

Getting Started with  
**BHRT**  
Bio-Identical Hormone Replacement Therapy





## Why Bio-Identical Hormone Replacement Therapy (BHRT?)

Hormones play a critical role in nearly every system of your body—from energy, mood, and sleep to metabolism, sexual health, and overall vitality. When hormone levels become imbalanced due to age, stress, medical conditions, or lifestyle factors, it can affect how you feel and function every day.

**Bio-Identical Hormone Replacement Therapy (BHRT)** uses hormones that are **chemically identical to those naturally produced by your body**, allowing for a more natural and individualized approach to restoring balance. Unlike traditional hormone therapies, which may use synthetic

hormones that differ from human hormones, BHRT can be tailored to your unique needs, helping support:

- Increased energy and vitality
- Improved sleep and mood
- Balanced metabolism and weight
- Healthy sexual function
- Overall hormonal harmony and long-term wellness

At Lavender Health & Wellness, BHRT is just one part of a holistic approach. We combine **CranioSacral Therapy, targeted supplements, and personalized hormone support** to optimize your health and help you feel your best.

*Kayla Bachand*

**Kayla Bachand, Nurse Practitioner**

# The Process

01

## **SCHEDULE YOUR APPOINTMENT**

Visit Kayla in our office in Dilworth, MN or virtually if you are located in Minnesota or North Dakota.

02

## **INITIAL APPOINTMENT**

Meet with Kayla to review your intake form, gather medical history, review symptoms, order labs, and discuss health goals.

03

## **EARLY TREATMENT FOLLOW-UPS**

This is our opportunity to review labs, recommend medications and supplements, go over possible side effects and sign the consent for treatment forms. Follow-up again in 6 weeks to monitor effects of medications and supplements.

04

## **LONG TERM SUPPORT**

You'll meet with Kayla every 3 months as your body adjusts to the hormone treatment to review symptoms, adjust doses, refill prescriptions, discuss lifestyle changes, etc. Follow ups after 1 year may be every 6 months, depending on patient needs.

05

## **MAINTENANCE AND LIFESTYLE**

Each patient path is unique and different and will be tailored to the individual needs and adjusted as according.



# Schedule Your First Appointment Today

For more information on BHRT and to schedule, visit us online at [LavenderHealthMN.com](http://LavenderHealthMN.com)



Have Questions? Reach Kayla via email, call or text.

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