



# HRT Solution (rev. edition): Optimizing Your Hormonal Potential

*John M Kells, Maria Ahlgrimm*

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**HRT Solution (rev. edition): Optimizing Your Hormonal Potential** John M Kells, Maria Ahlgrimm  
**Now revised and updated, the comprehensive program for restoring vitality, sexuality, and health using natural hormones—just the ones each individual woman needs, and just the amount she needs.**

The decision of whether or not to use hormone replacement therapy (HRT) during menopause is perhaps more controversial—and more confusing—than ever before. The HRT Solution provides a balanced discussion of the issues and, most important, offers a choice that goes beyond "yes" or "no."

The authors explain the shortcomings of the conventional, "cookie-cutter" approach to HRT, which gives women standardized amounts of synthetic hormone substitutes or animal-derived hormone products. Instead, they recommend a program designed to meet each woman's particular needs. Their approach emphasizes the importance of testing and ongoing monitoring to determine precisely which hormones a woman may want to supplement. The solution lies in the prescription of individualized doses of custom-made natural hormones—exact matches for the ones a woman's body produces. The HRT Solution makes it possible for each woman to maintain a hormonal balance that is optimal for her body and her well-being, without the unpleasant side effects and potential for long-term health problems associated with conventional HRT.

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