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The Menopause Revolution: Smashing The HRT Myth--Natural Alternatives To Manufactured Drug Therapy



Synopsis

In *The Menopause Revolution: Smashing the HRT Myth* Dr. Martin Milner, Professor, published author, and groundbreaking physician takes on the often misunderstood and all too often ignored subject of menopause with the passion of a man on a mission. The choice of whether or not to undertake synthetic hormone therapy "once a fairly easy decision to make" has become much more complicated in light of the dangerous side-effects that have been revealed in several large studies. What many women don't know is that they do have another choice. Effective, all-natural, hormone therapies are available. Dr. Milner challenges the conventional wisdom of the one-size-fits-all approach to menopause. Instead he stresses the importance of testing and monitoring to determine exactly what actions are needed to help guide a woman successfully through the menopause years. By shattering the myths surrounding menopause and hormone therapy Dr. Milner empowers women with the knowledge they need to make the best choices for themselves.

Book Information

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Customer Reviews

This book is long over due to smash the HRT myth and the approach used by many physicians in treating menopause. Women are prescribed estrogen, never tested or retested at appropriate intervals. Many women do not have the time to do the reading available on bookshelves or on the web regarding menopause and HRT. After I retired, I developed health issues and having been in the health profession, I searched the literature to be informed when I saw my doctor. My thyroid medication and treatment had failed. No other help was offered and I was in bed half of the day. I just ran out of steam with my thyroid limping along. Normally, I was very active with an abundance

of energy. I was desperate for help. A web search for a doctor specializing in hormones came up with Dr. Milner's name. Dr. Milner knew exactly what to do with the thyroid medication and the HRT therapy. Compounding these medications was the answer and not that costly. It was the ultimate answer for me. My HMO could not compound any medications and could provide no other alternatives. Within a year, I am a new woman. Once again busy, actively traveling with family. Dr. Milner is very knowledgeable, keeps up with the latest literature and is well published. When his book became available I purchased it. If you don't have time to do the research this book will give you insight for good questions, tools and wonderful resources. I highly recommend it.

I had hoped for updated info on the Estrogen controversy, but got none. Still, it's a good read for folks who haven't previously done their research.

The information in this book was somewhat dated and provided no new information. I was looking for studies and new facts about menopause and this book seems to be one person's viewpoint. I pitched it as soon as I read it.

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