

## Case Study

# FINALLY BOUNCING BACK— RENEW YOUTH REVIVES A LIFELONG ATHLETE

RENEW YOUTH™

#### PATIENT:

Heidi Bennett\*

#### AGE:

46

#### BEGAN TREATMENT WITH RENEW YOUTH:

2017

#### SYMPTOMS:

Fatigue, insomnia

#### TREATMENT REGIMEN:

- Testosterone (topically applied)
- Thyroid (T3/T4 combination)

#### CHANGES:

Increased energy, improved sleep

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Heidi Bennett has always been athletic. She enjoys biking and taking classes at the gym. In 2006, however, she went through a major health crisis that required surgery. After that, she was on antibiotics for an entire year. “I never bounced back completely from that,” says Heidi. “I didn’t know if it was the antibiotics or transitioning from my 30s to my 40s. I just knew things were out of whack.”

Heidi thought that hormone replacement therapy might help her get back to where she had been. She went to a local clinic and was prescribed thyroid medication. Soon she had her energy back, and she was sleeping better.

### It’s Just as Important to Know What You *Don’t* Need

This same clinic also prescribed large doses of estrogen and progesterone for Heidi. After only three months of following this regimen, she developed severe side effects.

Why? Because Heidi was just in the very early stages of perimenopause. She didn’t need estrogen and progesterone yet. While it’s important to give women the hormones they need, it’s equally important to *not* give them the hormones they *don’t* need—otherwise side effects can happen.

All hormones, even bioidentical hormones, must be prescribed carefully and appropriately. A high degree of expertise is needed to prescribe them properly, and the clinic Heidi was going to didn’t have that expertise.

### One Size Does Not Fit All

Heidi knew she didn’t want to work with that clinic anymore, but she still wanted to take thyroid medication since it had

helped her feel so much better. So she went to her primary care physician and got a prescription for thyroid medication there. “What they gave me didn’t work,” says Heidi. “I knew it didn’t work because I wasn’t sleeping through the night anymore.”

Heidi was back to feeling “out of whack,” which is when she decided to expand her search for hormone replacement. That’s when she found Renew Youth. She was impressed by the people she spoke with in their office, and she appreciated how thoroughly they went over her labs with her.

### Tailored Just for Her

Heidi’s Renew Youth regimen consists of thyroid medication and testosterone — that’s all she needed.

But they also made sure Heidi got the right kind of thyroid medication. Some people don’t make enough T4. And some people lack the ability to break T4 down into T3 and T3 Free. Knowing which issue someone has is key to determining which thyroid hormones they need. This explains why the thyroid medication prescribed by Heidi’s physician didn’t work—it wasn’t what her body needed.

Now that Heidi is taking only the hormones that her body needs, she feels like herself again. “I feel like I’m thriving again instead of just doing ok,” she says. She joined a women’s weightlifting studio and has dramatically improved her strength. She works out five to six times a week, and even joined a bike team. Go Heidi!

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