

## Case Study

# DEAL WITH IT? I DON'T THINK SO— RENEW YOUTH GIVES A WELLNESS GURU HER MOJO BACK

RENEW YOUTH™

**PATIENT:**  
Tia Hill\*

**AGE:**  
62

**BEGAN TREATMENT WITH RENEW YOUTH:**  
2016

**SYMPTOMS:**  
No sex drive, insomnia,  
weight gain, fatigue, severe  
hot flashes, brain fog

**TREATMENT REGIMEN:**

- Bi-estrogen cream (topically applied)
- Oral progesterone capsules
- Testosterone (topically applied)
- DHEA
- Thyroid (T3 monotherapy)
- Ipamorelin/CJC 12-95

*(all medications are bioidentical)*

**CHANGES:**  
Increased libido, improved  
sleep, weight loss, more  
energetic, no hot flashes

**RENEW YOUTH™**  
p: 800-859-7511  
f: 866-397-8248  
renewyouth.com

When Tia Hill complained to her general practitioner about her decreased libido, weight gain, and hot flashes, her doctor's response was, "Welcome to menopause. Deal with it." Clearly her doctor didn't know with whom she was dealing.

To say that Tia Hill isn't your average 62-year-old is like saying that Mother Teresa isn't your average nun. Tia is in fabulous shape, an accomplished entrepreneur, and a role model for other women. Tia's response to being told she just had to deal with her menopausal symptoms? "Hell no!" she says. "That was not acceptable to me."

### Getting It Perfect

Tia started researching bioidentical hormone replacement. She had a friend who had worked with Renew Youth and was happy with the results. She was ready to reach out for help. "The thing that was really important to me," she says, "was the constant monitoring. Renew Youth was very conscientious about continually testing my hormone levels and making sure they got it right."

It did take some time to get things exactly right. Tia spent the early months of treatment working with her consultant at Renew Youth, getting her blood tested, and tweaking her regimen until it was just right for her. "Now it's perfect," she says.

### Feeling Good in Her Body

Tia was happy to test and tweak until things were perfect. That was the kind of response she had wanted from her general practitioner in the first place. What she got instead was resistance and then unmonitored, unhelpful, small doses of estrogen, and nothing else.

"When I first told her that I was interested in taking some testosterone to help with my libido," Tia shares, "she had a fit!" Eventually, without any testing, Tia's general practitioner did give her an estrogen patch.

"When I did my first blood test through Renew Youth," she says, "there was no estrogen in my system at all, so the patch had been providing me with nothing."

With her hormones properly adjusted through Renew Youth, Tia is back to her "regular" self—basically a powerhouse. "Balancing my hormones made a huge difference in how I felt," she says. "Being able to reduce the weight really made me feel good in my own body again, and not self-conscious. It really helped me mentally, in terms of my self-esteem—I'm back to feeling like I always had before."

### Enlightening Others

Now that Tia has found a way to enjoy where she is in life and not just "deal with it," it's her mission to tell other women about her experience. "I don't think there's enough information out there about what happens to a woman's body when hormones are not in balance," Tia says. "I talk to women all the time, and it's a big thing women don't know about. Hormone imbalance is a huge thing!"

Luckily, Tia has a job that brings her in touch with a lot of women over the age of 40, so she has the opportunity to share her experience with others. "When women start aging," she shares, "that voice in your head says, 'Oh my gosh, I'm old!' But I don't want to be old. I don't think I'm old. I don't *feel* old. I don't *look* old." While Tia sees some women just settling into what they think is impossible to avoid, she knows that help is available.

"Wait it out?! I don't think so!" she says. Tia is on a mission to not only educate others about their bodies and their options, but also to make aging something about which women no longer feel shame or fear. Tia still identifies as young, healthy, and sexy, and she wants other women to know they can feel that way, too.

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