

Are You Ready To Live Your Best Life?

Feeling burnt out or hormonally imbalanced? Get your mojo back and live your highest potential with our powerful signature programmes.

SEE OUR PROGRAMMES

DO YOU EXPERIENCE THESE SYMPTOMS?

Get back in balance & re-ignite your spark!



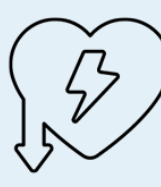
Brain Fog



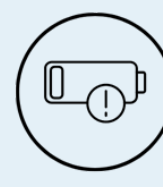
Unhappy Gut



Mood Changes



Low Libido



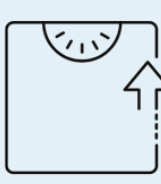
Fatigue



Hot Flashes / Night Sweats



Insomnia



Weight Gain / Muscle Loss



Pain During Sex



Muscle Aches & Joint Pain

Rediscover Your Vital Self

Our deepest dive is our three month mastery programme: this powerful approach creates lasting change by addressing hormones, nutrition, detoxification, mindset and nervous system regulation.

Our Drs gently bring your hormones back into balance with lifestyle changes, supplements and bespoke BHRT.

Our Nutritionist offers advanced nutritional testing including genomics and designs personalised plans to optimise your nutrition, gut health and detoxification.

Our Therapist takes you on a group deep discovery process to gain a clear understanding of your limiting beliefs and how to move beyond them to align mind, heart, body and soul.



OUR PROGRAMMES



Hormone Optimisation

GET STARTED



Testosterone Optimisation

GET STARTED



Functional Wellness

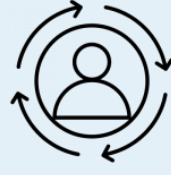
GET STARTED

Life Can Be A Rollercoaster... Your Hormones Don't Have To Be!



Natural & Safe

Bioidentical hormones are identical in structure to your body's own hormones, meaning your body knows how to use and metabolise them. These exact duplicates of human hormones can help maintain a balanced mood, healthy sex life and sleep patterns during times of hormonal imbalance.



Personalised

In conjunction with our functional wellness approach, we carefully prescribe bioidentical hormone replacement to alleviate symptoms.

Your dosage and your signature programme is bespoke to you, your physiology, your goals and your specific needs.



Holistic

We take you on a deep discovery process to gain a clear understanding of your limiting beliefs, where they stem from in childhood and the resulting regressive patterns created because of them.

We then move to bring integration and align mind, heart, body and soul.

Meet Dr. Anu Arasu

Dr. Anu Arasu, MRCP, MRCPGP is the founder of London Bioidentical Hormones. A leader in bioidentical hormone therapy, she has always recognised the uniqueness of her patients and she passionately cares about finding exactly what is right for the individual at the time.

Dr. Arasu was one of the first Drs to undergo training with the Institute for Functional Medicine in the UK and has been instrumental in training other Drs in bioidentical hormone therapy.

Dr. Arasu read medicine at the Royal Free and University College London.

LEARN MORE



TESTIMONIALS

In Our Patients Own Words

"Dr. Amina saw both my husband and myself. She is such a caring, patient, and understanding doctor. She did not rush us and she offered positive solutions for us both. I have already recommended two people to visit her and would return with no hesitation if I need to. Such a refreshing welcome difference to other doctors I have visited in the past."



Alison



Take The First Step To Better Hormone Balance

Looking to restore hormone balance & vibrant health, but aren't sure about your options? Check out our wellness programmes here!

LEARN ABOUT OUR PROGRAMMES

Focus Areas

What Is Functional Medicine?
Adrenal Dysfunction
Thyroid Imbalances
Hashimotos Disease
Chronic Fatigue
PCOS
PMS
Insulin Resistance
Chronic Inflammation
Miscarriage and Infertility

Quick Links

Home
About Us
Blog
Contact Us
Hormone Makeover Guide
Hormone Quiz
FAQs

Areas Served

London Bioidentical Hormones is a Virtual Practice in the United Kingdom and serves patients throughout the United Kingdom.

