

# The Hormones pathway

## Purity Health Framework

### HRT Education – Important

Please ensure you have watched the **HRT Basics video** before your consultation.

To access the video:

1. Go to: <https://www.purity.health/groups>
2. Select **Dr Purity Menopause Class**
3. Click on the **Media** tab
4. Watch the **HRT Basics Video**

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### About the HRT Basics Video

This is a **one-hour foundational video** and is an important part of preparing for your consultation.

It covers:

- What hormone replacement therapy (HRT) is
- The **WHI (Women's Health Initiative) study** and its limitations
- Risks and benefits, including breast cancer considerations
- Who may benefit from treatment
- Whether blood tests are required
- Age considerations and timing of treatment
- Types of hormones available
- How often treatment is reviewed
- The overall benefits of hormone therapy
- Alternative options to HRT
- What hormones are made from and how they are produced

Not everything discussed will apply to you, but it provides a clear and helpful understanding of hormone therapy so you can make informed decisions about your care.

**Best Wishes**

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**Menopause and Hormone Health**


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10:10 Metabolic Reset

Menopause Momentum Network


Author:

 No. 1 Best seller - *Low Histamine Living* – [Available on Kindle](#)

 *Stop Smoking in 5 Days* – [Available on Amazon](#)

 [www.purity.health](http://www.purity.health)

 [www.menopausemomentumnetwork.com](http://www.menopausemomentumnetwork.com)

 [Instagram – @drpuritycarr](#)



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Dr Purity Carr GPs Menopause Doctor, 10:10 Women's Health & Wellbeing. A Transformational reset for Weight, Hormones, MSAC, Inflammation & Mindset.  
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**Weight Management and Metabolic Reset**

Skool: <https://www.skool.com/menopause-momentum-network-3083/about>