

HORMONES FOR SKIN HEALTH

*Your Weekly Newsletter by
Dr. Nick Sieveking*



The New Era of Hormone Safety

The FDA has now effectively lifted the WHI-era black-box warnings on estrogen and combined HRT for menopause. The agency acknowledged what many of us have known for years: the original WHI risks were overstated, misinterpreted, and not properly stratified by age, timing, or route of administration.

The Women's Health Initiative (WHI, 2002) misled an entire generation of women and physicians, costing women enormous health benefits in multiple areas:

- Heart Health: increased rates of heart disease, heart attack, and stroke
- Bone Health: increased osteoporosis and fractures
- Brain and Cognitive Health: higher dementia and cognitive decline
- Metabolic Health: increased diabetes and obesity
- Longevity: increased overall mortality
- Skin Health: accelerated loss of elasticity, breakdown of collagen, and dwindling hydration - all leading to premature aging

We are finally correcting course - and the benefits for skin are profound.



HOW HORMONES PRESERVE YOUTHFUL SKIN

As the largest organ in your body, skin is not passive. It is a hormonally active organ that makes its own “microclimate” of estrogen, progesterone, and testosterone. When optimal hormone levels are restored — internally or topically — the skin responds rapidly.

Hormone Optimization in Skin Lowers Inflammation

Increasing local hormone levels in the skin:

- Lowers inflammatory cytokines
- Enhances microvascular blood flow

Resulting in:

- Less redness
- Fewer inflammatory flares
- Smoother, healthier texture
- Less crepe under the eyes and neck

Collagen, Firmness & Elasticity

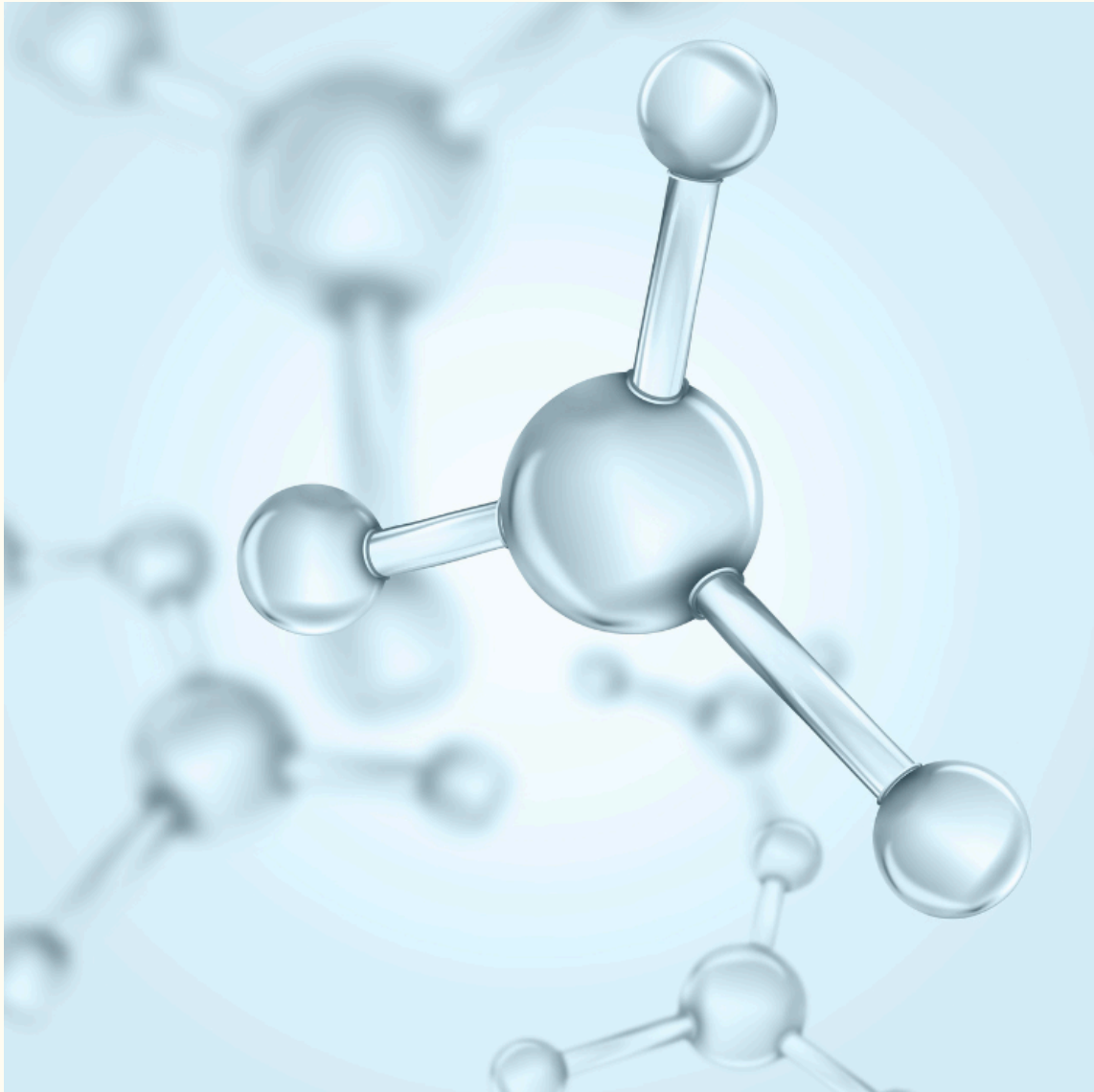
Estrogen, progesterone, and testosterone each contribute to the structural integrity of the skin.

They help:

- Increase type I and III collagen

- Thicken the dermis
- Improve firmness and elasticity
- Slow wrinkle formation
- Reduce sagging and laxity
- Improve recoil
- Give the skin a tighter, more resilient feel

This is the biochemical foundation of youthful skin — and hormones are the master regulators.



FEED YOUR SKIN WHAT IT IS MISSING

What Estrogen Does for Skin in Particular

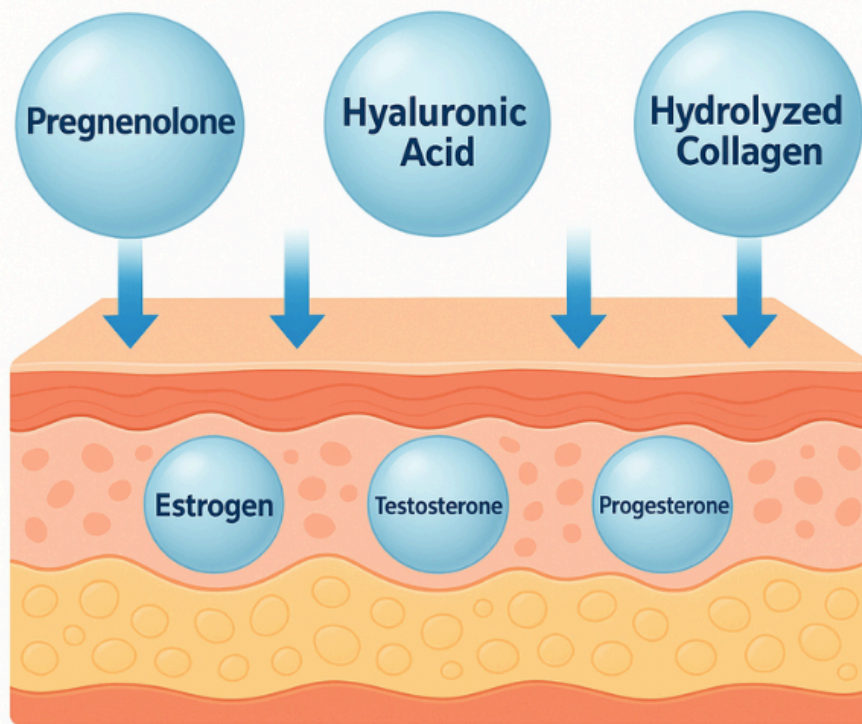
Estrogen is the single most powerful hormonal protector of skin health.

It boosts:

- Hyaluronic acid production
- Ceramides, which strengthen the skin barrier
- Natural moisturizing factors
- Water retention within the dermal layers

Visible benefits:

- Softer, plumper, more hydrated skin
- Less dryness and cracking
- Healthy glow with improved texture



How Skin Converts Pregnenolone Into Age-Reversing Hormones

The skin contains the full steroidogenic enzyme machinery needed to convert cholesterol and pregnenolone into the hormones that dramatically affect skin health.

Human skin houses enzymes such as 3β -HSD, which allow it to convert:

Pregnenolone → Progesterone → DHEA → Androstenedione → Testosterone
→
Estrone/Estradiol

These enzymes are active in:

- Keratinocytes
- Fibroblasts
- Sebaceous glands
- Hair follicles
- Dermal adipose tissue

Your skin can produce its own estrogen, progesterone, and testosterone — if you supply it with the right precursors. This biochemical truth is the foundation

of the proprietary Bio-Identix® technology.



Why I Created the Bio-Identix® Skin Care Line

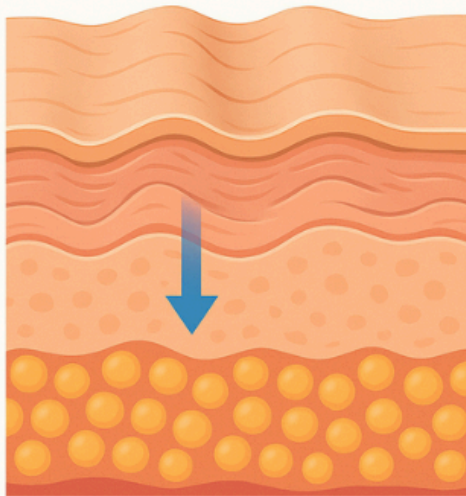
Given the appropriate natural precursors — what I call “bio-essential ingredients” — the skin can generate its own supply of age reversing hormones and structural proteins.

DEFY, the flagship formulation of the Bio-Identix® line, is the first and only Bio-Identical Skincare® technology designed to naturally support the skin’s production of:

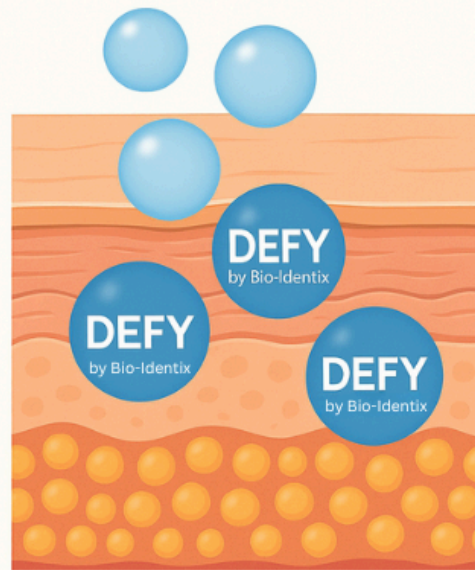
- Collagen
- Elastin
- Hyaluronic acid
- Estrogen
- Progesterone
- Testosterone

All without a prescription.

BEFORE



AFTER



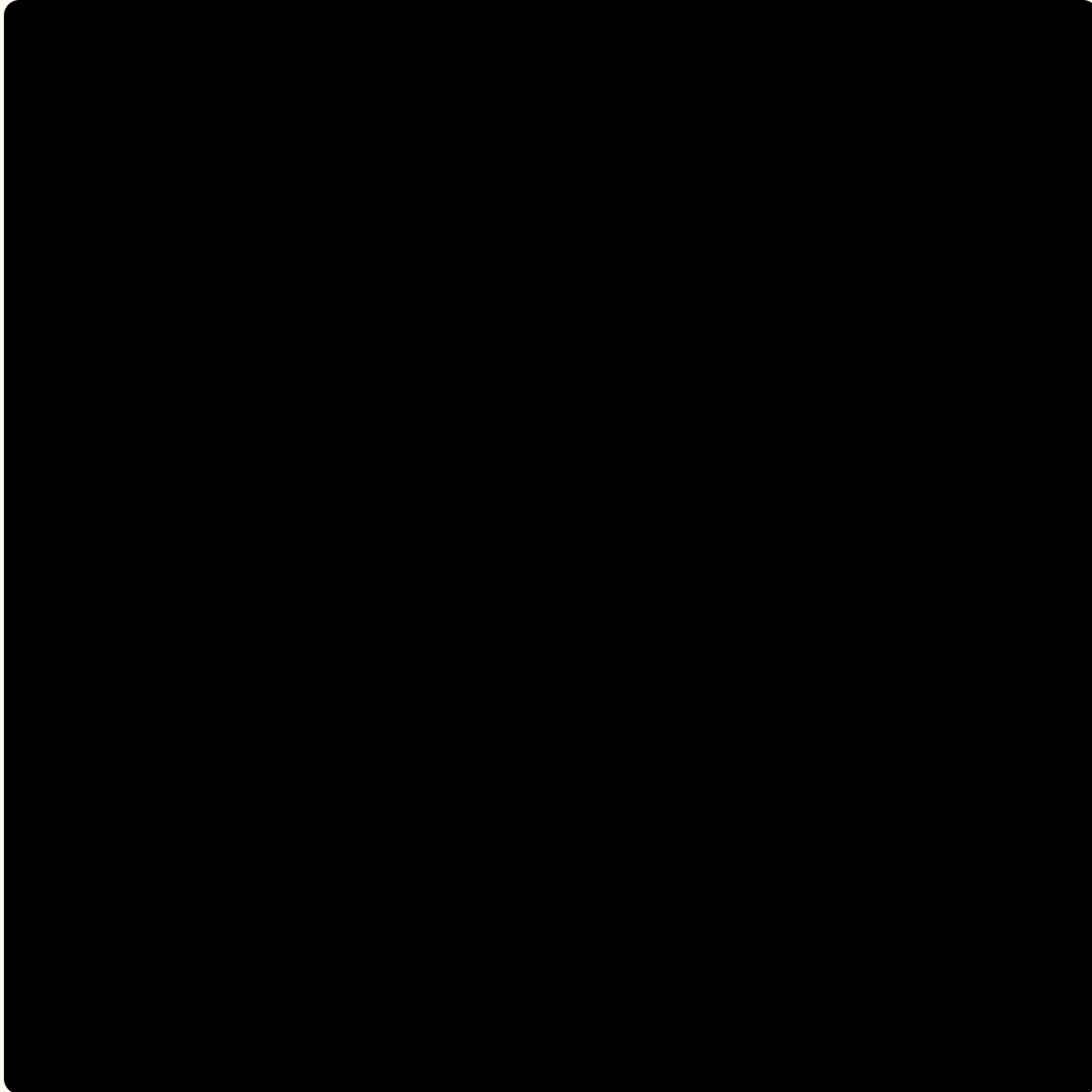
In Summary

Hormones play a dominant role in preserving youthful, resilient, healthy skin. By replacing lost precursors and optimizing the skin's hormonal microenvironment, we can:

- Reduce inflammation
- Rebuild collagen and elastin
- Restore hydration
- Improve firmness and elasticity
- Reverse signs of early aging

Bio-Identix® **DEFY** leverages the skin's natural steroidogenic machinery to regenerate what time and hormone loss have taken away — safely, naturally, and without a prescription.

DEFY is now available for purchase in the new Sieveking Plastic Surgery office located at 1200 Old Hillsboro Road, B2, Franklin, TN 37069, or online at www.bio-identix.com.



BLACK FRIDAY DEAL!

Discover our Bio-Identical Skincare® innovations—**Bio-Kana** and **DEFY** by Bio-Identix—designed to support the hormone-powered skin benefits discussed above. Explore the full Bio-Identix® line at www.bio-identix.com. Black Friday Special: Enjoy **25% OFF** your entire order through 12-31-25 with code **GLOW25**

ORDER NOW



SPS Gift Cards Are Here!

Looking for the perfect stocking stuffer for your loved one? Pick up a gift card this holiday season that can be used toward any surgery, med spa, or Ageless Solutions service!

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Stay Tuned!

Be on the lookout for next week's newsletter, "The Hypothyroid Crisis: Why Millions Are Still at Risk Despite Treatment."



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