

Could This Holistic Alternative to Hysterectomy Work for You?

Dr. Steven Hotze says “It’s time to address some important facts about having hysterectomies,” on today’s episode of *Dr. Hotze’s Wellness Revolution* on the Charisma Podcast Network. He asks whether hysterectomies are really necessary and suggests how they may even adversely affect your health.

Even though there are over 20 million women in the United States who have had a hysterectomy, most are not told that there may be another option for the pain they are experiencing outside of this common procedure. Dr. Hotze says his goal is to educate women on all their options, even going so far as to remind them of their rights in making decisions regarding their body: “If you simply rely upon your doctor or your insurance company or the government to change your health without doing any education on your own, then you have relinquished your personal responsibility.”

Even if hysterectomies are a last resort, Dr. Hotze admits they have “become all too common as the only treatment offered.”

His suggestion: natural alternatives. He says these normally come in the form of “bioidentical hormone replacement[s], but they’re rarely mentioned by conventional physicians as a form of treatment.”

Their goal: get a woman on a path of health and wellness naturally. Dr. Hotze highlights the treatment results of these uncommonly suggested remedies: “She has energy, so she has vitality and so she has enthusiasm for life.”

If you’re struggling with whether or not to get a hysterectomy

or with the side effects of your hysterectomy, do your research and listen to the insights Dr. Hotze shares in this podcast to inform yourself of the ways you can holistically care for yourself. {eo2}