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Dr. John Lee's Hormone Balance Made Simple: The Essential How-to Guide To Symptoms, Dosage, Timing, And More



Synopsis

The authors of the classic books on menopause and premenopause bring women an easy-to-use guide on balancing hormone levels safely and naturally

Book Information

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Customer Reviews

In Dr. Lee's final writing before his death in 2003, he collaborates with Virginia Hopkins on a book to give a simplistic approach to hormone balance. The writers start out by giving the reader a basic lesson in hormones: which ones are present, how they work, and what happens when they aren't working properly. Next, they delve into symptoms of the person with imbalanced hormones, followed by testing for hormone imbalance, and finally instruction on using natural hormone replacement therapy. There are a variety of ways to balance your hormones. The writer's devote several chapters to the individual hormones and their function in the body and the proper ratios of these hormones in relation to each other. The best way to determine your need is the symptoms guide, which will allow you to see if you fall into any of the categories that could benefit by natural hormones. There is so much to be gleaned from Dr. Lee's books and more people need to know of the natural methods he advocated. I was truly fascinated by the information given in this book, and plan to follow up on it by reading one of Dr. Lee's earlier book, *What Your Doctor May Not Tell You About PreMenopause*. *Armchair Interviews* says: This book would be a perfect place to start for a woman of any age, from childbearing years all the way through menopause.

It's too bad Dr Lee is no longer alive, because I'd like to shake his hand and thank him for all his wonderful work. After some very bad experiences with artificial hormones that made me extremely

ill, I went in search of an answer that would finally explain what I was experiencing and why I was having the issues I was having. I've had Endometriosis and severe PMDD for many years, but I didn't know I had them as no one could explain the symptoms. Why did I work out 6 days a week and eat less than everyone I knew, yet still not be able to lose weight? It's all in this book! Finally, I get it. Finally, I feel like I have a chance to conquer my body. Out of the window go the unnecessary carbs and artificial hormones, and in comes Progesterone Cream and hormone balance. For gods sake, if you're suffering, buy this book! Everything will suddenly become clear and you will understand why your body is doing what it is doing.

Dr Lee was one of the first male physicians to really stand up for women and get the word out that birth control pills and all the synthetic pharmaceutical hormones are poison and his books are true. Suzanne Somers, Dr Schwarzbein, and others have since come out with more truth. Bioidentical hormones do NOT cause clots, tumors, and the craziness of the HRT hormones...many of which are STILL being tossed at women. You must find a physician who knows his/her stuff. Your hormone creams are compounded just for you by a pharmacy and shipped to you monthly. Transdermal application is liver saving and gets the job done. It requires periodic saliva testing to be sure you are on track. I have been on these creams for 18months am 60 and do 30-40 massages per week. It took 3 years to find a Dr who knew what Bioidentical meant. The first year after the hysterectomy I could not work..fatigue, joint pain, weight gain, forgetfulness, hot flashes...all gone and I will use these creams for the rest of my life. It is outrageous how menopausal women are given prozac and told "you're getting older, get used to it". YOU ARE A CONSUMER...your body is more important than your possessions...do your homework and don't tolerate 5th rate medicine...there are knowledgeable physicians out there...Dr Lee was one...check out the new website [...] My Dr proved to be a total jerk...yes JERK...he gives ALL his patients..all sizes.. the same amount of synthetic hormones..when I questioned the logic in that, his response was "well, you can take it or not" once he does his female castration he knows you can't be a source of any more money and he could care less..AND HE IS NOT ALONE..hysterectomies are BIG business! You have to do your homework!!!!Read Dr Lee's books..and when you get sorted out, drag your husband in and get him sorted out...they have the same problems..Viagra is not the answer....GOOD LUCK!!

All of his books are good but this one cuts through all of the science and gets down to how to use bioidenticals, mainly progesterone cream. I do get tested (serum and saliva), I do work with a

compounding pharmacy and a medical doctor on my natural hormone therapy. The progesterone cream that I used was very helpful to me. And yes, there is such thing as too much of a good thing. You can overdo it on progesterone cream which Dr. Lee and Dr. Diana Schwarzbein, MD (the series of books "The Schwarzbein Principal" will tell you. You can get out of whack. You can get mid cycle bleeding if using too much and you can get a return of your symptoms if you use too much. Unfortunately, there are lots of creams over the counter and through MLM companies that are not necessarily good for you or effective. I haven't heard of "lethal" side effects. That has me curious but can tell you that has never been a discussion with my doctors. I can tell you that I would prefer progesterone cream over any of the synthetic horse pee and other stuff the big pharmas have to offer which lead you to more problems. I guess the message here is: don't over medicate. And, don't assume it's all PMS or all hormones. Remember the hormone systems all work in sync (Schwarzbein Principal book gives good info here). It could be blood sugar or something with diet that adds to your symptoms, cravings, etc. Aside from a few months on Progesterone cream (good ones), I would definitely monitor yourself with some help. Check out womentowomen.com website for a lot of free info and their personal program which is where I got started. And remember, there is no such thing as a risk free hormone (or most supplements for that matter). Natural doesn't mean no side effects. Look at the big picture and get some professional advice if you aren't sure or if you don't feel right. And for the lady with lethal side effects, it would be nice for you to publish that information as not doing so does seem suspect.

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