

## Hormone Therapy Vocabulary

**HGH (human growth hormone)** is a hormone produced by every human. But the production of HGH declines through the years. After you reach adult height, your body slows down production of HGH. And that would be fine if all it did was make you grow tall. But HGH does so much more. It has anti-aging benefits that reach every part of your body from your skin to your bones, heart and lungs, sex organs, and even your emotions.

**HGH therapy (human growth hormone therapy)** is a therapy that replaces declining levels of HGH. So you get all the benefits. And it is safe.

**Testosterone** is the male hormone that all of us have. Even women. But it is more important for men, because it has so many affects—heavier bones, taller stature, greater muscle mass, and more. Like HGH, men's bodies produced less testosterone as they age.

**Testosterone therapy** is a therapy that replaces declining levels of HGH. So you get the benefits.

**hCG (human chorionic gonadotropin)** is a hormone produced during pregnancy to ensure a healthy baby.

**hCG therapy (human chorionic gonadotropin therapy)** is the addition of hCG. For women it gives the healthy glow often associated with pregnancy . . . beautiful skin is just one of the results of hCG therapy. In men, hCG also reminds the body to produce more testosterone . . . a necessary part of testosterone therapy.

**HRT (hormone replacement therapy)** is the replacement of hormones, often by shot or injection, that have declined naturally with age.

