

CANADA'S LEADING PHYSICIANS NETWORK FOR BIOIDENTICAL HORMONES AND HUMAN IDENTICAL TESTOSTERONE THERAPY FOR MEN

TruBalance recognizes that your hormone profile and the way you respond to hormone therapy are as unique as your fingerprint. We are the only company in Canada with a comprehensive hormone education program including a 'physician & nurse practitioner network' across Canada for patients, continuing education for healthcare providers, the latest in leading laboratory technology & individualized treatment.

PHYSICIANS NETWORK ACROSS CANADA FOR BHRT & HUMAN IDENTICAL TESTOSTERONE REPLACEMENT THERAPY

PHYSICIAN & LICENSED MEDICAL PROFESSIONAL CME EDUCATION VISIT THE WEBSITE FOR DATES – WWW.TRUBALANCEHEALTHCARE.COM

Education is presented through science and evidence-based, continuing education symposiums backed by the medical literature with ADVANCED BHRT CERTIFICATION which are lead by renowned BHRT expert DR. NEAL ROUZIER, MD OF WORLDLINK MEDICAL. Our education network consists of leading healthcare professionals, physicians, and researchers featuring some of North America's top experts on Bioidentical Hormone Replacement Therapy and Testosterone Replacement Therapy. Age management medicine-attracts physicians with a proactive approach practiced outside the insurance realm (private fee in effect) and focused on optimized health to delay/prevent age-related disease.

LAB TESTING – SALIVA OR SERUM (BLOOD)

Customized serum tests are ordered by your healthcare provider to start your program (Results turn around is approximately 5 -10 days)

Your lab test results will be sent via fax direct to your healthcare provider .

Do I need to order a saliva test kit?

It is best to speak to your healthcare provider to see if you need saliva testing as per your customized treatment plan.

WILL PRIVATE INSURANCE OR OHIP COVER MY TESTS?

You can submit your receipts to your insurance company directly. Some serum tests are covered under OHIP where applicable. Saliva tests are a out of pocket fee.

PUBLIC SEMINARS FOR PATIENTS

Find out what the difference is between synthetic hormones & the real ones and how to treat hormone imbalance. TruBalance aims to not only educate the physician, but also the patient by offering unparalleled seminars with celebrity speakers like Suzanne Somers and distinguished physicians specializing in bioidentical hormone therapy.

BOOKS

- **HOW TO ACHIEVE HEALTHY AGING. WHY EVERYONE SHOULD REPLACE HORMONES & THE MEDICAL LITERATURE 2ND EDITION**
By Neal Rouzier, MD | WorldLink Medical
- **DON'T LET YOUR DOCTOR KILL YOU: HOW TO BEAT PHYSICIAN ARROGANCE, CORPORATE GREED AND A BROKEN SYSTEM**
By Dr. Erika Schwartz, MD (Author) with Melissa Jo Peltier
- **TESTOSTERONE FOR LIFE: WHY MEN FAKE IT | The Totally Unexpected Truth About Men and Sex**
By Abraham Morgentaler, MD
- **THE 30-DAY NATURAL HORMONE PLAN | Look and Feel Young Again Without Synthectic HRT**
By Erika Schwartz, MD (Featured on Dr. Erika's PBS TV special)
- **SEXY FOREVER; BREAKTHROUGH: 8 STEPS TO WELLNESS; AGELESS | The Naked Truth About Bio-Identical Hormones**
By Suzanne Somers

WEBSITES

- **NEAL ROUZIER, MD** | www.worldlinkmedical.com | Preventive Medicine Clinics of the Desert, Palm Springs, Calif | www.hormonedoc.com
- **MARK GORDON, MD, ENDOCRINOLOGIST** | Millennium Health Centers, Inc. | www.millenniumhealthcenters.com
- **SANGETTA PATI, MD** | SaJune Institute for Restorative & Regenerative Medicine | www.sajune.com
- **ERIKA T. SCHWARTZ, MD** | Evolved Science New York & London UK | www.drerika.com

Material is provided for educational purposes only. It is not intended to treat, diagnose, cure, or prevent any disease and has not been evaluated by the FDA. Always seek the advice of your healthcare provider with questions or before undertaking any diet, exercise, or other health program.



TRUBALANCE

HEALTHCARE

RECHARGE YOUR VITALITY & OVERALL HEALTH WITH BIOIDENTICAL (HUMAN IDENTICAL) TESTOSTERONE REPLACEMENT THERAPY FOR MEN

INDIVIDUALIZED TREATMENT, HORMONE LABORATORY TESTING, PATIENT SEMINARS, AND CONTINUING MEDICAL EDUCATION



TRUBALANCE HEALTHCARE LEADS THE NATION IN BIOIDENTICAL HORMONE (HUMAN IDENTICAL) EDUCATION AND DIAGNOSTIC TESTING PROTOCOLS THAT ADDRESS THE UNIQUE NEEDS OF EACH PATIENT. OUR TEAM OF SPECIALISTS HAVE DEALT WITH 100'S OF HEALTHCARE PROVIDERS AND THEIR PATIENTS ACROSS CANADA.



GET THE EDGE AND MASTER THE EFFECTS OF AGING

Age Management Medicine and Bioidentical Hormone Replacement Therapy (BHRT) stand at the forefront of 21st century medicine, incorporating proactive, preventive protocols that optimize health, restore endocrine balance, delay the indicators of aging and prevent premature disability and death. As a result, patients enjoy a higher quality of life, enhanced sense of well-being and a longer health span.

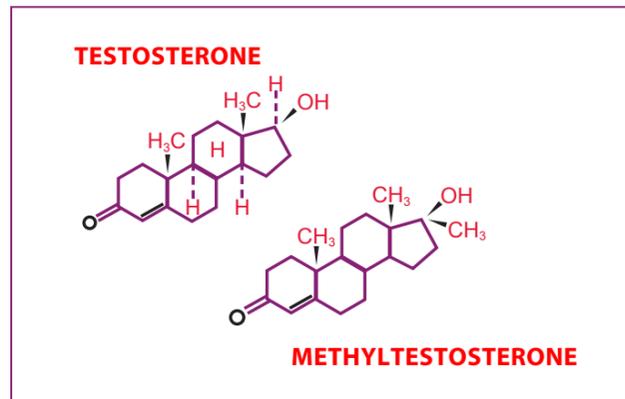
Are you tired? Have you lost your edge, and your sense of vitality? Are you a competitive sports person? Does sex feel like work, or maybe your sex life is non-existent? Then you could have a medical condition called **Low Testosterone**. Many men who go on **Human Identical Testosterone Therapy** say they feel younger, more vigorous, and the best they have felt in years!

SYMPTOMS OF ANDROPAUSE – THE “MALE MENOPAUSE”

- Low Sex Drive
- Reduced Muscle Mass
- Fatigue
- Disturbed Sleep
- Osteoporosis
- Heart Disease
- Atherosclerosis
- Irritability
- Insomnia
- Erectile Dysfunction
- Weight Gain
- Low Strength
- Slow Wound Healing
- Low Sperm Counts
- Depression
- Memory Impairment
- Impaired Blood Cell Formation
- Anxiety

Numerous changes are associated with an age-related decline in the hormone testosterone, which is classified as an androgen. Some men may go through a rather sudden change in testosterone levels that might correlate with the hormonal changes women experience at menopause. However, most men have a slower and more subtle hormonal decline and develop symptoms over a period of time. Symptoms of testosterone deficiency are often attributed to other problems, denied by the patient, and unrecognized by healthcare professionals.

BLOOD TESTING - Is the preferred choice to test levels & in some cases is covered under OHIP depending on the province you are based in. **Medical studies are available



When hormones are replaced or restored back to physiologic levels considered normal for younger males, men may experience a dramatic reversal of many of the changes listed above.

BALANCED HORMONES MAY PROVIDE:

- Youthful Energy
- Improved Libido
- Lean Muscle Mass
- Reduced Body Fat
- Sharper Thinking
- Stronger Immune System
- An Ability to Manage Stress
- A Vibrant Life & Well Being

TruBalance Healthcare has established an important presence in the medical community, bridging the gap between conventional medicine and scientifically based, proactive intervention. You must be proactive to slow down the aging process. Pro-aging is a natural process that can be managed. When your hormones are in balance you lower the risk of disease and extend your health.

MAXIMIZE YOUR HEALTH POTENTIAL

Age is inevitable, but you can age gracefully. We all have the power to manage our aging process. It begins with discovery – asking questions and getting the real answers to your specific health concerns. Consulting with the right hormone physician and requesting a thorough set of diagnostics that establishes your personal hormonal, metabolic and physical baseline. The physician needs to uncover your health strengths and weakest health links.

HORMONE OPTIMIZATION

Beginning around the age of 30, hormones start to drop by 1% to 3% each year, contributing to a litany of symptoms and a slow, steady deterioration in health. Opting for healthier lifestyle choices and restoring hormone balance helps hormone-deficient adults regain a balanced, healthy endocrinologic state so their bodies function optimally.

NUTRACEUTICALS

It is essential to add pharmaceutical grade (USP) vitamins, antioxidants, essential fatty acids, and minerals to your daily health routine to help correct nutrient deficiencies commonly found in today's environments and diets.

IN THE NEWS

Recently there has been negative media with regards to athletes and body builders using anabolic steroids. Do not confuse Bioidentical / Human Identical Testosterone with synthetic derivatives or “anabolic steroids,” which when used by athletes and body builders have caused disastrous effects, including heart problems and cancer. Non-medical people (consumers) use the term “testosterone” too freely, when referring to numerous synthetic derivatives, as well as natural testosterone which is incorrect. Therefore if one is not properly educated in the medical field conflicting data arises about the benefits and risks of testosterone therapy. We suggest to patients to review the studies and see a physician that specializes in Bioidentical Testosterone.

LIFESTYLE CHOICES

Studies show those who pursue a more active lifestyle which includes daily exercise, and a healthy diet show higher hormone levels. When hormone levels in men decline, men often get hair loss, gain weight in the stomach and chest area, and lose interest in life's daily activities. As their weight increases, hormones are stored in fat, and become unavailable to meet the body's demands. Lack of exercise, excessive alcohol use, and many diseases can reduce bioavailable hormone levels. For optimal results, it is vital that hormone replacement therapy be combined with saliva testing, adequate exercise, proper nutrition, and appropriate use of natural supplements.

CONTINUING MEDICAL EDUCATION

In the past our educators have been:
 Erika Schwartz, MD - Evolved Science, NYC;
 Sangeeta Pati, MD - Sajune Medical Centre & Spa, Florida;
 Mark Gordon, MD - Millennium Health Centres and Traumatic Brain Injury Med Legal, California
 Esther Konigsberg, MD - Integrative Medicine Consultants Inc., Toronto, ON.,



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“THE BIOIDENTICAL HORMONE (HUMAN IDENTICAL) EXPERTS IN CANADA”