

Donna White: The Hormone Defender

Founder, BHRT Training Academy | International Best-Selling Author | Leader in Hormone Education

Donna White is the visionary **founder of the BHRT Training Academy** and the international best-selling author of *The Hormone Makeover*. She is also the creator of *The Bioidentical Hormone Revolution*—a worldwide **movement redefining the standard of care for hormone health across the globe**.

With over 30 years of experience, Donna has been a driving force in **women's hormone health**—long before it gained traction in mainstream medicine. Known as *The Hormone Defender*, she recognized early on that conventional approaches were failing women and began championing the **clinical and scientific value of hormone optimization** when few others would.

Her mission is bold: **train 100,000 medical providers** in evidence-based bioidentical hormone therapy to **transform the health of 100 million women globally**. Through the BHRT Training Academy, she delivers **comprehensive, clinically rigorous training** grounded in functional medicine and rooted in real-world application. Her programs emphasize:

- **Full-spectrum hormone assessment** (sex, thyroid, adrenal, metabolic)
- **Safe dosing protocols** (excluding oral estrogen/testosterone)
- **Integration of both compounded and conventional therapies**
- **Personalized treatment plans** supported by nutrition, supplements, and lifestyle medicine

Donna is a fierce advocate for science over fear and truth over trend. The **evidence-based protocols her academy teaches** have been shown to:

- Reduce cardiovascular risk
- Reverse bone loss and strengthen bones
- Lower the risk of Alzheimer's and diabetes
- Improve sleep, mood, metabolic health, and sexual function

A trusted speaker and educator, Donna presents at **leading medical conferences, clinical intensives, and health innovation summits**. She also serves on the **Board of Advisors for the Menopause Association**.

In a world flooded with outdated education and superficial solutions, **Donna White is raising the standard—arming providers with the science, confidence, and protocols to truly transform lives**.