



PART 2 OF 4

2025 BHRT SEMINAR SERIES

Mastering the Protocols for Optimization of Hormone Replacement Therapy - An Evidence Based CME

Accreditation by: The Foundation for Care Management (FCM). Jointly provided by
TRUBALANCE HEALTHCARE INC. CANADA

CREDITS:

20 AMA PRA Category 1 Credits™
20 Nursing Contact Hours



ACADEMY OF PREVENTIVE
& INNOVATIVE MEDICINE
by worldlink medical

EDUCATOR

NEAL ROUZIER, MD - WORLDLINK MEDICAL

CE CREDITS:

College of Naturopaths of Ontario (CONO)
20 Category A, Pharmacology

COURSE BROCHURE & AGENDA

PART 2: NOVEMBER 14 - NOVEMBER 16

Expand Treatment Options

Early Bird Save \$125 Register by October 16

Conference Location: Westin Harbour Castle
Hotel, Lakefront Downtown Toronto

Education is open across borders

Course Description - PART 2

Pre-requisite to Attend - You have completed PART : Discover the Power of BHRT

The BHRT PART 2 live course follows advanced concepts and up-to-date research above and beyond BHRT PART I. The 2.5 day intense residency style training will keep you current on the appropriate skills needed to manage everyday HRT related problems. It will serve as a short refresher of HRT but will primarily serve to teach new and alternative therapies not explained previously, as well as introduce management of new conditions such as PCOS.

We will discuss - Osteoporosis, Cancer and Hormones and Chronic Fatigue Syndrome

- **Alternatives to raising testosterone**, including methods that maintain or even may increase fertility in men, such as clomid and HCG.
- **The importance of early identification of Polycystic Ovarian Syndrome (PCOS)**, including recognizing its associated signs and symptoms, atypical presentation, and treatment options to potentially improve fertility and reduce risk of long term health consequences, such as obesity, uterine cancer, nonalcoholic fatty liver disease, and type two diabetes. Also, learning why the word "PCOS" is a poor name and a misnomer for the condition, as it is primarily an endocrine condition.
- **Review what the literature shows about how hormones affect cancer progression and knowing when and which hormones may be appropriate and why**

BHRT PART 2 goes into greater depth showcasing literature reviews that highlights the many benefits of HRT, particularly as they pertain to cardiovascular and cancer protection. We also review the scientific literature supporting a more preventive approach to chronic disease vs a sick care model that never treats root causes

Course Objective

Upon completion of this workshop, the healthcare professional will be able to:

- Identify important issues in the relationship between hormones and cancer: cause, provocation, or protection?
- Outline problem-solving techniques for difficult cases complicated by simultaneous disease processes and the potential benefits of hormones.
- Discuss literature citing new indications, risks, benefits, and complications of estrogen, progesterone, and testosterone therapy.
- Determine advanced treatment modalities and dosing strategies for estrogen and progesterone, including new and specific approaches to these therapies.
- Describe important aspects of the WHI findings: identify the experts that refute this study and other factors not included in the trials that would change the conclusions.
- Determine advanced treatment modalities, including new and specific approaches to thyroid, and testosterone replacement for disease prevention.
- Discuss over 40 articles that demonstrate thyroid replacement and does not cause osteoporosis, even in TSH suppressive doses.
- Identify various new therapies for erectile/sexual dysfunction in men and women.
- Evaluate the epidemiology of cardiovascular disease and diabetes and the various treatment strategies as they pertain to medication, diet, exercise, and lifestyle changes.
- Describe the strategies for using the new cardiovascular risk markers, inflammation markers, and lipid parameters, as well as how to make sense of all the new lipid fractionation components.
- Determine current screening methods and management strategies for the most common pre-menopausal hormone disorder, Polycystic Ovary Syndrome (PCOS), in addition to implementing diagnostic and treatment strategies for PCOS.
- Apply diagnostic and treatment strategies for hirsutism and hair loss.
- Implement strategies for treating osteoporosis using hormone replacement therapy.
- Provide insightful and clinically meaningful cases to help clinicians improve their practice and patient health outcomes

Advisory: The concepts and practice taught are evidence based (we follow the guidelines from the medical studies that prove efficacy) in contrast to what is taught by some groups whose approach is not evidence based (no justifiable scientific reason for what they are teaching and that which is often contrary to evidence based medicine).

AGENDA PART 2 - NOVEMBER 14 - 16 – EST TIME

7:30am - Registration & breakfast onsite beside the conference room

8:00am - Education starts at 8am sharp!!

Dr. Rouzier will give a 5-10 minute break at the top of every hour for questions

FRIDAY

8:00am – 12:00pm - Section 1: HERS and WHI Review

- Making sense out of the many HRT studies, the critiques, and the rebuttals.
- A commentary as to why estrogen is not harmful in most circumstances.
- A critique of the WHI trial and a meta-analysis demonstrating opposite conclusions of the WHI. Putting the pieces together will make you an expert on all ifs, ands, or buts. It is the knowledge and command of this scientific literature (that your colleagues will never know) that makes you the expert. Estrogen replacement is so very complex & a full understanding of all the studies and data is necessary to prescribe and defend HRT. Having a command of the literature will enable you to explain when estrogen is indicated, which one, and why, the safety of estradiol and potential harm of CEE, the harm of not utilizing estrogen and estrogen deprivation, and the harm of assuming and extrapolating the harm of CEE to E2.

Section 2: Hormones and Cancer

- Review the hormone paradox and the myths and controversies of the oncogenic effects of hormones as to whether they are causative or protective against cancer. A literature review of HGH & testosterone in men will show benefits of protecting against cancer as opposed to the incorrect common opinion of testosterone causing cancer. As for women, estrogen and progesterone are also accused of causing cancer in spite of the literature support for the contrary.
- Studies will be reviewed that evaluate whether they cause cancer or protect against cancer and how optimization protects against cancer. We'll review all the literature that proves MPA ≠ OMP. Finally, testosterone is second to progesterone in protecting against breast cancer. Can estrogen be safely used in cancer survivors?
- Over 40 studies prove it can and should be used. Not replacing hormones increases morbidity and mortality which proves the oncologic world doesn't know their own literature. What level of progesterone is best for breast cancer protection and what level of testosterone is most appropriate? All hormones have been demonstrated to protect against cancer and it is the loss of hormones that increases that risk. Only one hormone increases cancer risk and that is a drug and not a hormone. It is amazing what medical experts do not know or understand about hormones and will make incorrect assumptions to avoid HRT whereas doing so increases morbidity and mortality. They cause harm by not utilizing HRT but they don't understand that they don't know.

12:00 – 1:00pm – Lunch onsite

1:00pm – 6:00pm - Section 3: Hormones and CVD

Section 4: E2 Benefits

- Bio-identical HRT: A review of all the evidence both for and against BHRT with the positives and negatives. We'll prove that E2 is the safe and most beneficial estrogen.

6:00pm – Done for the evening

SATURDAY

7:30am – Breakfast onsite

8:00am – 12:00pm - Section 5: Testosterone Advanced

- Testosterone's risks and benefits from JCEM and NEJM meta-analysis, new guidelines, and alternative methods of prescribing testosterone for men and women. Learn all the alternative methods of raising testosterone levels besides transdermal creams. When to avoid transdermal, when to avoid IM, when to use HCG vs. clomiphene, and when to use oral testosterone? Which are the cheapest, which are the best, and which ones should be avoided. Basically, everything you could possibly ever need to know about optimizing testosterone. A literature review (EBM) will support the many alternative methods to raising testosterone.

Section 6: Estrogen Oral vs. Transdermal

- A literature review of the battle and controversy over oral vs. transdermal estrogen, which type, how, when, why, and how the ESTHER study guides us. Knowledge is power when it comes to estrogen administration, the risks and benefits of both. Review of HRT and clotting and how to evaluate the risk and decrease the risk. What is that relative risk anyway that everyone always alludes to? Please don't tell me the risk of clotting-rather give me the numbers.
- The importance of SHBG in prescribing E2 as it pertains to CA and CAD. Thrombophilia work-up, test panels with case examples of + labs and how patients should be treated. Develop a treatment plan that encompasses the foregoing but that requires in-depth knowledge of the vast literature and relative risks.
- Finally, what to do when someone develops a clot while on HRT and has a negative work-up, or that has had a prior clot, even if provoked. Review the harm of transdermal estradiol and the null set.

12:00pm – 1:00pm – Lunch onsite

1:00pm – 6:00pm - Section 7: CVD Diagnosis and Prevention

- Preventive cardiology or how to avoid CABG, stents, and MI when statins don't work: A literature review of hormones, toxic blood markers, prediction of CVD, and treatment without using drugs. Preferential use of hormones, niacin, RYR, EFA, supplements, life style changes, and diet to prevent CVD and how to monitor effects via the NMR panel. The expert recommendations are to no longer monitor cholesterol levels as LDL may not predict CAD. Then what should we monitor and what is predictive? LDL particle number and small LDL particle numbers. We'll look at the cases and outcomes.

Section 8: CVD Treatment

- Cardiology cases:
How to stop progression of the disease. Management when statins don't lower LDL-P and small LDL-P. That which the cardiologists should use but don't. Putting all the pieces together using the best preventive strategies to avoid succumbing to that which kills 90% of us. Use of NMR panel, LDL-P's, apo-B, non-HDL cholesterol, cardiac markers, eicosinoids, insulin, and inflammatory cytokines. Does lowering cholesterol by means other than statins provide the same benefits?

6:00pm - Done for the evening

SUNDAY

7:30am - Breakfast onsite

8:00am – 12:00pm – Section 9

- **PCOS / Polycystic Ovary Syndrome:** Diagnosis and treatment of the most common pre-menopausal endocrinopathy that everyone fails to diagnosis. Never miss it again because if you don't specifically look for it, then you won't find it. PCOS increases risk of CAD, DM, breast cancer, & uterine cancer which further emphasizes the need for early detection and treatment. Assume that everyone has PCOS until you prove that they don't. Unfortunately the most common treatments for PCOS don't work. There is only one treatment that will work and that is the one that no one knows or appreciates. We'll review the before and after labs demonstrating improvement. Quality of life and fertility relies on this one treatment.
- **Section 10 - Osteoporosis: Diagnosis and treatment using DEXA scan and NTX urine metabolites to monitor bone loss.** Treatment of osteoporosis beyond bisphosphonates: HRT, Vitamin D, Vitamin K, strontium, ipraflavone. Measuring and monitoring improvements in NTX- a lab review.
- **Estrogen metabolites:** Do they or do they not predict breast cancer and should we waste money on testing. Lab review of 2 OH-E1 vs. 16 α OH-E1. DIM? Do you really need it and does it really work? I didn't know that estradiol caused cancer? A look at EBM and studies from JNCI that refute confabulation.

12:00pm – The PART 2 is complete

Any questions please connect with Donna Kingman - Trubalance Healthcare, Inc Canada for BHRT clinic integration or education - Cell - 647-884-0663



2025 ACCREDITATION STATEMENT



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by The Foundation for Care Management (FCM) and TruBalance Healthcare Inc. FCM is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

This program is approved for *20 AMA Category 1 Credits™*

This program is approved for *20 Nursing contact and Pharmacologic hours* of education.

Healthcare provider should only claim credit commensurate with the extent of their participation in this activity

CE CREDITS:

College of Naturopaths of Ontario (CONO)

20 Category A, Pharmacology

ABOUT THE INSTRUCTOR

Neal Rouzier, M.D.



Dr. Neal Rouzier is a pioneer in BHRT/Bioidentical Hormone Replacement Therapy, practicing almost since its inception in the early 1990's. He has dedicated his life's work to uncovering the medical literature that supports safe and effective protocols for unique and personalized patient care. He is the Director of the Preventive Medicine Clinics of the Desert, specializing in the medical management of aging and preventive care for men and women. He has treated more than 3,000 patients with natural hormone replacement therapy and is recognized as a renowned leader and expert in the field. He has over 22 years of experience as an educator and practicing physician & 29 years of Emergency Medicine experience at Queen of the Valley Hospital in West Covina, California

Dr. Rouzier's latest book launch

"Normal Isn't Optimal - The Science of Bioidentical Hormones for Optimal Health & Wellness"

WORLDLINK MEDICAL MEMBERSHIP

Claim the exclusive benefits of Membership

- Monthly CME Accredited Webinar Series & medical article references
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- Access to EBSCO host for full-text and abstract searches to thousands of medical journals
- Article folders with access to abstract and full-text for all articles referenced in the 4-part BHRT seminar series
- Online patient education programs & provider listing.

A membership with Worldlink Medical grants you access to research and exclusive emerging content on hormone optimization, as well as access to the BHRT trained community. Instant resource for abstracts and articles you need for research, interpretation, or sharing with colleagues and patients



CERTIFICATION

Certification through Worldlink Medical provides physicians and healthcare practitioners with the education, assessment and credence needed to practice hormone replacement therapy. The certification is designed to evaluate proficiency and competence in applying newly learned skills through written questions, case studies and demonstrations of how the skills apply in clinical settings.

HOW TO OBTAIN THE ADVANCED BHRT CERTIFICATION

- *Complete the 4 PART BHRT Series
- *Submit your evaluation to FCM after each course
- *Complete the final exam with passing marks
- *Pay your final membership fee \$775US to Worldlink Medical

More information on the ABHRT Certification - www.worldlinkmedical.com or www.trubalancehealthcare.com

PART 2 - COURSE DETAIL'S

Friday, November 14 to Sunday, November 16, 2025

Mastering the Protocols for Optimization of Hormone Replacement

PART 2: Expand treatment Options

COURSE SCHEDULE - Live Conference in Toronto - EST Time

Friday: 8:00am - 6:00pm

Saturday: 8:00am - 6:00pm

Sunday: 8:00am -12:00pm - Course is complete!

COURSE FEE'S (CANADIAN FUNDS)

EARLY BIRD DISCOUNT EDUCATION SAVE \$125 - EXPIRES OCTOBER 16th

INITIAL ENROLLMENT/ PRESCRIBER (NEW ATTENDEE): MD, DO, NP, ND: \$1825

PAST GRADUATE RETAKE: \$1299

NON - PRESCRIBER: ND, RN, PA, IMG, Dietician: \$1299

SUPPORT STAFF INCLINIC: \$1299

COURSE INCLUDES:

- 1) *E - syllabus (digital files)*
- 2) *Medical references - supports the hormones presented*
- 3) *CME credits*
- 4) *Breakfast & lunch onsite + snacks AM + PM*

FULL COURSE DETAILS:

www.trubalancehealthcare.com/education

PRINTED SYLLABUS: \$100 + HST (13%)

Pick up your binder, the first day of the course

HOTEL LOCATION & TRAVEL DETAILS



Westin Harbour Castle Hotel

1 Harbour Square, Toronto, ON., M5J 1A6

Located on the lakefront downtown

Hotel is across the bay from the Billy Bishop
Toronto City Island Airport for Porter Airlines

A quick 5 minute free ride on the ferry to the
mainland

Hotel - Earn Marriot Bonvoy Reward Points

- **Room block rate:** \$379.00CAD + taxes per night
- **Hotel discount:** Expires October 16th or if the room block sells out first
- **Reservations:** Telephone: 1.888.627.8559
- **Airports:** Pearson International Airport or Porter Airlines

FOR ALL COMMUNICATION AND TO REGISTER PLEASE CONTACT:

Donna A.G. Kingman | Director of Business Development & Communications

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Email: donna@trubalancehealthcare.com

www.trubalancehealthcare.com

REGISTRATION FORM: Please see the form listed on our website