



HOW TO FIND A PHYSICIAN TO PRESCRIBE NHRT

QUESTIONS TO ASK

- What are your beliefs surrounding treatment of Menopause and Perimenopause?
- What are your views on HRT since the Women's Health Initiative?
- How are you treating women on hormone supplementation since the study was halted?
- Are you still using HRT? Prescribing lower doses for less duration? Using natural alternatives?
- Do you support a women's choice to test bioidentical hormone levels in saliva or do you only test total hormone levels with a conventional blood test?
- Do you support a women's choice to use bioidentical hormone sources instead of HRT?
- Are you trained in the use, efficacy and dosing of bioidentical hormones to meet individual need.
- Have you prescribed natural progesterone? What have been the results?
- Do you ever work/consult with a compounding pharmacist regarding physiological dosing of HRT?
- Do you integrate complementary treatments into the course of treatment for symptoms of menopause?
- Do you regularly monitor hormone levels in your patients who are supplementing?
- Do you adjust supplement dosage as needed according to tested hormone levels and symptoms?
- Can I call you if I need to?
- Are you interested in learning more about natural menopause management?
- Do you keep up with scientific literature on the subject?

KEEP A JOURNAL OF SYMPTOMS, REACTIONS TO TREATMENTS, AND CURRENT THERAPIES, ETC...

To find a physician who will prescribe bioidentical hormone therapy, call or write:

**American Association of
Naturopathic Physicians**
703-610-9037
www.naturopathic.org

Natural Woman's Institute
(Database of 7000 Naturopaths
/Alternative practitioners)
1-888-489-662
www.naturalwoman.org
info@naturalwoman.org

**ACAM (American College for
the Advancement of Medicine)**
1-800-532-3688
www.acam.org

**IACP (International Academy
of Compounding Pharmacists)**
1-800-927-4227
iacpinfo@iacprx.org

**American Academy of
Anti-Aging Medicine**
1341 W. Fullerton, Suite 111
Chicago, IL 60614
773-528-4333
www.worldhealth.net

**International College of
Integrative Medicine**
1-866-464-5226
www.icmed.com

WARNING!! BEFORE SHOPPING FOR HORMONE THERAPY!!

NO one formula fits all women. The right recipe for you may take time to perfect!!

We are all going to live to be at least 90 so be patient - we have the time!