



## Holiday Health: Testosterone Edition

**We will be closed Dec. 24-26 and  
Dec 31-Jan 1 for the holidays!**

Wondering what gift to get your spouse or even yourself this holiday season? Well, if you are a man who is having symptoms of lowered testosterone levels, including little to no libido energy, weight gain, fatigue and difficulty focusing, the gift for you this year might be Bio-identical Hormone Replacement Therapy (BHRT) from The BroadwayClinic.

Last month, we posted about the benefits of BHRT for women. However, BHRT is not selective to one gender type. It can help men regain strength, a youthful energy and brain function by restoring hormone balance.

### **Importance of Ho-Ho-Hormones**

Testosterone. The widely renowned and emphasized hormone among men. Every man must have enough testosterone, not only to boost confidence, but also to improve overall health.

As men age, their testosterone level decreases, causing uncomfortable and frustrating symptoms. In addition, their muscle mass and bone density can lessen, and their cardiovascular health and brain function can become compromised.

With BHRT, plant-based hormones that mirror the body's natural hormones and don't contain any synthetic substances are used in order to restore the body to a "hormone homeostasis", if you will.

## Still not convinced?

Testosterone replacement through BHRT can result in *decreased*:

- Aging of heart and circulation
- Risk of heart attacks and strokes
- Risk of diabetes
- Body fat
- Brain aging
- Risk of dementia and Alzheimer's
- Osteoporosis
- Risk of prostate cancer

*And increased:*

- Lean muscle
- Blood flow to brain
- Memory and intelligence
- Sense of well being
- Sexual function

Instead of skipping on a gift for yourself this holiday season, first see if BHRT is right for you by taking our [Hormone Well-being Test](#). Happy Holidays!

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## Santa, Stress & CBD

Your wishlist may look a little different than it did 30 years ago. Instead of toys, candy and games, you may be asking for a little peace and quiet, a good night's sleep or a stress-free holiday season. You're in luck! This year, Santa's bringing you CBD products! Here's just a few benefits you can experience with CBD:

- Pain Relief - CBD interacts with receptors in the brain and with the immune system to reduce inflammation and alleviate pain.
- Anti-Seizure Properties - A recent study showed that participants who received CBD saw their seizure frequency drop by a median of 38.9%.
- Combat Anxiety - CBD reduces anxiety [social anxiety disorder] and also shows effects on activity in limbic and paralimbic brain areas.
- Fight Cancer - CBD, as well as some of the other compounds found in cannabis, have an anti-tumor effect and can amplify the death of tumor cells in both colon cancer and leukemia.
- Reduce Risk of Diabetes & Sleep - In some studies, CBD has been shown to decrease the risk of diabetes, and some strains of cannabis are also effective for treating sleep issues.



If you're ready to fight anxiety and pain this holiday season, visit The Broadway Clinic and ask how our CBD products can help you!

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Visit our Website

The Broadway Clinic  
(405) 528-1936 | <http://www.broadwayclinic.com>

