertise in erectile dysfunction. We talk about the big 3 misconceptions of hormonal replacement therapy.

We're also going to talk about testosterone, its role in a man's libido, why taking testosterone is generally good for men's health, as well as the symptoms of low testosterone. Then we'll go over some of the options for men who want to be proactive and advocate for their sexual health.

[Low Testosterone — Signs, Symptoms, And Hormone Treatment](#) ← **Click Here To Watch The Video**

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[Hormone Replacement Tips](#) ← **Click Here To Watch The Video**

Now if you've watched the videos, you may have already come across the term "bio-identical" hormones. What are bioidentical hormones, and what are "alien" hormones?



Is one better than the other? Should I be worried if I don't know about them?

Today's modern, toxic world is negatively impacting our hormone levels. This can lead to disease and dementia. But there are two kinds of hormones. Bio-Identical hormones and what Dr. Wilcox calls "alien" hormones. We talk more about them in the next video.

[Hormone Therapy: Risks vs. Advantages](#) ← Click
Here To Watch The Video

Insufficient Testosterone can lead to hardening of the arteries, blood clots and strokes, early death of cardiac cells (which can lead to heart attacks), inflammation, anxiety, depression, crankiness, increased risk of diabetes, memory issues, Alzheimer's, dementia, mitochondrial aging, low libido, loss of vitality, cancer (including more aggressive prostate cancer), and premature death. Yikes!

Here, we're talking to older men whose testosterone levels are on the decline. **Young men should not supplement testosterone** as it may reduce their body's ability to produce it. Older men can use bio-identical hormone replacement therapy to up their hormone levels. Dr. Lindsey Berkson, author of Sexy Brain says men feel best with levels around 700-800, if not closer to 1,000.

With today's toxic environment, fewer nutrients in our soil and food supply, and the stress of modern life, even young men are showing lowered testosterone levels. Overweight also lowers testosterone.

You will see the next section applies to both the male and female sections of this book.



In this next video, you'll learn about various options for increasing your testosterone levels naturally.

[How To Increase Your Testosterone Naturally](#)

⇐ **Click To Watch The Video**

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[Best Hormone Tests To Stay On Top Of Your Hormonal Health](#) ← **Click Here To Watch The Video**

WHAT'S NEXT?

How was THAT for a wild, informative ride!?!?

I hope you enjoyed and learned a lot from these videos. I had so much fun making them!

Now you know you have a wide variety of options to choose from.

If you're feeling tired all the time, can't get to sleep at night, not feeling like yourself, or your moods are jumping all over the place...

If you notice your sexual health and performance isn't what it used to be, you now know it's likely due to some imbalance in your hormones.

The good news is, you also know that there's hope and you can get everything back to the way it used to be, or at least the best it can be as you age. You now know there are a number of methods to safely and effectively bring your hormones back up to speed and in perfect balance so you can be your best self.

You can choose the endogenous hormone balancing route, which is to naturally balance your hormones from within. Or you can choose exogenous methods in the form of injections, pellets, creams, troques, and more. All of these methods are tested and proven for safety and effectiveness. You also know the pros and cons of hormone balancing, as well as the risks and advantages.

And of course, you now know the many ways you can test your hormones through urine, blood, and saliva tests that I showed you.

It's important you know about all these options because you have to be your own sexual health advocate. You have to be the one to know what you

need and what you don't. You need to know what you're getting yourself into, and how hormone balancing would change your life. Now you can walk into your doctor's office fully prepared, equipped with the knowledge to get what you need.

So with that, I wish you good luck on your sexual health. With the perfect balance of the right diet, regular exercise, and hormone balancing options, you truly can have a fulfilling, passionate intimate life well into your 70s and beyond.



To Intimacy And Passion,
Suz

Susan Bratton, *"Trusted Hot Sex Advisor To Millions" of lovers who crave lifelong intimacy and passion. As the Dear Abby of Sex, she has helped create and revive countless sex lives with her bestselling books and programs such as Relationship Magic, Sexual Soulmates, The Passion Patch, Revive Her Drive and her Steamy Sex Ed® Video Collection.*

For more insider tips, follow her on [Instagram](#) and subscribe to her [Better Lover YouTube](#) channel.