



BHRT TRAINING
ACADEMY

MALE HORMONE & SEXUAL TRAINING PROGRAM HEALTH

SYLLABUS

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Male Hormone & Sexual Health Training Program

RESEARCH AND BENEFITS

- Low Testosterone Research
- TRT Benefits

STEROID PATHWAYS, SHBG, AND ENZYMES

- Steroid Metabolism Pathways
- Sex Hormone Binding Globulin
- Aromatase and 5 - alpha Reductase

MALE HORMONE REPLACEMENT

- Male Hormone Replacement Intro
- Testosterone Protocols
- Testosterone Controversies
- TRT Cases
- TRT Prescriptions
- Troubleshooting Side Effects
- Non TRT Testosterone Optimization with Fertility Preservation
- Estrogen Management in Men
- TRT Contradictions

PELLET THERAPY

- Pellet Protocols in Men
- Pellet Cases
- Male Pellet Insertion
- Supplies
- Forms
- Pellet Doses

SEXUAL HEALTH

- ED Overview and Non-Pharmaceutical Approaches
- ED Therapies
- TRT Options, Adjunctive Therapy
- Benign Prostatic Hypertrophy
- Erectile Dysfunction Treatment
- Early or Delayed Ejaculation, Anorgasmia
- Practice Implementation
- Nitric Oxide
- Talking to Your Patients
- Auto Injector Demo
- Vacuum Pump
- Injection Technique
- Selling a Vacuum Erection Device
- Penile Implant
- Troches

HPA AXIS DYSFUNCTION AND MANAGEMENT

- Adrenal Hormones
- DHEA
- Cortisol
- HPA Axis Dysfunction
- The Stress Response
- Managing HPA Dysfunction
- Adrenal Protocols

THYROID FUNCTION AND MANAGEMENT

- Thyroid Function
- Functional Hypothyroidism
- Thyroid Treatment Options
- Managing Hypothyroidism
- Treatment Protocol

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INSULIN AND GLUCOSE MANAGEMENT

- Insulin and Glucose Metabolism
- Insulin and Glucose Treatment Options
- Insulin Resistance Protocols

PRACTICE IMPLEMENTATION - BUSINESS

- Getting Started
- Forms
- How to Talk to Patients About Money
- How to Conduct a Consult
- BHRT Pricing and Packages
- Tips for a Successful BHRT Practice
- Launching Your Practice
- Practice Building / Marketing

BONUS TRAINING MODULES

- Low Dose Naltrexone
- Gut Health
- GLP 1 and Other Weight Loss Options
- Nutrition for Optimizing Hormone
- Practice Implementation
 - Conducting Consults
 - Packaging and Pricing
 - Launching Your Practice
 - Tips for a Successful BHRT Practice
 - How To Talk to patients about money

BHRT BUSINESS MINI COURSE

- Brick and Mortar
- Telehealth Considerations
- Business Models
- Programs
- Back Up Plan
- Competition
- Choosing an EMR
- Payment Processors
- Malpractice Insurance
- Your Website
- Picking a Pharmacy
- Supplements
- Specialty Labs
- When and Who to hire
- Offering Other Services