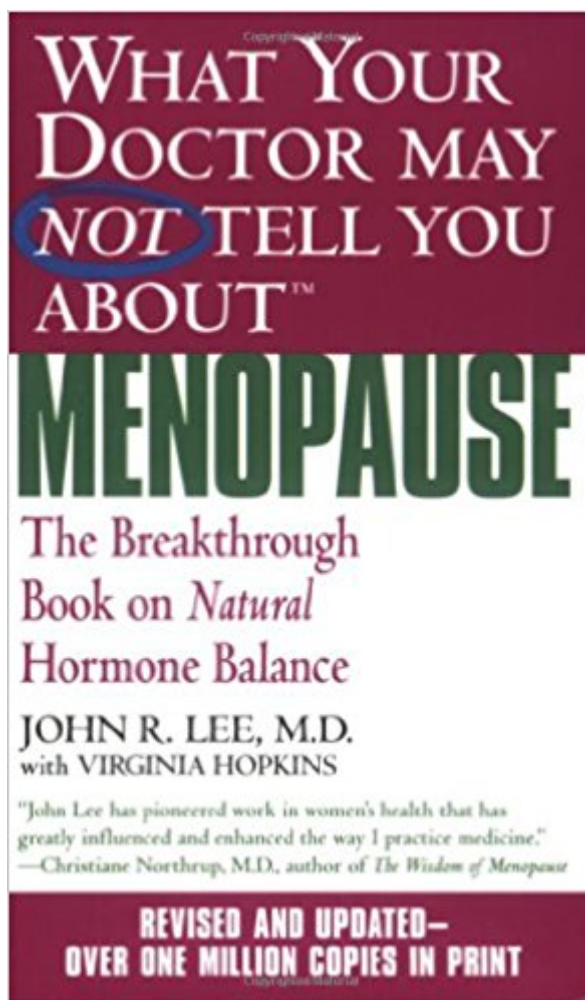


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# What Your Doctor May Not Tell You About Menopause (TM): The Breakthrough Book On Natural Hormone Balance



## 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: 4.6 out of 5 stars 224 customer reviews

Best Sellers Rank: #26,340 in Books (See Top 100 in Books) #2 in Books > Health, Fitness & Dieting > Women's Health > Menopause #40 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer #84 in Books > Health, Fitness & Dieting > Women's Health > General

## Customer Reviews

\* 'John Lee has pioneered work in women's health that has greatly influenced and enhanced the way I practice medicine. I am deeply grateful for his teaching.' - Christine Northrup MD, author The Wisdom of Menopause \* 'A must-read for every woman over 40' Dr. Earl Mindell, author The Vitamin Bible --This text refers to the Paperback edition.

John R. Lee, M.D., is retired from his 30-year family practice. Virginia Hopkins, M.S., is a well-known co-author of books on natural hormone balance and nutrition. --This text refers to the Paperback edition.

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. This is a normal part of aging". So, ladies, if you are like me, having trouble losing weight, having unexplained fluid retention, having itching skin, and fatigued from inability to sleep more than 4 hrs/night, read this book (and order a test kit to document your hormone levels). This all occurs gradually, so you don't realize you feel like crap-you accept it as normal. I'm happy to say that I found a doctor who understands this enough to prescribe bio-identical progesterone for me, and the Adreno-Mend, and to say: You have got to normalize your sleep cycle to overcome the adrenal fatigue. I'm sleeping 7-8 hrs/night now, my skin does not itch, fluid retention is reduced, all the symptoms that I accepted as normal have subsided or disappeared. Don't be ignorant like I was, read this book!

If you are contemplating a hysterectomy or using synthetic hormones... Read this Book! It is full of information that every woman needs to be made aware of. I realized that I was estrogen dominant and corrected the problem myself after reading this book. My gynecologist had prescribed a higher dose of estrogen after hearing my symptoms. This was the opposite of what my body needed. I wish I read this before having a total hysterectomy. I don't have that opportunity but YOU do!

Very informative, I should have known many of these things years ago. He explains hormones, vitamins and much more than anyone besides menopausal woman could learn from about the workings of our bodies, natural and unnatural hormones and some popular yet deadly (side effects) pharmaceuticals out there on the market, highly promoted

This book has gross misinformation. Estrogen dominance is a myth. Menopausal women without their uterus do not need progesterone to "balance" their hormones. In fact -too much Progesterone can cause depression and a host of other problems including weight gain, depression and more. Please read Dr. Vliet's "Screaming to Be Heard" - with more current and factual information about sex hormones.

An absolute MUST read for women going through this phase in life. (According to my wife ). It will open your eyes to the things they don't tell you .

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. Progesterone cream is not a cure-all, but it definitely helps--significantly--with a huge variety of hormonally-related "female trouble" for women of all ages. Bio-identical progesterone cream is inexpensive, does not require a prescription or a doctor's office visit, it's safe, and it works. So that's why your doctor doesn't tell you about it. Be aware that the low-dose 40mg progesterone cream per day that Dr. Lee recommends is not the recommended

dosage these days...he passed in 2003, and since then, there has been a lot of new thinking about his approach. Many menopausal women have suffered through years of estrogen dominance and therefore need what is called a "loading dose" to initially compensate for this. This approach means taking 100mg+ progesterone cream per day without a break for 3-4 months, then trying to take a break of 1-2 days per month and slowly work for a 5-7 day break per month. During the months you start trying to take a break, you might try to slowly (by 10mg per day) lower your progesterone cream dose to the physiological doses originally recommended by Dr. Lee...down to 20-60mg per day is what some women strive for. But some women may need more--listen to your body--there are plenty of women who take 100mg or more per day without ever taking a break--and have been doing so for years without receptor site problems. Please check out Wray White's website for her product NatPro and how to manage your menopause and other hormone issues. BIG NEWSFLASH...Dr. John Lee's family (he passed suddenly in 2003) now makes their own progesterone cream...it's called ProgesterAll, and you can buy it at his family website, which can be found by Googling his name or the ProgesterAll name...don't know if I'm allowed to post it here, but here it is anyway:[...]I wish good fortune to all my beautiful Rosehip Sisters, and hope Dr. John Lee's book and its program helps you embrace Your Change with wisdom and light. POSTSCRIPTS: \*If you have interest in Dr. Christiane Northrup, check out my review of the revised 2006 paperback edition of "The Wisdom of Menopause"...Northrup continues to urge women to eat soy products as a phytoestrogenic assist to their menopausal symptoms, but the phytic acid blocks magnesium and therefore creates a huge nutritional and endocrine depletion problems.\*\*The Remifemin brand with black cohosh has been used in Europe and the States for over 50 years and it has clinical trials backing up its efficacy. It does NOT cause liver problems, contrary to recent concerns [refer to the Reuters Health article called "Study Finds No Evidence Black Cohosh Damages Liver" written by Amy Norton, and published on Fri Jan 28, 2011]. Emerita Pro-Gest Natural Progesterone Cream, Paraben-Free, 4-Ounce Tube Emerita Phytoestrogen Body Cream with Black Cohosh, 2-Ounce Tube Remifemin Menopause Herbal Supplement, Estrogen Free, 120 Tablets Enzymatic Therapy Remifemin Good Night, 21 Tablets

OH MY GOODNESS, THIS BOOK SHOULD BE A REFERENCE FOR ALL GYN DOCTOR'S!!!! IT WAS A CHALLENGE, BUT AFTER READING THIS BOOK I WAS ABLE TO GO ON THE WEB AND FIND A DOCTOR THAT PRESCRIBES NATURAL HRT, THANK YOU, BIG RELIEF!!!! I AM NOW A BALANCE HAPPY WOMAN!!! THANK YOU ...LAUGHING HAPPYLY OUT LOUD!!!!

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