



Welcome to HB Health

HB Health Mission Statement



“I believe that ‘life is for living’ not a rehearsal. That is why at HB Health we feel everyone should have ‘A Prescription for Life’ which covers our 7 Pillars to a better you.”

“We are committed to facilitate the dissemination of knowledge and the latest advances in anti-aging medical science, bio technology and health care.”

Hormones

- DHEA
- Pregnenolone
- Melatonin
- Estrogen
- Progesterone
- Testosterone
- HGH



What is a hormone?

- Chemical messengers in the body working together to ultimately provide the most efficient functioning of organs and tissues
- Hormones are produced from various glands around the body which are controlled and regulated by the following;
 - Brain neurotransmitters
 - Environmental changes
 - Plasma concentrations of ions, nutrients and
 - Other hormones.



What makes a Bio Identical Hormone?



A bio identical hormone is naturally derived from nature, most commonly the soy and Mexican yam plant. It mimics the exact chemical structure of those hormones found in our body. This allows the body to metabolise and dispose of these chemicals naturally.

The combination of natural and synthetically produced hormones such as 'phytoestrogens' and 'conjugated equine oestrogens' (the later commonly known as Premarin) are foreign to the body and although they can be processed, are more likely to cause negative side effects.

Why use Bio Identical Hormones?



Bio identical hormones are used to replenish a hormone deficiency as well as to achieve an optimum balance of hormone function in the body. Bio identical HRT is not necessarily for long term use unless there is a permanent deficiency.

Other factors such as lifestyle, stress management, diet, and nutritional supplements should also work in conjunction with this type of therapy.

The aim of Bio identical HRT is not only to keep each of your individual hormones on target but to also achieve a younger you from the inside out so that you can enjoy life the best way you can!

Menopause



Menopause often referred to as the “change of life”. It is the transition in a woman’s life when the body slowly produces less and less of the hormones estrogen and progesterone.

The transition is reached when a period has not been had for approximately 12 consecutive months. This normally occurs between the age of 45 and 55 years of age.

Symptoms of Menopause

- Hot flushes
- Night Sweat
- Palpitations
- Mood Swings
- Insomnia
- Sleep Disturbances
- Irregular Periods
- Hair Loss or Thinning, brittle nails
- Vaginal Dryness
- Weight Gain
- Headaches
- Urinary Changes



DHEA



Dhea is the most abundant hormone in the body.

Often referred to as the 'mother ship' of all hormones, it has the capacity to convert into testosterone, progesterone and estrogen.

Benefits of DHEA

- Lowers cholesterol and cardiac risks
- Boosts the immune system
- Improves mood
- Protects against diabetes, increases insulin sensitivity
- Improves mental acuity
- Increases energy

Pregnenolone

Pregnenolone is sometimes called the 'Grandmother' hormone as it is the precursor or to all the important steroid hormones made in the body.

It is Synthesised from cholesterol and produced in the brain and adrenal cortex.

It is the precursor to all the sex hormones and the adrenal hormones; therefore the body will manufacture what it requires from it.

Benefits of Pregnenolone

- Enhancing mental functions through cellular repair and guarding against damage.
- Reversing the age related deficits in spatial memory performance and protecting the memory
- Helping the body cope with stress through its conversion to DHEA
- Improving sleep quality & preventing intermittent waking
- Enhancing a feeling of well being through its action on the brain



Melatonin

Melatonin is secreted by the Pineal gland. It is responsible for regulating sleep-wake cycles as well as the various stages of deep sleep. It is sometimes referred to as our human biological clock. As our bodies age the amount of melatonin produced and secreted lessens making sleep regulation and duration harder to achieve.

Benefits of melatonin

- Promotes more optimum sleep
- Potential benefit in treating and preventing cancer
- Immune enhancing elements
- Avoid jet lag
- Biological regulation of circadian rhythms



Progesterone

Progesterone is produced in the ovaries and the adrenal gland of women.

It is responsible for proper uterine, breast development and function as well as protection against uterine and breast cancer.

Replacement of this hormone should work in conjunction with estrogen as each hormone balances the other harmoniously.

Benefits of Progesterone

- Reduces symptoms of PMS and menopause
- Helps maintain blood sugar levels
- Acts as a natural antidepressant
- Reduces heart disease risk
- Increases sense of well being
- Normalises blood clotting
- Promotes bone building
- Natural Diuretic



Estrogen

Estrogens main responsibility in the body is for the development and maintenance of the female reproductive system, secondary sex characteristics, desirable effects on cholesterol and lipid profiles, and slowing the progression of osteoporosis, as well as causing proliferation of the endometrium.

Hormone supplementation is usually required to lessen the side effects of depleting estrogen levels in pre-menopausal, menopausal and post menopausal women.

Low estrogen can cause most of the undesirable effects listed in the symptoms of menopause. Supplement estrogen may contain one or a combination of the following natural estrogens, Estriol, Estrone and Estradiol.

Benefits of Estrogen

- Decreases symptoms of menopause
- Decreases cholesterol
- Protects against heart disease
- Protects against stroke
- Prevents and lowers the incidence of alzheimers disease
- Prevents osteoporosis by slowing down the process
- Improves muscle and skin quality
- Boosts brain function
- Increases a woman's overall life expectancy



Testosterone

This is primarily a male hormone however it plays an important role in females hormone chemistry.

As with all hormones, the level of testosterone decreases with age thus requiring the need for supplementation.

Low levels of testosterone may cause weight gain, depression, decreased sex drive, mood swings, loss in energy.

Benefits of Testosterone

- Promotes muscle strength and growth
- Boosts energy
- Improves brain functioning, learning and memory
- Lowers heart disease risk
- Decrease in body fat
- Increase libido
- Increase HDL, decrease LDL levels
- Increases bone density





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Other Services at HB Health



- **Genetic Testing -coming soon**
- **Food Intolerance Testing**
- **Nutritional Consultation**
- **Breast Thermal Imaging**
- **Stress Management**
- **Weight Loss**
- **Well Being**