

Case Study

RENEWING STRENGTH INSIDE AND OUT: Renew Youth Restores Fitness Competitor's Vitality and Optimism

RENEW YOUTH™

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PATIENT:

Samantha Kim*

AGE:

40

BEGAN TREATMENT WITH RENEW YOUTH:
2021

SYMPTOMS:

Fatigue, irritability, anxiety, depression, brain fog, low sex drive, vaginal dryness, hot flashes, dry skin, loss of strength and muscle mass

TREATMENT REGIMEN:

- Oral progesterone capsules
- Testosterone (topically applied)
- Thyroid (T3 monotherapy)
- DHEA
- B12 injections

CHANGES:

Restored libido, no vaginal dryness, improved mood, no anxiety, increased energy, improved mental acuity and focus, increased muscle mass, no hot flashes, improved skin moisture

““ To me it's almost like magic.
Thank goodness for hormone replacement therapy! ””

For about six months, Samantha Kim had been feeling unwell. She was frequently angry and irritated for no reason. She was lethargic and worn out. She thought maybe years of dealing with Los Angeles' unrelenting traffic had finally caught up with her. But there were other symptoms that couldn't be explained by life's day-to-day challenges.

In search of answers, Samantha visited her primary care physician, as well as her gynecologist. She relayed to them in detail what she was experiencing by way of fatigue, loss of libido, vaginal dryness, dry skin, hot flashes, and brain fog. What she didn't expect was to be told that these symptoms were “normal”. In the end, she was given a prescription for antidepressants and sent on her way.

These appointments left Samantha feeling unheard and confused. But she was determined to find answers. She started researching her symptoms online and came across “hormone replacement therapy”. Something clicked for her.

Problem Solving on the 405

The websites Samantha found listed each of her symptoms, and

she was relieved to finally have an explanation for how she was feeling. She reached out to several hormone therapy providers, including Renew Youth. “Renew Youth wasn't the first provider I contacted,” Samantha says. “The first one never got back to me. The second one took about a week to contact me. Renew Youth got back to me in 30 minutes.” When Renew Youth called, Samantha was in her car. “I let it all out as I pulled over on the 405 Freeway,” Samantha recalls. “I described how I was feeling, how frustrated I was, and I remember my voice started to shake. The health consultant I talked to was like a problem solver and therapist all rolled into one.”

Samantha appreciated having things explained to her in detail. Of the team at Renew Youth, she says, “Everyone is so professional, knowledgeable, and quick. If I have a question, they jump right on it.”

Strength and Positivity

As a busy caregiver and professional fitness competitor, Samantha has always valued her strength and her positive outlook. But for the six months prior to finding Renew Youth, she felt like she had lost her vitality and optimism. “It was like a



dark cloud was looming over me,” she says, “every day, day after day. I couldn't explain it.”

Samantha was still working out, but she was unmotivated and just going through the motions at the gym. She was also losing strength and muscle mass. She was beginning to think that years of competing had finally taken a toll on her body.

Fortunately, starting hormone therapy with Renew Youth completely turned things around for Samantha. She has regained her muscle mass, and she is back to enjoying her workouts. She feels like her “engine is revved up again.” And her mood? That's where

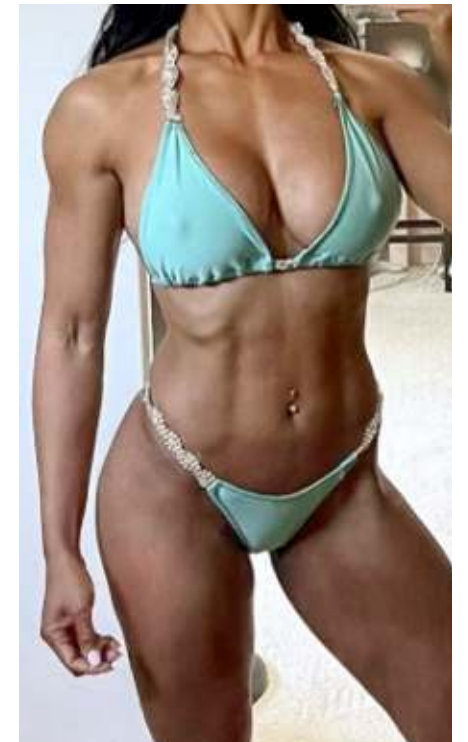


Samantha sees the biggest impact. She describes feeling like she's on a “happy pill” these days.

Couples That Renew Together

Now that her hormones are balanced, Samantha wakes up in a good mood that lasts the entire day. “To me it's almost like magic,” she says. “Thank goodness for hormone replacement therapy!”

When Samantha looks back at how she felt before starting hormone therapy, she says she doesn't recognize that person. Her experience has been that lifechanging. And



when her husband started noticing diminished libido and brain fog, he also turned to Renew Youth.

Samantha and her husband have both watched their hormone-related symptoms disappear. Their libidos have returned, they're stronger, and their moods have improved dramatically. “That's the biggest change,” says Samantha. “We're a lot happier.”

And it's not magic. Or a miracle. It's hormone replacement therapy with Renew Youth.

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