

Hormones...Life's Gems

Aging should bring a smile
Thinking of the many miles
Working to remain agile
Tracing your beginning to the Nile

Hormones are God's Gems
Your body defines their splendid
Like magical charms of elms
Leaving you confused as if in the midst of winter

By fifty, you lost more than fifty
Percent of life forces, marking your drifting
Knowing that your spirit is uplifting
Stop your hormones from shifting.

Whether you should take hormones?
How should you take hormones?
Wondering how long?
Everyone has opinions
Feelin' your body going in and out of control
Is this signal the ending?

Bio-Identical Hormones are reviving
In form of pellets
Givin' below the belt
Assuring that life is more than surviving
Accept your gift while grinning!