

Case Study

SHE DIDN'T LIKE THAT SNUG FEELING— RENEW YOUTH GETS A TEACHER BACK INTO HER CLOTHES AND BACK INTO HER LIFE

RENEW YOUTH™

PATIENT:

Cynthia Bradshaw*

AGE:

50

BEGAN TREATMENT WITH RENEW YOUTH:

2018

SYMPTOMS:

Weight gain, fatigue, decreased libido, irritability, and insomnia

TREATMENT REGIMEN:

- Oral progesterone capsules
- Testosterone (topically applied)
- DHEA
- Pregnenalone
- Thyroid (T3/T4 combination)

CHANGES:

Weight loss, increased libido, improved sleep, and decreased irritability

RENEW YOUTH™

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Cynthia Bradshaw likes to stay organized and she always sticks to a routine. She is diligent about seeing her internist and gynecologist, watches her diet, and even writes down her weight every day. Cynthia has always been slender, and that's the way she likes it.

When she hit 50, however, Cynthia noticed her clothes were getting snug. She had always been able to lose weight easily, but these extra pounds were stubbornly sticking around no matter how she altered her diet.

Not Like It Used to Be

"I was getting frustrated," she says. "I thought, 'What's happening? This is not as easy as it used to be.'"

Cynthia also noticed she was feeling sluggish and was not sleeping as well. Being tired all the time simply wasn't an option for Cynthia. "I work with kids all day, and I have two teenagers of my own," she says. "I get up at 5am every morning—having enough energy is really important to me."

Finding a Trusted Solution

Cynthia's husband heard about hormone replacement therapy, so together they researched the topic. That's how they found Renew Youth. Cynthia admits that she was nervous about hormone replacement therapy in the beginning. "I'm a very cautious person," she explains.

After a lot of research, Cynthia and her husband reached out to Renew Youth. They were impressed with the level of knowledge the staff had and the level of attention they received. "I felt very confident that I could trust them," says Cynthia. "They made me feel safe, and I can call them anytime with questions and they get right back to me."

Back to Her Old (Young) Self

After being with Renew Youth for a year, Cynthia is back to where she wants to be. "I dropped all the weight I wanted to," she reports, "and my clothes are fitting the way they used to."

Cynthia's weight isn't the only thing that's changed. Her other perimenopausal symptoms have also improved. She has more energy, sleeps better, and her libido is back to normal. "It's made a huge difference," she says.

Cynthia encourages other women to do their own research into hormone replacement therapy. "Know your body, know what you need, and don't be afraid," is her advice. "These are hormones that are supposed to be in your body!" she says.

"I'm taking my hormones exactly as I'm supposed to take them," Cynthia reports. "I'm very scheduled, and I plan to continue taking them. This is a routine for me now," she adds happily. Cynthia loves a good routine.

**Please note that names have been changed to protect patient privacy.*