

LIFE RETREAT

skin renewalTM
body
brain
health
an integrated approach

Hormones: Getting The Balance Right



Our bodies are made up of many different hormones, each performing their own intricate physiological functions, while also working together in delicate harmony. Unfortunately, due to factors such as stress, illness, our environment, poor lifestyle choices including unbalanced diets and lack of exercise, as well as the natural aging process, the production of these hormones declines significantly post menopause. Balance your life with Bio-identical hormones;

Dr. Burt Jooste, aesthetic and functional medical practitioner at Health Renewal says: "Our daily environment exposes us to toxic chemicals, ongoing stress, poor nutrition content in foods, antibiotic and hormone contamination in meat, estrogen-like chemicals in plastics and cosmetics, which all have ongoing negative effects on our hormone balances. These inevitably lead to health problems, but fortunately we now have the tools to manage these issues with correct hormonal balancing".

To view article visit: <http://www.liferetreat.co.za/hormone-deficiency-getting-the-balance-right/>