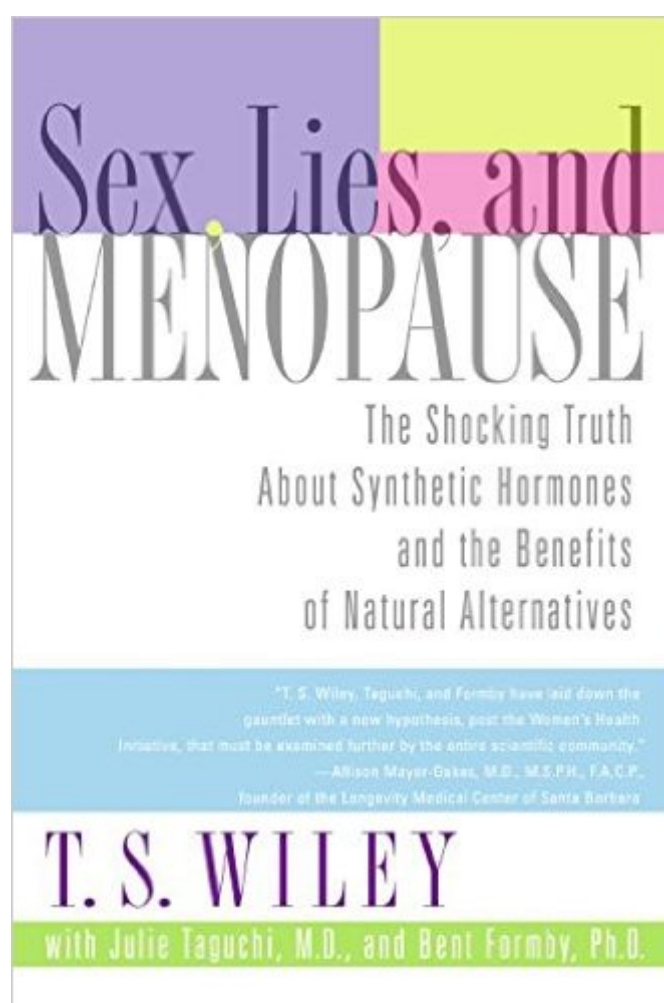


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Sex, Lies, And Menopause: The Shocking Truth About Synthetic Hormones And The Benefits Of Natural Alternatives



Synopsis

Turning thirty years of medical and cultural wisdom on its head, *Sex, Lies, and Menopause* challenges both the medical establishment and modern feminists to prove that menopause does not have to be deadly. In this revolutionary work -- a landmark that signals the true beginning of feminist medicine -- a doctor, a philosopher, and a scientist prove that by postponing marriage and motherhood, women have accelerated the aging process, resulting in earlier menopause and, ultimately for thousands, earlier death. In *Sex, Lies, and Menopause*, T. S. Wiley, Julie Taguchi, M.D., and Bent Formby, Ph.D., offer strong evidence that the use of synthetic hormones leads to cancer and advise women to turn to natural hormone-replacement therapy -- derived from plants, not drugs -- to help them elevate their estrogen level for greater energy, libido, and intellectual capacity. Provocative, empowering, and scientifically sound, *Sex, Lies, and Menopause* addresses the inherent benefits of natural progesterone, reveals the lies advanced by the medical and drug establishments, and challenges women to demand a medical future where their health comes first. The research presented in *Sex, Lies, and Menopause* will at last allow women to create their own plan of action to put themselves safely on the path to better health and hormonal balance at any stage of life.

Book Information

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Customer Reviews

I've now spent a couple of months with this book, having read all of it at least twice and chasing down many of the references. I'm a physiologist working in the area of human metabolism, and

spend my working life reading and writing scientific papers, and I felt this book had the potential to be as important as "Good Calories, Bad Calories" by Gary Taubes. I did not, like others posting here, feel confused by the writing or feel the book was in any practical way disorganized. This book is written for the lay reader and not intended to be delivered like a technical review of the literature. I wasn't at all bothered by the song titles and largely ignored them, and felt they really didn't create a problem in finding a topic I wanted to review. If I wanted to go back to something, the index was usually helpful. There was an important case in which the index was not helpful, though, and that was in returning me to the discussion on the necessity of peaking estrogen levels on progesterone receptors. I had to go into the medical literature online to track back to that because it was easier for me to find it that way. I think the main problem with the writing is that it attempts to cover a LOT, and it's therefore quite dense. It gives one a lot to track down to determine how much is really supported by the evidence and how much is stretched to fit a bias. I personally have no problem that Wiley is not medically credentialed. To me, that criticism is just a dogmatic harumph. There are journalists and statisticians writing about medicine who's work I completely respect, and Wiley does have two credentialed co-writers. I'm sure they were all able to handle the material expertly. And yeah, it is biology not politics.

When I read this book early in September, hot off the press, I immediately felt my heart and soul cry "yes, yes, yes". I have suffered terribly through menopause with lack of sleep, hot flashes, weight gain and an underlying depression, anxiety and irritability that was driving me and my loved ones apart. After reading the book I got right down to business - convinced my brave gynecologist to prescribe the creams (I signed a release form), used a direct lab service for the blood testing, waited for the cycle of the moon to be correct and began the protocol on September 29. I've been on it for a month and am astounded by the changes - hot flashes gone, blessed sleep returning (7 hours straight last night), brain fog lifting, creativity returning, and my good humored old self coming home. Some breast tenderness during the last part of my cycle has been the only side effect. It has also been absolutely fascinating to know where I am in my hormone cycle each day and to understand and recognize the shifts as the hormones peak and ebb. Yes, this book is controversial...I'm willing to be the guinea pig because I want my life back...I understand the risks of an unknown protocol...all my friends are watching and waiting. I've sent about 20 copies of the book so far. The only criticism of the book for me is that the protocol is not as clearly presented as it could be. You really need to decipher exactly what tests are needed (measure total estrogen not estradiol levels), how much cream to buy total each month (it's 9 3ml syringes of each cream) and how to use all the blood sugar

info (I haven't tackled that one yet.) My costs have been about \$90 for the cream per month and \$75 for each blood test (only needed for the first 3 months). I have chosen to do this outside my insurance.

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