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Press Release

Bioidentical Hormone Replacement Therapy: As seen on Oprah.

Brooke Azie-Rentz, ND has successfully treated over a hundred women in the Greater Seattle Area and is looking forward to answer any questions you may have about the various types of bioidentical hormones available to you.

Redmond, WA January 21, 2009: As seen on Oprah, January 15, 2009, bioidentical hormones are finally starting to get mainstream media attention. What many women have been enjoying, some women are hearing about for the first time.

Dr. Brooke Azie-Rentz is a Naturopathic Physician at Integrated Health Center in Redmond, WA. She has been using bioidenticals for both men and women since her graduation from Bastyr University in 2005 and for the last two years has been using *The Wiley Protocol* © as one of many ways to address hormone imbalances.

Bioidentical hormones, or bHRT, are the use of a compound that is identical in chemical structure to those hormones used and produced in our bodies. In this case, it is plants such as Soy, Black Cohosh, and Wild Yam, which are used to synthesize estradiol, progesterone, testosterone and DHEA.

BHRT is available for both men and women and comes in a variety of different delivery methods including static and rhythmic dosing schedules and formulations consisting of capsules, tablets, sublinguals, tinctures, powders and topical creams. People search out bioidentical hormones to help treat symptoms and conditions including: fatigue, hot flashes, decreased sex drive, mood swings, depression, anxiety, bone loss, heart disease and urinary frequency. Symptoms in men include:

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decreased sex drive, fatigue, easy sweating, depression, impaired memory, insomnia, loss of muscle tone, and moodiness.

Many questions as to the safety and efficacy of bioidentical hormones have been posed after the published results of the Women's Health Initiative Study in 2002, which suggested that synthetic estrogens and progestins could have cancer and clot inducing qualities. However, Dr. Azie-Rentz wants to dispel any myths or confusion and provide you with accurate information on bioidentical hormones and answer any questions you may have as to if they are right for you.

For additional information on bioidentical hormones or if you would like to schedule an appointment with Dr. Brooke Azie-Rentz you can email Integrated Health Center at info@integratedhealth.pro or call us at 425.881.3100.

Integrated Health Center is a multidisciplinary health clinic whose foremost goal is to provide you with care and treatments specifically tailored to match your state of health. At IHC, each member of our staff believes that great health is the result of a complicated balance between your body and the environments around you. Our staff includes specialties throughout many branches of health care so that we can provide you with the most detailed examination and recommendations for your specific needs. Our Naturopath, Dr. Brooke Azie-Rentz, is our resident expert on bioidentical hormones and is happy to answer any questions you may have.

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