

Balance Your Hormones to Balance Your life



to replace them with what God gave us than with a synthetic that's formulated in a lab," said Lichten.

Lichten, a Birmingham gynecologist, wants consumers to understand that there are better forms of estrogen available other than the widely used prescription drugs such as Premarin, Prempro and Provera. Lichten said that hormones can be rebalanced without using drugs but by replacing hormones naturally that have been lost in the body due to various environmental factors.

When Somers' book was released in 2004, it created a flood of interest from women in how they could relieve their symptoms of menopause with bio-identical hormones.

Lichten believes that the best approach for a woman to discover if bio-identical hormones are the right solution for her menopausal symptoms is have a doctor who "knows how to measure blood levels - check their hormones. Any woman over the age of 40 should have her hormones levels checked," said Lichten.

Lichten maintains that through his years of seeing women with menopausal symptoms, that "half of women in Michigan over 40 have some form of thyroid disease." He believes this is due, in part to an iodine deficiency in Michigan.

"Certain minerals that are given in high levels will displace iodine out of the tissue and that makes thyroid disease more prevalent," said Lichten.

Lichten said he stopped prescribing Provera in 1975 and has had great success with bio-identical hormone replacement therapy or BHRT. "There are bio-identical estrogens available: patches, a ring called Estring, and the bio-identical estrogen creams that are available and are as safe as anything can be," he said.

Lichten uses testosterone for his menopausal patients. "Testosterone drops 50 percent by the time a woman is in her 40s. It helps with attitude and focus," says Lichten.

Another bio-identical hormone is Vitamin D. "No sunlight in Michigan creates sleep disturbances," he said. For Somers, she has become the poster child, er, woman for BHRT.

"I spent a year suffering, and I don't use the word 'suffering' lightly," Somers told Better Nutrition magazine for a July 2004 article. "Synthetic hormones are pharmaceutical drugs. They're not what our bodies make, so it's not so much hormone replacement but a suppressor," she said.

Somers' advice is to "eat real foods and enough of them. Years of poor eating habits add up to damaged cells," is her theory.

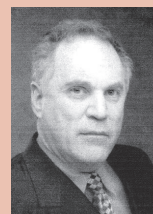
Lichten's advice is "seek out a doctor that can check your hormones and allows you to be an active participant in your health care and in the prevention of disease."

GRADUATE EDUCATION

University of Akron, Bachelor of Arts
Ohio State University College of Medicine,
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MAJOR PROFESSIONAL SOCIETIES

American Medical Association
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American College of Surgeons
American Association of
Gynecologic Laparoscopists
American Association for the
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It happens in every woman's life: the hot flashes, the night sweats, the irritability. Doctors have for years prescribed synthetic hormones in an effort to relieve menopausal symptoms. Yet many women are discovering that using synthetic hormones can help to curb the unpleasant symptoms, but that they also create side effects and sometimes create long lasting implications such as breast cancer and heart problems.

The reason that synthetic hormones are so widely prescribed, according to Dr. Edward Lichten, are because they are "cheap and simple to produce." Famous actress and health spokesperson Suzanne Somers made the phrase bio-identical hormones the topic of conversation on television talk shows and in women's magazines when she released her book, "The Sexy Years - Discover the Hormone Connection."

"Somers made a storyline out of the concept that your body is made up of bio-identical or natural hormones and it makes more sense