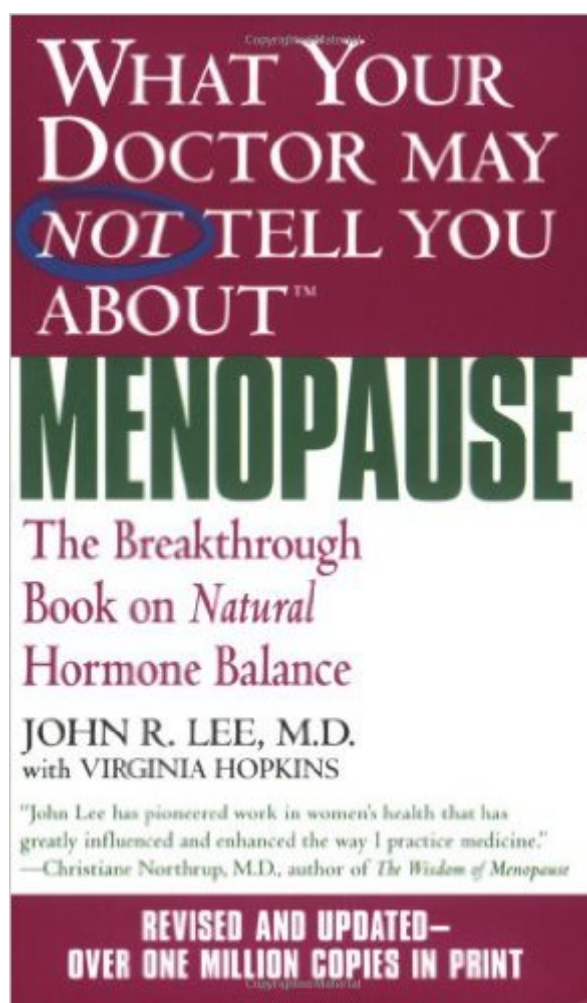


The book was found

What Your Doctor May Not Tell You About Menopause (TM): The Breakthrough Book On Natural Hormone Balance



Synopsis

This revolutionary book about hormone replacement therapy--a classic bestseller since it was first published in 1996--is now fully revised and updated, providing potentially lifesaving facts and natural alternatives to balancing hormones.

Book Information

Mass Market Paperback: 560 pages

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (192 customer reviews)

Best Sellers Rank: #14,136 in Books (See Top 100 in Books) #1 in [Books > Health, Fitness & Dieting > Women's Health > Menopause](#) #27 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer](#) #54 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

Customer Reviews

This little \$8.00 paperback book changed the way I look at the medications I was taking, and now I am approaching menopause with a new, true understanding. I have a natural, over-the-counter bio-identical HRT plan that has quickly worked to make me feel better. Dr. John Lee's book is much more than your typical clinical info about "what to expect when you feel like a fading old bag slogging through menopause", but it does have a great deal of clinical info. But it's really about ALL of the female-related medical conditions that exist. It's for women of all ages, from those in their 20s to those super-seniors in their 80s and 90s. And it's about how all of us of all ages will benefit from bio-identical progesterone cream. The book talks about natural progesterone's history, clinical studies, usage, and how the medical community continues to prescribe fake chemical/synthesized meds because they can't make money from a natural product than can't be patented. Dr. Lee talks about the soaring rates of osteoporosis, breast cancer, etc., and how these are generally man-made diseases in industrialized countries. Dr. Lee discusses the following: osteoporosis (see the clinical trials in the book that prove progesterone cream prevents and CURES osteoporosis for women of all ages, even seniors) fibroids, cystic breasts, hair loss related to PCOS/androgenic alopecia and

hair loss from "The Change", PMS symptoms, and the incredibly uncomfortable changes peri- and menopausal and post-menopausal women suffer through. Progesterone cream is great for breast cancer patients, those who have had hysterectomies, heart disease, polycystic ovaries (PCOS), endometriosis, vaginitis, migraines, cholesterol issues, and those trying to switch from conventional HRT to a natural regimen.

Well, this book should be read by every woman in America. Younger women should read the sequel about pre-menopause. I am 15 yrs post-menopausal and even though I am a retired RN, did not realize that the funk I have been feeling for quite a while was from estrogen dominance. I had been searching online for "impediments to weight loss" and kept coming across the term "estrogen dominance" so kept reading. Once I read the symptoms and realized I was the poster child for same, I ordered a hormone test kit from Dr. Lee's website. I included cortisol in the saliva test kit because I am a type A person and I figured my cortisol was elevated, which can also impede weight loss. It was no surprise that I had zero progesterone. It was a surprise that my cortisol levels were low at all 4 times/day tested. The doctor at the weight loss place where I go pointed the low cortisol levels out, explained adrenal fatigue to me and recommended an adaptogen called Adreno-Mend. Who knew? I have been to 3 board certified family practice docs or internists since my uterus had its retirement party. I had a bone density test 5 years ago which indicated osteopenia-the doc said to just take calcium with Vitamin D. It burns me up that none of them ever mentioned bio-identical hormones to me, even though every symptom I have complained of points to hormone imbalance. The fact is, progesterone protects us from breast cancer, uterine cancer, and osteoporosis. In fact, if you don't have progesterone on board, the calcium & vitamin D are largely futile. It burns me up that I had to discover all this on my own. When I took the hormone test results to my own physician (who I like and respect a lot) he gave it a cursory glance and said "This is not mainstream medicine. You do not need hormone therapy.

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