

BIO-IDENTICAL HORMONE REPLACEMENT THERAPY

By Valerie Sorge, NMD, PhD and James McGee, MD

Learn about our hormone replacement therapy services, what it does, why we do it, who is it for, and more.

Bio-identical hormone restoration therapy is restoring hormone levels in a patient to balance physiological levels of a more youthful age. In bio-identical hormone replacement therapy (BHRT), hormones are biologically identical to human hormones on a molecular level, which helps the body accept the hormone more effectively and avoid side effects commonly experienced with synthetic hormones.

The first objective in bio-identical hormone balancing is to address the patient's symptoms. When proper balancing is obtained patients feel better very quickly. However, equally important is the goal of providing the protective benefits the hormones offer to the cardiovascular system, the brain and central nervous system, bones, muscles, skin, eyes, and practically all the tissues of the body.

When hormone levels are balanced, neither deficient nor too excessive, both the protective benefits and the symptom management objectives can be met.

Many factors effect hormone balance including the body's ability to produce and regulate sufficient hormone levels, stress, lifestyle, and environmental factors. Addressing patient's symptoms with physiological dosing, therefore, is not a "cookie cutter" approach. Occasionally, it takes time to find the sweet spot on an individual basis. We understand that everyone wants their body to experience an immediate and appreciable response.

HORMONES REPLACED INCLUDE:

PROGESTERONE

Much more than a female sex hormone, progesterone can support GABA, the brain's relaxation neurotransmitter (progesterone receptors are highly concentrated in the brain).

ESTROGEN

Estrogen is the major female sex hormone (though men have it, too). When a woman doesn't have enough of it, it impacts her libido, her immune system, her mental health and her heart health, to name a few.



TESTOSTERONE

The primary male sex hormone, testosterone in men is responsible for sex drive, muscle mass, bone density and an overall sense of wellbeing.

THYROID

The thyroid gland drives the production of many neurotransmitters that run the brain. If your thyroid is low, you feel sluggish, mentally foggy and depressed; if it's high, you feel anxious, jittery and irritable.

DHEA

Dehydroepiandrosterone (DHEA) is a precursor hormone to the sex hormones, meaning testosterone, estrogen and progesterone are all converted from DHEA.

To find out more, or to schedule your appointment, please call 239.920.7676 or visit www.vidaful.com.

7955 Airport-Pulling Rd, Suite 101
Naples, FL 34109



VALERIE SORGE, NMD, PHD

In recent decades, Dr. Sorge has directed numerous and well-known projects in various countries. She obtained an MBA to further her abilities to function as an owner-administrator, enhancing her network to the point where she is currently engaged in fourteen locations globally, specializing in the administration and application of regenerative therapy and research. Dr. Sorge enhanced her training with naturopathic programs to round out her medical knowledge. This allowed the integration of traditional medicine with organic and natural treatments to maximize medical efficacy.

She has demonstrated and confirmed a lifelong passion as she was recently selected as International Regenerative Therapy Director, for BioGen, Inc., located in California.



James M. McGee, MD

After an Associates Degree in Marketing and Sales from the Coastline Community College District in Southern California, he volunteered at Desert Hospital which sparked his interest in medicine. From there, he became a paramedic for AMR and then a 'critical care medic' and 'field training officer' along with QA/QI positions.

Dr. McGee graduated cum laude with a BSEMC from Loma Linda University. He attended the University of Nevada School of Medicine and received his MD in 2001 with a residency in Emergency Medicine at St Luke's Hospital 2001-2004. Board certification by ABEM in 2007.

Working at numerous Emergency Departments since 2004, his practice emphasized training new resident and physician assistants. Dr. McGee has been on numerous advisory committees and panels, including large corporations such as Air Products. Has been the medical director for several ambulance squads and companies.

Previous to joining Vidaful, Dr. McGee served as the medical director of MX Sports, International Air Medical Services, and Comforting Care Home Health.

Contact us today to schedule your appointment. We can help get you started, right where you are, to become what you know you can be.