

Maximize YOUR BHRT Benefits



You've already taken the first step to regaining your edge by getting pelleted – but did you know that there are other things you can do to help get the most from your BHRT experience?

EAT A HEALTHY DIET

Your body will always function better when you have a well-balanced diet. But what does that really mean? You'll want to include nutrient-dense foods like proteins, green leafy vegetables, fruits (in moderation), and plenty of water.

HEALTHY EATING TIP: Shop the perimeter of the grocery store! That's where the fresh, whole foods are found.



EXERCISE

Did you know that pellets can be activated by physical activity, even light exercises like walking and yoga? This works by increasing blood flow around your body, helping the hormones from your pellets circulate better and faster. Establish a regular exercise routine to get the most out of your BHRT.

BONUS: This is a great time to start closely monitoring your results in the gym!

TAKE YOUR SUPPLEMENTS AS DIRECTED

BHRT works best when your body has all of the nutrients it craves. Your provider may have recommended supplements based on your individual needs; it's important to keep taking those as directed.

One key nutritional supplement for BHRT is DIM (diindolylmethane). DIM supports the metabolism of estrogen – which is just as critical for men as it is for women. Men's bodies naturally convert some testosterone to estrogen, whether that be testosterone your body produces or takes in via pellet therapy. However, excess estrogen has the potential to cause unwanted side effects, so taking DIM as directed by your provider during BHRT is very important for men.*



BHRT IS BETTER WITH YOUR PARTNER

Imagine if it's not just you experiencing improved mood, better sleep, more energy, and higher libido via hormone optimization – but your partner as well? Not only can you keep each other accountable on your journey to better health, but you can experience all the positive benefits together, too.

As always, if you have any questions about your personal BHRT experience, your provider is here to help support you every step of the way.

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