

can you lose weight on hormone replacement therapy

****Can You Lose Weight on Hormone Replacement Therapy? Exploring the Connection****

can you lose weight on hormone replacement therapy is a question that many people, especially those undergoing menopause or experiencing hormonal imbalances, often ask. Hormone replacement therapy (HRT) has become a common treatment to alleviate symptoms related to hormonal changes, but its impact on weight management remains a topic of interest and sometimes confusion. In this article, we'll delve into how HRT interacts with your body's metabolism, whether it can support weight loss, and what factors influence this complex relationship.

Understanding Hormone Replacement Therapy and Its Purpose

Hormone replacement therapy primarily aims to restore hormone levels that decline naturally, such as estrogen and progesterone in women during menopause, or testosterone in men with low levels. These hormones play a crucial role in regulating various bodily functions, including mood, energy, bone density, and metabolism. When hormone levels dip, people often experience symptoms like hot flashes, fatigue, mood swings, and changes in body composition.

Since hormones influence metabolism and fat storage, it's reasonable to wonder if HRT can assist with weight loss or at least prevent the unwanted weight gain that often accompanies hormonal shifts.

The Hormonal Impact on Weight

Hormones are chemical messengers that affect how your body uses energy, builds muscle, and stores fat. For example:

- ****Estrogen**** helps regulate fat distribution, typically encouraging fat storage in hips and thighs.
- ****Progesterone**** influences appetite and water retention.
- ****Testosterone**** promotes muscle mass, which can increase calorie burning.
- ****Thyroid hormones**** control metabolic rate.

When these hormones are out of balance, metabolism can slow, appetite might increase, and the body may store fat more readily. This is particularly common during menopause when estrogen levels drop, potentially leading to

increased abdominal fat.

Can You Lose Weight on Hormone Replacement Therapy?

The short answer is: it depends. Hormone replacement therapy itself is not a magic weight loss solution, but it can influence factors that affect your ability to manage weight.

How HRT Can Help With Weight Management

1. **Improved Metabolism:** Restoring hormonal balance may help normalize your metabolism. For example, estrogen replacement can counteract the metabolic slowdown that occurs during menopause, potentially making it easier to maintain or lose weight.
2. **Reduced Fat Accumulation:** Estrogen therapy has been linked to reduced abdominal fat gain in menopausal women, shifting fat storage from the midsection back to the hips and thighs, which is often seen as healthier fat distribution.
3. **Increased Energy and Activity:** By alleviating symptoms like fatigue and mood swings, HRT may help you feel more energetic and motivated to exercise, a critical component of weight loss.
4. **Preservation of Muscle Mass:** Testosterone replacement, particularly in men, can increase muscle mass, which boosts resting metabolic rate and supports fat loss.

Limitations and Considerations

While HRT can support weight management, it is not a standalone weight loss treatment. Several factors influence outcomes:

- **Individual Hormone Levels:** Everyone's hormonal balance is unique, so responses to HRT vary.
- **Type and Dose of Hormones:** Different formulations and dosages can have different effects on weight.
- **Lifestyle Factors:** Diet, exercise, sleep, and stress management remain fundamental to losing weight.
- **Potential Side Effects:** Some HRT types may cause water retention or increased appetite, which might mask fat loss or even lead to weight gain.

Exploring Different Hormone Replacement Therapies and Weight Effects

There are several types of HRT, each with its own potential impact on weight.

Estrogen and Progesterone Therapy

Most commonly prescribed to women during and after menopause, this combination aims to restore estrogen and progesterone levels.

- Estrogen therapy often helps reduce central obesity.
- Progesterone can sometimes increase appetite or cause bloating.
- The overall effect may be neutral or slightly positive for weight management if combined with healthy habits.

Testosterone Therapy

Used primarily in men with low testosterone or in women with specific hormonal needs, testosterone can:

- Increase muscle mass and strength.
- Enhance metabolic rate.
- Potentially reduce fat mass, especially visceral fat.

Thyroid Hormone Replacement

For those with hypothyroidism, thyroid hormone replacement is vital. An underactive thyroid slows metabolism, causing weight gain.

- Correcting thyroid levels often leads to weight stabilization or modest loss.
- It's not a weight-loss drug but helps restore normal metabolic function.

Tips to Support Weight Loss While on Hormone Replacement Therapy

If you're considering or already on HRT and wondering how to lose weight effectively, here are some practical tips:

- **Maintain a Balanced Diet:** Focus on whole foods rich in fiber, lean

proteins, healthy fats, and plenty of fruits and vegetables to support metabolism and satiety.

- **Incorporate Regular Exercise:** Strength training and cardiovascular workouts help preserve muscle mass and burn fat.
- **Manage Stress:** Chronic stress increases cortisol, a hormone that promotes fat storage, especially around the abdomen.
- **Get Quality Sleep:** Poor sleep can disrupt hormones regulating hunger and fullness, making weight loss harder.
- **Work Closely with Your Healthcare Provider:** Regularly review your hormone levels and therapy effects to optimize treatment and minimize side effects.

The Role of Lifestyle Versus Hormonal Therapy in Weight Management

It's important to remember that hormone replacement therapy can create a more favorable environment for weight loss, but it doesn't replace healthy lifestyle choices. Hormones are just one piece of the puzzle. Without a balanced diet and physical activity, weight loss will likely remain elusive.

Many people find that once their hormonal symptoms are better controlled, they have more energy and motivation to engage in healthier habits, which in turn supports weight reduction.

How to Monitor Progress

Tracking changes beyond the scale can be encouraging. Since HRT may help redistribute fat or increase muscle mass, your weight might stay stable while your body composition improves. Consider:

- Using body measurements.
- Noticing how clothes fit.
- Observing energy levels and physical performance.

Final Thoughts on Can You Lose Weight on Hormone Replacement Therapy

So, can you lose weight on hormone replacement therapy? The answer isn't

black and white. HRT can positively influence metabolism, fat distribution, and muscle preservation, thereby potentially aiding weight management. However, it's neither a guaranteed nor a standalone weight loss method.

Understanding how your hormones affect your body and combining HRT with healthy lifestyle habits creates the best chance for success. If you're struggling with unexplained weight gain or difficulty losing weight during hormonal changes, consulting an endocrinologist or a healthcare provider specializing in hormone therapy can provide personalized guidance tailored to your unique needs.

Ultimately, hormone replacement therapy may help tip the scales in your favor, but sustainable weight loss is a holistic journey that involves attention to your entire health picture.

Frequently Asked Questions

Can you lose weight while on hormone replacement therapy (HRT)?

Yes, it is possible to lose weight while on hormone replacement therapy, but it often depends on the type of hormones used, dosage, and individual factors such as diet and exercise.

Does hormone replacement therapy cause weight gain or weight loss?

Hormone replacement therapy can cause weight changes; some people may experience weight gain due to water retention or increased appetite, while others may find it easier to lose weight as hormones balance.

How does estrogen in hormone replacement therapy affect weight?

Estrogen in HRT can help regulate metabolism and fat distribution, which may aid in weight management, but its effects vary among individuals.

Can testosterone replacement therapy help with weight loss?

Testosterone replacement therapy can increase muscle mass and boost metabolism, which may support weight loss when combined with proper diet and exercise.

What role does progesterone in HRT play in weight management?

Progesterone can influence appetite and fluid retention, potentially affecting weight; however, its impact differs depending on the individual's hormonal balance.

Are there specific lifestyle changes recommended to lose weight while on hormone replacement therapy?

Yes, combining HRT with a balanced diet, regular physical activity, and stress management is recommended to effectively lose weight and improve overall health.

How long does it take to see weight changes after starting hormone replacement therapy?

Weight changes from hormone replacement therapy can vary, but some individuals may notice differences within a few weeks to several months after starting treatment.

Should weight concerns be discussed with a healthcare provider before starting HRT?

Absolutely. It's important to discuss any weight concerns with a healthcare provider before starting hormone replacement therapy to tailor treatment and set realistic expectations.

Additional Resources

[Can You Lose Weight on Hormone Replacement Therapy? An Analytical Review](#)

can you lose weight on hormone replacement therapy is a question that has garnered increasing attention as more individuals explore this treatment for managing hormonal imbalances, menopause symptoms, or gender transition. Hormone replacement therapy (HRT) involves supplementing or replacing hormones such as estrogen, progesterone, or testosterone, aiming to restore balance and alleviate symptoms associated with hormonal decline or dysregulation. However, the relationship between HRT and weight management is complex and multifaceted, with outcomes varying widely depending on individual physiology, type of therapy, and lifestyle factors.

Understanding whether hormone replacement therapy can facilitate weight loss requires unpacking the biological mechanisms at play, reviewing clinical evidence, and considering the broader context of metabolic health. This article offers a professional, evidence-based examination of this topic, providing insight for healthcare professionals, patients, and anyone curious

about the metabolic implications of HRT.

Hormone Replacement Therapy and Its Impact on Body Weight

Hormones play a pivotal role in regulating metabolism, fat distribution, appetite, and energy expenditure. When hormone levels decline—such as during menopause or andropause—it can lead to metabolic changes that favor weight gain, especially increased visceral fat accumulation. HRT is designed to restore hormonal balance, but how this translates into weight changes is not straightforward.

Some studies suggest that certain forms of hormone replacement therapy may help mitigate weight gain associated with aging and hormonal decline. For instance, estrogen replacement in postmenopausal women has been linked to a more favorable fat distribution profile, potentially reducing central obesity, which is a risk factor for cardiovascular disease and diabetes. Conversely, testosterone therapy in men with low testosterone levels may improve lean muscle mass and reduce fat mass, indirectly supporting weight management.

Yet, the question remains: can you lose weight on hormone replacement therapy, or is the effect more about preventing further gain?

Estrogen Therapy and Weight Management in Women

Estrogen significantly influences body composition. During menopause, estrogen levels drop sharply, often coinciding with increased fat accumulation around the abdomen. Research indicates that estrogen replacement therapy can counteract some of these changes:

- **Metabolic Rate:** Estrogen may help maintain or slightly increase basal metabolic rate (BMR), which tends to decline with age.
- **Fat Distribution:** HRT has been shown to shift fat storage away from the visceral region towards a more gynoid pattern (hips and thighs).
- **Appetite Regulation:** Estrogen interacts with brain centers regulating hunger and satiety, potentially reducing overeating.

Clinical trials show mixed results regarding actual weight loss. Some postmenopausal women on HRT report decreased fat mass without significant changes in total body weight, suggesting a recomposition effect rather than outright weight reduction. Others experience no change or even slight weight gain, which can be attributed to fluid retention or increased appetite.

Testosterone Replacement Therapy and Weight Changes in Men

Testosterone influences muscle mass, fat distribution, and energy metabolism. Men with hypogonadism (low testosterone) often experience increased fat mass and decreased muscle mass, leading to metabolic disturbances.

Testosterone replacement therapy (TRT) aims to restore normal levels and has been associated with:

- **Increased Lean Muscle Mass:** Enhancing muscle mass can elevate metabolic rate and support fat loss.
- **Reduced Fat Mass:** Particularly visceral fat decreases, improving insulin sensitivity.
- **Improved Energy and Physical Activity:** Higher testosterone levels may increase motivation and energy, indirectly promoting weight loss.

Studies demonstrate that men on TRT can experience fat loss and modest weight reduction, especially when combined with lifestyle interventions like resistance training and dietary changes. However, TRT is not a standalone weight loss treatment and outcomes vary based on dosage, baseline health, and adherence.

Progesterone and Other Hormones

Progesterone is often included in HRT for women to balance estrogen's effects, especially in those with an intact uterus. Its influence on weight is less clear:

- Some evidence suggests progesterone can cause fluid retention, leading to temporary weight gain.
- It may also affect appetite and mood, indirectly influencing eating behaviors.

Other hormones, such as thyroid hormones or insulin, also play roles in metabolism but are usually addressed separately from HRT.

Factors Influencing Weight Outcomes During Hormone Replacement Therapy

The variability in weight outcomes among individuals undergoing HRT can be attributed to several factors:

Type and Route of Hormone Administration

- **Oral vs. Transdermal:** Oral estrogen undergoes first-pass metabolism in the liver, which can affect lipid profiles and inflammatory markers differently than transdermal patches or gels.
- **Dose and Combination:** Higher doses or combined estrogen-progesterone therapies may have distinct metabolic effects compared to estrogen-only regimens.

Individual Metabolic and Genetic Differences

Genetics influence how bodies respond to hormones. Some individuals may experience significant metabolic improvements, while others see minimal changes.

Age and Baseline Health Status

Older adults or those with pre-existing metabolic conditions may have different responses to HRT regarding weight and fat distribution.

Lifestyle Factors

Diet, physical activity, sleep quality, and stress levels significantly impact weight management and can modulate the effects of hormone therapy.

Clinical Perspectives and Recommendations

Medical professionals emphasize that while hormone replacement therapy may support metabolic health, it should not be viewed as a primary weight loss intervention. Instead, HRT can be part of a comprehensive approach that includes:

- Balanced nutrition tailored to individual energy needs
- Regular physical exercise, especially strength training to build muscle mass
- Monitoring and managing other metabolic conditions (e.g., thyroid dysfunction, insulin resistance)
- Close medical supervision to optimize hormone dosages and minimize side

effects

Indeed, the psychological benefits of HRT, such as improved mood and energy, can indirectly facilitate lifestyle changes conducive to weight loss.

Risks and Considerations

Hormone replacement therapy carries potential risks, including cardiovascular events, breast cancer, and thromboembolism, depending on individual risk profiles. Weight gain or fluid retention may occur in some cases, underscoring the need for personalized treatment plans.

Emerging Research and Future Directions

Recent studies are exploring novel hormone formulations and delivery methods that may optimize metabolic outcomes. Researchers are also investigating the role of selective estrogen receptor modulators (SERMs) and bioidentical hormones in managing weight and metabolic health with potentially fewer side effects.

Furthermore, integrating hormone therapy with emerging weight loss technologies and personalized medicine approaches promises to refine strategies for patients seeking to address hormonal imbalances and weight concerns simultaneously.

In summary, can you lose weight on hormone replacement therapy? The evidence suggests that while HRT can positively influence body composition and metabolic parameters, it is not a guaranteed or direct weight loss solution. Its benefits often lie in preventing further weight gain, improving fat distribution, and enhancing overall metabolic health. When combined with comprehensive lifestyle strategies and medical oversight, hormone replacement therapy can be a valuable component in managing weight-related challenges associated with hormonal changes.

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can you lose weight on hormone replacement therapy: Why You Can't Lose Weight

Pamela Wartian Smith, 2012-05-24 If you have tried diet after diet without shedding pounds, it may not be your fault. In this revolutionary book, Dr. Pamela Smith discusses the eighteen most common reasons why you can't lose weight, and guides you in overcoming the obstacles that stand between you and a trimmer body. Why You Can't Lose Weight is divided into four parts. Part I looks at lifestyle practices, such as insufficient exercise and sleep. Part II examines health disorders, such as food allergies and thyroid hormone dysfunction. And Part III discusses biochemical problems, such as insulin resistance and depression. For each difficulty discussed, the author explains how the problem can be recognized, how it contributes to weight gain, and how you can take steps towards a slimmer body. The last part guides you in putting together a customized, easy-to-follow weight-loss program. If you've been frustrated by one-size-fits-all diet plans, it's time to learn what's really keeping you from reaching your goal. With Why You Can't Lose Weight, you'll discover how to lose weight and enjoy radiant health.

can you lose weight on hormone replacement therapy: SECRETS to LOSE TOXIC BELLY

FAT! Heal Your Sick Metabolism Using State-Of-The-Art Medical Testing and Treatment With Detoxification, Diet, Lifestyle, Supplements, and Bioidentical Hormones J.M. Swartz M.D., Y.L. Wright M.A., 2012-06-01 TOXIC BELLY FAT IS THE WORST KIND OF FAT! Toxic belly fat is a parasite that preserves itself at the expense of its host -- YOU! Toxic belly fat produces hormones and chemicals that keep you hungry, never let you feel satisfied, and make you continue to gain weight. The hormones and chemicals produced by toxic belly fat keep you fat and diabetic. Use this SECRET ACTION PLAN to heal your sick metabolism as fast as possible WITHOUT damaging your organs. (1) REMOVE the TOXINS caused by environmental pollution and improper diet. Toxins make belly fat, and belly fat makes us more toxic. (2) ERADICATE INFECTION. Overcome smoldering bacterial, viral, parasitic, and yeast infections in your gut, mouth, sinuses, respiratory tract, and skin. Learn how stealth viruses are attacking us and how undiagnosed parasites lead to LEAKY GUT. (3) OPTIMIZE YOUR HORMONES that control your appetite, your mood, and your weight. Lose that stubborn toxic belly fat. Look great, feel great, lose weight, and have better sex!

can you lose weight on hormone replacement therapy: Can't Lose Weight? Unlock the secrets that keep you fat Sandra Cabot MD,

can you lose weight on hormone replacement therapy: Can't Lose Weight? Sandra Cabot, 2002 Caused by a chemical imbalance that forces the body to store rather than burn fat, Syndrome X is the number one reason most people are unable to lose weight. Internationally known diet expert Cabot reveals the hidden causes of weight excess and outlines a viable course of action for overcoming Syndrome X.

can you lose weight on hormone replacement therapy: MEN'S HORMONES MADE EASY!: How to Treat Low Testosterone, Low Growth Hormone, Erectile Dysfunction, BPH, Andropause, Insulin Resistance, Adrenal Fatigue, Thyroid, Osteoporosis, High Estrogen, and DHT! J.M. Swartz M.D., Y.L. Wright M.A., 2015-02-04 [Learn how to] prevent and reverse menopause, prostate issues, heart disease, and cancer. See how hormone issues at any age may wreck your relationship, make you fat, and accelerate aging and death. Learn how to safely improve your sexual performance, increase your energy, motivation, and sex drive, and strengthen muscles and bones. ... [This book] will show you how to create the kind of lifelong health that will allow you to pursue your passions in life. You will look great, feel great, lose weight, and have better sex! --Page 4 of cover.

can you lose weight on hormone replacement therapy: Dr. Colbert's "I Can Do This"

Diet Don Colbert, 2010-09-24 NEW YORK TIMES best-selling book! And author of NEW YORK TIMES best seller The Seven Pillars of Health, along with best sellers Toxic Relief, the Bible Cure series, Living in Divine Health, Deadly Emotions, Stress Less, and What Would Jesus Eat? Dr. Don Colbert has sold more than TEN MILLION books. Too many people fight against their own brain and body chemistry when trying to lose weight. This is the reason that up until now, diets have only had

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can you lose weight on hormone replacement therapy: Lose Weight Without Dieting Or Working Out JJ Smith, 2014-07-15 Discover Surprising Weight-Loss Secrets to Lose Weight Fast and Keep It Off! Want to lose weight without counting calories, starving yourself, giving up your favorite foods, or eating bland packaged foods? Would you like to look and feel younger and healthier than you have in years without diets and exercise? If you've answered yes to these questions, this book is for you! JJ Smith's DEM System™ teaches proven methods for permanent weight loss that anyone can follow, no matter their size, income level, or educational level. And the end result is a healthy, sexy, slim body. JJ's breakthrough weight-loss solution can help you shed pounds fast by detoxifying the body, balancing your hormones, and speeding up your metabolism. You'll learn which foods help you stay slim and which foods cause you to get fat. If you have been on a roller-coaster ride of weight loss, you will finally be able to get off, lose weight, and stay slim for life! You will learn how to... · Detoxify the body for fast weight loss · Drop pounds and inches fast, without grueling workouts or starvation · Lose up to 15 pounds in the first three weeks · Shed unwanted fat by eating foods you love, including carbs · Get rid of stubborn belly fat · Eat foods that give you glowing, radiant skin · Trigger your six fat-burning hormones to lose weight effortlessly · Eat so you feel energetic and alive every day · Get physically active without exercising This is your last stop on the way to a new fit and healthy you! Look and feel younger than you have in years. Create your best body—NOW!

can you lose weight on hormone replacement therapy: Keto Smart!: Heal Your Brain and Body With the Ten-Step Action Plan Scientifically Proven to Prevent or Reverse Obesity, Memory Loss, Alzheimer's, Diabetes, Autoimmunity, Cancer, and Heart Disease Y.L. Wright M.A., J.M. Swartz M.D., 2018-09-05 Get Smart with KETO SMART! Heal your brain and heal your body with this easy KETO SMART program. KETO SMART is packed with secrets to improve your memory and thinking with simple instructions that you can easily follow. Learn how to radically improve the health of your brain, so that you can enjoy life to the max at any age. Your heart, arteries, and everything else will improve as well. The KETO SMART 10-step protocol is MUCH more than just following a ketogenic diet. The KETO SMART 10-step protocol is a comprehensive program of self-healing. Follow the KETO SMART ten easy action steps, and soon your thinking mind will become as penetrating as the depths of a pristine alpine lake on a quiet sunny morning. The goal of this book is to guide you through the maze of interconnected problems. Every step helps, but you only get the gold ring of health by following the complete treatment plan. It isn't hard if you know what to do. It is impossible if you don't.

can you lose weight on hormone replacement therapy: How to Lose Weight in the Real World Jessica DeValentino, 2010-10 Have you ever wondered why most diets fail? HLWRW fills the dietary knowledge void to help you understand how food and life affect your attempts to lose weight. In addition, HLWRW analyzes the most common diets and why they don't help dieters achieve success, and showcases the latest dietary research to help ensure you lose weight and improve your health. You will discover: Why diets don't work. How to beat temptations. The healing power of edibles. How to rev up your metabolism. What you should know before your next bite. The hidden

perils of food and medical assistance. Book jacket.

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can you lose weight on hormone replacement therapy: *Intermittent Fasting for Women Over 50* Tayler Kimberly, 2022-03-21 Are you worried that at 50+ and with your menopausal hormones raging, you can't try just any weight loss approaches like intermittent fasting like everyone else because your body is not the same as it was a few years or decades ago and are wondering which is the best approach to model your adoption of intermittent fasting to ensure you don't mess up your hormones even further? And are you looking for a guide that will show you exactly how to navigate the whole process of losing weight with intermittent fasting in your senior years without making costly mistakes? If you've answered YES, keep reading... You're About To Discover How You Can Safely Fast, Manage Menopause, Slow Down Aging, And Stay Fit While Maintaining Normal Hormonal Balance Through Intermittent Fasting As A Woman Over 50! At 50+, it makes sense that you are looking for a dietary approach to weight loss that is not too extreme and that you can stick to for the long haul like intermittent fasting. However, it is perfectly okay if you have all manner of questions going through your mind before you commit. Perhaps you're still wondering... Am I even fit to follow intermittent fasting at my age and or given my health status? How is fasting different whether you are young or in your senior years as a woman? How will fasting affect your body as a woman over 50? What benefits can you expect to get from fasting? What are the dos and don'ts you should observe while following intermittent fasting as a senior woman? How do you adopt intermittent fasting the right way? If you have these and other related questions, then lucky for you, this book answers them all using simple, straightforward language to ensure you have an easy time putting everything you learn into action. In it, you will discover: · The basics of intermittent fasting, including what it is, how it works and why it works · How IF is particularly helpful for women over 50 · When to use intermittent fasting and mistakes to avoid while following

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can you lose weight on hormone replacement therapy: Diet Failure...the Naked Truth: The Brain Chemistry Key to Losing Weight - And Keeping It Off! Phoenix Gilman, 2005-12 In her new book diet failure?the Naked Truth Nutritional/Medical Researcher Phoenix Gilman reveals why obesity is so alarmingly prevalent, as well as depression, ADD, even type 2 diabetes and heart disease. More importantly, she discloses a safe, highly effective solution to help overcome these health conditions without the use of deadly drugs! In her progressive book, Phoenix exposes the crucial Serotonin-Insulin Connection to long-term weight loss. Clinical studies substantiate that serotonin, a major neurotransmitter, plays a critical role in our ability to lose weight?and keep it off. However, serotonin also plays a critical role (directly or indirectly) in alleviating depression, insomnia, ADD, type 2 diabetes, even high blood pressure, heart disease, and suicidal behavior. But the key to all of this is understanding how to safely maintain this neurotransmitter. Phoenix says, ?Never before have I come across such compelling information that could so dramatically help millions of people. This research is absolutely vital to overcoming obesity?and many other serious health conditions.?

can you lose weight on hormone replacement therapy: How to Heal Hemorrhoid Pain Permanently! J. M. Swartz M. D., Y. L. Wright M a, 2020-03-14 DID YOU KNOW: - That your hemorrhoid symptoms may be symptoms of something far worse, like colon cancer, rectal cancer, or inflammatory bowel disease? - That there are five major causes of hemorrhoid pain? - That you may be able to restore the health of your rectum and colon and overcome hemorrhoid pain forever! IMAGINE IF YOU KNEW HOW TO: - Prevent serious bowel disease! - Remove ALL five causes of hemorrhoid pain! - Overcome hemorrhoid problems permanently! YOU DON'T HAVE TO IMAGINE IT! This fascinating book shares the secrets to permanently overcoming hemorrhoid pain. AFTER READING THIS BOOK YOU WILL BE ABLE TO: - Treat the symptoms of problem hemorrhoids. - Understand how your doctor diagnoses and treats different types of hemorrhoids. - Prevent colorectal cancer. - Follow an action plan to address all five causes of hemorrhoid pain! - Improve the health of your rectum and colon, as well as reaping the rewards of better overall health!

can you lose weight on hormone replacement therapy: The Hormone Shift Dawn M. Cutillo, 2012 Would you like to lose five pounds, stop your hot flashes and sleep better, THIS WEEK? These results are attainable when your hormones get into balance. The author explains how natural, safe solutions can bring fast results that last. From her twenty-three years of experience in the health field, and after helping thousands of women at her Lancaster, Pa. health center, she has noted growing trends that ALL stem from a simple hormone imbalance: The inability for women to lose

weight efficiently after the age of 35 due to a slowed metabolism. The increased use of strong mood medications for depression/anxiety that do not improve mood satisfactorily for most women and also cause unpleasant side effects. The increase in fatigue experienced by women and the increased use of synthetic thyroid medication that does not satisfactorily resolve all the woman's symptoms. The increased use of the birth control pill for heavy, painful periods and menstrual irregularity that temporarily solves the problem but will cause health issues over time. The increased number of ablations, hysterectomies and other invasive procedures performed for cysts, fibroids, endometriosis. Women still fear breast cancer due to not knowing its true cause. CONCLUSION: Frustration is rising due to NOT getting validation about concerns or answers on these issues from the medical field or health/nutrition industry! Are Your Hormones Imbalanced? Perhaps your hormones have shifted a bit due to stress, age, pregnancy or menopause. Are you left feeling frustrated from trying to deal with many issues that do not seem to respond to diet, exercise, herbs, medication or even surgical procedures? Learn the ONE MAIN hormonal shift that occurs in almost all American women, starting at puberty and peaking around menopause along with its ONE MAIN origin. The author will give you simple steps on how to reverse this hormonal shift so that within a month you can be: Losing weight quickly (even if NOTHING worked up until now) Relieving your hot flashes/night sweats Deepening your sleep Easing your anxiety/irritability and mood swings Seeing your depression lift Regulating your menstrual cycle - easing symptoms of PMS Decreasing your chance of female-related cancers Reversing your other PMS/menopausal symptoms or conditions that affect your overall health. You will understand that when hormones are balanced you will look and feel your best while preventing female-related cancers...and slowing the aging process as an extra benefit! If you are one of the many women saying.... These constant hot flashes are driving me crazy! Is everyone around me trying to get on my last nerve? I'm counting FLOCKS of sheep and still can't sleep! I'm working out, eating like a bird and can't lose a single pound! Sex? Are you kidding? I'd rather be sleeping or eating. My thyroid medicine just doesn't seem like it's helping me lose weight. Depressed? That's an understatement, nothing is really fun anymore. This book is a must-read!

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can you lose weight on hormone replacement therapy: *African-American Healthy* Richard W. Walker, Jr., 2012-06-12 Winner of the IBPA Benjamin Franklin Award for Best Health Title It's no secret that African-Americans top the list of groups afflicted by hypertension, stroke, diabetes, heart disease, renal failure, and cancer. What the statistics do not show is the pain, misery, and despair that these conditions create, not only for the individual, but also for family and friends. As an African-American doctor, Dr. Richard Walker has studied these conditions among his patients for many years. Now, for the first time, Dr. Walker believes that research has found a commonsense

way to prevent, reduce, and possibly eliminate these killers, turning the tide of African-American health. Dr. Walker begins by looking at the black community's lifestyle, which has radically changed over the centuries, shifting people from hours spent under a blazing sun to a life of minimum sunlight exposure. From there, it is clear that the missing puzzle piece of African-American health is a chronic lack of Vitamin D3. Most important, Dr. Walker explains how this crucial factor can be added to a daily routine along with components such as nutritional supplements, diet, and exercise. He then focuses on each major illness affecting the black community and explores what it is, what its symptoms are, and how the reader can avoid or treat the problem. A concise yet critical guide, African-American Healthy offers an important first step towards achieving a healthier, longer life for millions of people.

can you lose weight on hormone replacement therapy: The Woman's Day Weight-Loss Plan Kathy Keenan Isoldi, 2002-12 While both men and women suffer from the ill effects of being overweight, women carry the unique burden of trying to maintain a healthy weight while managing a lifetime of physical changes. Hormonal shifts can increase appetite, and pregnancy may cause women to deposit fat with greater ease. Menopause is also a particularly difficult time to try to lose weight. Nowadays, women juggle many responsibilities, including parenting, housekeeping and career. All these tasks can keep them from eating right and exercising as much as they know they should. Maintaining a healthy weight can be a challenge, but the health benefits of winning the war on weight are well worth the fight. The Woman's Day Weight-Loss Plan's three-pronged approach will help you reach your goal. First you must set your sights on a healthy and sensible weight -- one that you can achieve and maintain. Exercise is also crucial, but incorporating more physical activity into your life doesn't mean you have to join a gym and pump iron seven days a week. Finally, you need a diet you can continue long-term. What you need to succeed with weight loss is a realistic plan that meets your nutritional needs and is based on the latest scientific research -- just like the plan designed by Kathy Keenan Isoldi. Kathy Isoldi's kind and caring voice bounces right off the pages to guide you through the program, helping you overcome challenges and encouraging you to persevere. You have so much to gain by losing weight! Book jacket.

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