

## Hormones Explained: Anti-aging Medicine, Bioidentical Hormone Replacement, and the Controversies

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### Abstrak

Dr. Selma Rashid is a leading figure in hormone replacement therapy and anti-aging medicine. She is board-certified in internal medicine, yet refuses to practice medicine through standard medical protocols, which are not in her patients best interests. She passionately seeks answers to preventing the diseases and dysfunctions of aging.

Her career in medicine was inspired by the complexity of the endocrine system. Very soon she was disheartened to learn that endocrinology operates like almost every other field of medicine, in a tight box of protocols, trying to treat diseases with medications and procedures, directed by the pharmaceutical and medical device companies.

At every stage of her medical training she was perplexed as to why there was so little connection between the basic sciences learned in the first two years of medical school and the clinical training in the last two years. Although so much in medicine seemed noble and invaluable, most of what was going on did not make sense.

The essence of her thought process is that the medical system should do everything possible to ensure that the diseases of aging are maximally prevented; and every person dies their natural death while fully functional, both physically and mentally.