



**I went from being  
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wreck to living  
a life I never  
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Donna White

#### Social Channels



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**BHRT TRAINING  
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Discovering bioidentical hormone replacement therapy (BHRT) was the miracle I was looking for after suffering for years with severe and debilitating monthly PMS symptoms. BHRT literally transformed my life! I went from being a hormonal train wreck to living a life I never dreamed possible.

Through my extensive research I discovered medical professionals were eager to learn about BHRT too because their patients were beginning to inquire about this treatment modality which is not taught in medical school. Since then, I have dedicated myself and have made it my life's mission to share the life-changing power of BHRT with others. Over the years my efforts have included expanding 4 practices, publishing a book (with a second edition release forthcoming), producing provider training manuals, appearing on radio and tv, hosting numerous radio shows, developing a multitude of training video programs, podcasting, blogging, and becoming a globally recognized speaker for medical conferences, business organizations, women's groups, and religious institutions.

I have worked closely with hundreds of practitioners and thousands of women witnessing first-hand the transformative effects balanced hormones can bring to a person's life. Everyone deserves to experience the life-changing benefits of BHRT and to live a healthy and productive life.