

THE ALCHEMY CLINIC MONTHLY NEWSLETTER



HELLO FEBRUARY

✦
*February issue
highlights from our
Alchemy Insider*

Glow. Manage. Look Ahead.

Product Spotlight

ZO Body Emulsion Crème



When you think of the month of LOVE, you might think of candy hearts, champagne, or candlelit dinners. You probably don't think of skin health—but of course, we do! We know how important it is for you to be happy with your skin's health and appearance. So, this year why not show *yourself* some love with the gift of glowing, beautiful skin?

ZO's Body Emulsion Crème will leave you feeling silky smooth and hydrated. This multi-action body crème will help improve your skin's quality, smoothness and overall appearance. The retinol will exfoliate dead skin cells to soften and smooth skin texture while the glycerin will restore hydration.

“

ZO Body Emulsion Crème review from Laurie:

I so wish this creme came in a tub!! It is absolutely AMAZING!!!! I have tried hundreds of moisturizers and things that are supposed to improve skin texture and dryness and nothing has helped but this!!

I LOVE, LOVE, LOVE this product!!!

”



Product Spotlight

Nutraceutical: Vascanox HP

With cardiovascular disease being the number one cause of death globally, it's never too soon to focus on heart health. That's why we are excited to offer Biote's latest nutraceutical—Vascanox HP, here at The Alchemy Clinic! This powerful nutraceutical helps maintain healthy blood flow by increasing the production, storage, and release of nitric oxide and decreasing inflammation and oxidative stress to promote cardiovascular and even sexual health for both men and women.

Vascanox HP can help:

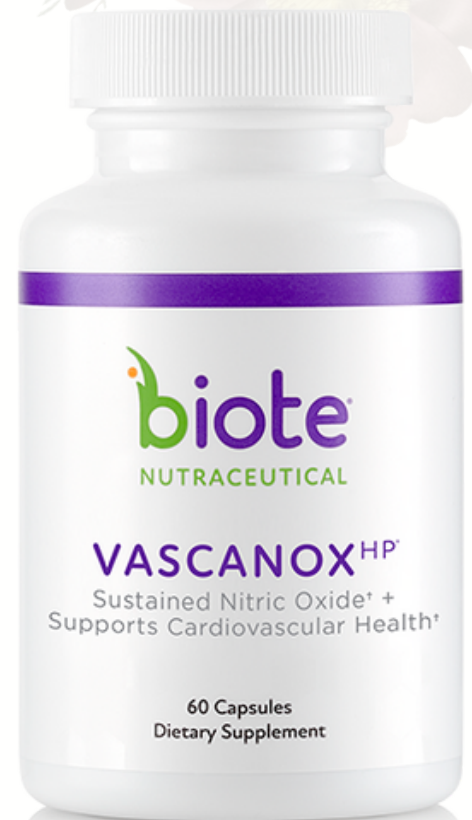
- Support a healthy cardiovascular system*
- Promote healthy blood pressure*
- Support sexual health*
- Decrease inflammation and oxidative stress*

If you would like to know more about Vascanox HP and if it may be right for you, reach out to one of our providers.

How Do Hormones Affect Your Sexual Wellness?

This month we are talking all about sexual wellness and how hormones interlock with sexual wellness. Hormones are chemical messengers which send signals into the bloodstream and tissues. They affect many different processes, from metabolism, growth and development, sexual function, reproduction and even mood. When our hormones are out of balance, we may see dysfunction in these processes.

Libido is at the heart of the hormonal influence on sexual wellness, commonly referred to as sexual desire. Testosterone, often thought as the primary “sex hormone,” plays a central role in fueling this desire.





Adequate levels of testosterone are essential for both men and women to maintain a healthy sex drive and sustain an active and satisfying intimate life.

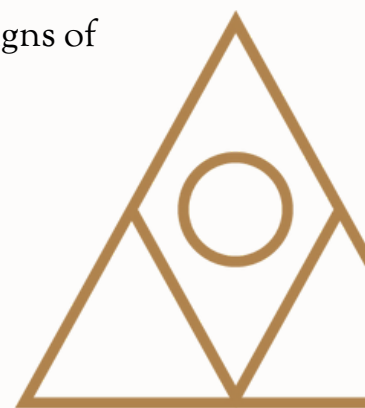
Beyond desire, hormones contribute significantly to the physiological aspects of sexual function. Hormones such as estrogen and testosterone play a crucial role in regulating blood flow to

the genital area. Proper blood circulation is fundamental for sexual arousal, responsiveness, and the overall enjoyment of intimate moments.

In women, hormones take center stage in the regulation of the menstrual cycle and fertility. Estrogen and progesterone influence sexual desire and responsiveness throughout the menstrual cycle. This is a complicated and intricate process. Estrogen helps maintain vaginal lubrication, promotes blood flow to the genital area, and also contributes to the health of vaginal tissues and enhance sexual response. During the follicular phase of menstrual cycle (when estrogen is highest) it has been suggested that estrogen may positively effect sexual desire as well as testosterone.

Progesterone's role (which is mainly involved during the second half of the menstrual cycle - the luteal phase) is crucial for preparing the uterus for pregnancy. During the luteal phase, some women experience changes in mood and energy, which may be due to fluctuations of hormones during the menstrual cycle. Some women may feel more sexually aroused during the follicular phase (when estrogen is dominant), while others may experience increased desire during the luteal phase.

Testosterone deficiency also wreaks havoc not only on men, but also in women. In women, the symptoms are often subtle. This can affect a woman's sexual desire, satisfaction, and mood, and sometimes can be mistaken as signs of underlying depression, prompting your provider to offer you antidepressants. Hormone replacement therapy would be more appropriate and more fruitful.



For men, testosterone is not only the driving force behind sexual desire but also a key hormone in erectile function. Adequate levels of testosterone are essential for the development and maintenance of male sexual characteristics, ensuring healthy erectile function and sperm production.

The intricate dance between hormones and sexual wellness for both men and women highlights the importance of maintaining hormonal balance. Hormones influence desire, arousal, reproductive health, and overall well-being. Recognizing hormonal imbalance will help to identify those who would benefit from optimization of these hormones through hormone replacement therapy.

Regenerative Medicine And Your Sexual Health

While hormone replacement therapy is vital for our sexual health, did you know that there are additional treatments available to support your most intimate parts.

Allow us to introduce the P-Shot® and O-Shot®! Both treatments use your very own growth factors in your blood to stimulate the healing process of both penile and vaginal tissue. Platelet-rich plasma (PRP) encourages healing inside the tissue and blood vessels. Platelets naturally exist in the bloodstream and can be extracted from the body into blood plasma. They produce collagen in the body, which stimulates tissue repair. Commonly used in western medicine to treat joints and tendons, PRP is now regularly used to treat many concerns related to genitourinary and sexual health issues.

The procedure is completed by injecting concentrated amount of platelets in plasma, directly into your penile tissue or vaginal tissue to stimulate tissue and nerve repair. While this sounds unpleasant, we assure you that patient's not only tolerate the procedure but keep coming back for more. These non-invasive procedures, are done right in the office and have no down time. Patients can return to normal activity, including sexual intercourse, within the same day.



What Are the Benefits of Getting the P-Shot® for Men?

As healthy tissue returns to your penis, you can experience several benefits, including:

- Increased sensitivity
- Improved sexual stamina
- Increased blood flow to the penis
- Increased length and girth of your penis
- Erections that are stronger and firmer during sex
- Reduced chance of premature ejaculation
- Patients who have undergone prostate cancer surgery have also shown signs of improvement and sexual dysfunction correction after getting P-Shot® treatment.

What Are the Benefits of Getting the O-Shot® for Women?

As healthy tissue returns to the vagina, you can experience several benefits, including:

- Increased sensitivity
- Improved sexual stamina
- Increased blood flow to the vagina
- Increased vaginal lubrication during intercourse
- Stronger and more frequent orgasms
- Decrease in stress incontinence
- Younger and smoother skin surrounding the vagina, including a tighter vaginal opening.

Interested in learning more? [Click here](#) to visit the Sexual Wellness page on our website.

Is Hormone Replacement Therapy (HRT) Right For You?

Not sure if Hormone Replacement Therapy (HRT) is right for you? Check out the Biote Female Health Assessment Questionnaire and the Male Health Assessment Questionnaire below.





FEMALE HEALTH ASSESSMENT QUESTIONNAIRE

NAME: _____ EMAIL: _____

TODAY'S DATE: _____ PHONE: _____

Please mark the appropriate box for each symptom you may be experiencing.

SYMPTOMS	NONE	MILD	MODERATE	SEVERE	VERY SEVERE
Physical Exhaustion (fatigue, lack of energy, stamina or motivation)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sleep Problems (difficulty falling asleep or sleeping through the night)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Irritability (mood swings, feeling aggressive, angers easily)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety (feeling overwhelmed, feeling panicky, or feeling nervous)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Decline in drive or interest (loss of "zest for life," feeling down or sad)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Joint and muscular symptoms (joint pain, muscle weakness, poor recovery after exercise)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Difficulties with memory (concentration, finding the right word, or retaining information)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vaginal dryness or difficulty with sexual intercourse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sexual Problems (change in desire, activity, orgasm and/or satisfaction)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sweating (night sweats or increased episodes of sweating)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hot Flashes (burst that starts in chest and lasts for short duration)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hair loss, thinning or change in texture of hair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feeling cold all the time, having cold hands or feet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Headaches or migraines (increase in frequency or intensity)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weight (difficulty losing weight despite diet/exercise)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bladder problems (difficulty in urinating, increased need to urinate, incontinence)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Other symptoms or unique health circumstances to take into consideration:





MALE HEALTH ASSESSMENT QUESTIONNAIRE

NAME: _____ EMAIL: _____

TODAY'S DATE: _____ PHONE: _____

Please mark the appropriate box for each symptom you may be experiencing.

SYMPTOMS	NONE	MILD	MODERATE	SEVERE	VERY SEVERE
Physical Exhaustion (fatigue, lack of energy, stamina or motivation)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sleep Problems (difficulty falling asleep or sleeping through the night)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Irritability (mood swings, feeling aggressive, angers easily)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety (feeling overwhelmed, feeling panicky, or feeling nervous)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Decline in drive or interest (loss of "zest for life," feeling down or sad)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Joint and muscular symptoms (poor recovery after workout, inability to add muscle, joint pain, muscle weakness)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Difficulties with memory (concentration, finding the right word, or retaining information)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sexual Desire or Performance (reduced or diminished)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Erectile changes (weaker erections, loss of morning erections)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ejaculations (infrequent or absent)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sweating (night sweats or increased episodes of sweating)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hair loss, rapid or thinning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Bladder problems (difficulty in urinating, increased need to urinate)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Other symptoms or unique health circumstances to take into consideration:

