

# Taking Care Of You

## If You Are Aged 35-55 You Have Probably Wondered About Hormone Replacement Therapy (HRT)



**S**ymptoms of menopause can show up years before the onset of this life stage. The average age of women in menopause, defined as when you stop menstruating for 12 consecutive months, is 51. Women can be considered peri or “near” menopausal, in their 30s or 40s. This is when your body slows down the production of estrogen and progesterone and often results in you experiencing many of the following symptoms:

- ... Nightsweats, insomnia
- ... Hot flashes, weight gain
- ... Irritability, low libido

When symptoms become too challenging, many women call their physician. Physicians often recommend Hormone Replacement Therapy (HRT) to help restore the body to its pre-menopausal state and ease the symptoms.

### When To Consider Bio-Identical Hormones

You have probably heard about the book, “The Sexy Years” by Suzanne Somers. In it, Ms. Somers chronicles her own battle with menopause symptoms and details how the benefits of Bio-Identical Hormones turned her life around.

Because each woman is unique, mass produced hormones cannot address every woman’s needs. Bio-Identical Hormone Replacement Therapy is an option for women who want to customize their treatment.

Bio-Identical Hormones are derived from plant based ingredients and can be customized in many ways. Dosages may be changed to reflect your individual needs, or you can change the delivery method. Forms include: gels, creams, capsules, troches (a small lozenge), and sublingual drops.

If menopause symptoms are diminishing your enjoyment of life, take these steps to find out if Bio-Identical Hormones are an option for you.

- ... Consult with your physician.
- ... Visit our website to learn more: [www.regelpharmalab.com](http://www.regelpharmalab.com).
- ... Read “The Sexy Years” by Suzanne Somers.
- ... Contact us at (901) 757- 9434 for more information.

### Looking Younger Naturally, With Biocosmetics



**B**iocosmetics are custom skin care products that contain natural ingredients like green tea and vitamins.

These products are in the media frequently now because of their ability to improve the texture and firmness of your skin, without some of the harsh side effects of mass produced creams. We prescribe these products for you after a skin care specialist examines your skin with a facial scanner that shows every detail of your skin. Call us today for an appointment and start looking younger, naturally.

Save \$10 On A Skin Analysis With Our State-Of-The-Art Bio View Facial Scanner.

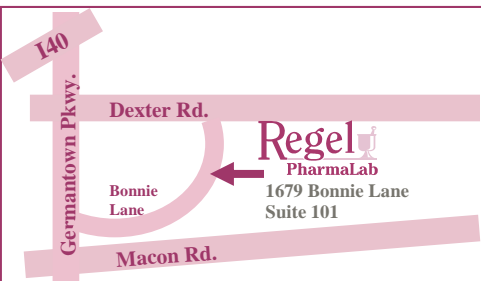
See the true condition of your skin. A scan will reveal problem areas and your true skin type so that you can select the most appropriate skin care.

Ph. (901) 757-9434

## Meet The Staff At Regel PharmaLab

Imagine the feeling of the past when you could walk in to a store to get a prescription and you were greeted by the pharmacist who knew you, your problem, and was dedicated to helping you. You get that feeling at Regel PharmaLab, a family owned compounding pharmacy. Meet our staff:

- ... Josh Regel, Pharm.D., FACA
- ... Summer Regel, Pharm.D., BCPS
- ... Amy Maddox, Skin Care Specialist
- ... Teresa Freeman, CPhT.



## How Can A Compounding Pharmacist Help Your Family?

There are times when mass produced medications may not be meeting your family's needs. Your physician may feel that the best medicine is one that is hard-to-find or no longer produced. Or, you may need a dosage or form that is not available from a traditional pharmacy.

When these situations occur our compounding pharmacists, working with your physician, can produce customized medications designed to address your specific needs.

Your family can benefit from a compounding pharmacist for:

- ... Medicines in forms easier for your children to take including: preservative free medications, lollipops, gels, flavorings, and creams.
- ... Bio Identical Hormone Replacement Therapy to ease menopause symptoms.
- ... Customized medications for foot problems, pain management, pet care, and other specialized applications.



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## Bio-Identical Hormones, As Discussed In "The Sexy Years" By Suzanne Somers

Learn more about this popular treatment option to ease the distressing symptoms of menopause including:

- ... Hot Flashes
- ... Insomnia
- ... Weight Gain
- ... Irritability

Call Today To Learn More  
(901) 757-9434