

Visit our favorite BHRT links!

Women In Balance

www.WomenInBalance.org

Women in Balance is a national, non-profit organization comprised of women, doctors, health care professionals, national organizations and their members dedicated to supporting safe, effective and natural solutions for women's health issues in general and for the menopausal transition in particular. Women in Balance promotes safer, natural, and more effective approaches for alleviating menopausal symptoms and creating optimal health. The site contains very good scientific information regarding bio-identical hormone replacement.

Saliva Test

www.SalivaTest.com

ZRT Laboratory was established in 1998 and is independently owned and operated by David T. Zava Ph.D. a biochemist and breast cancer researcher. Dr. Zava developed saliva testing as a simple non-invasive, inexpensive way to identify hormone imbalances associated with diminished health and wellbeing. It is the mission of ZRT Laboratory to educate the public and health care professionals about the importance of Hormone Balance in maintaining optimal physical and mental wellbeing. This website is a great resource for men and women who would like more information on hormone balance, cancer resources, and help finding a prescriber in your area who is experienced in BHRT. ZRT laboratory has a 24-Hour Hormone Hotline (503-466-9166) where you can listen to a variety of audiotapes on hormone balance and Bioidentical Hormone Replacement. ZRT also has physician consultants that can help prescribers interpret saliva test results and make dosing adjustments.

Project-Aware

www.Project-Aware.org Project Aware is a website by women, for women. The website offers objective and comprehensive health information, especially related to menopause, perimenopause, and postmenopause.

HysterSisters

www.HysterSisters.com

HysterSisters Hysterectomy Information and Support website provides women with resources, information, discussions, and support for their hysterectomy needs. HysterSisters is a "women to women" website. This website is a good resource for women who are contemplating a hysterectomy, as well as those who have already undergone the procedure.