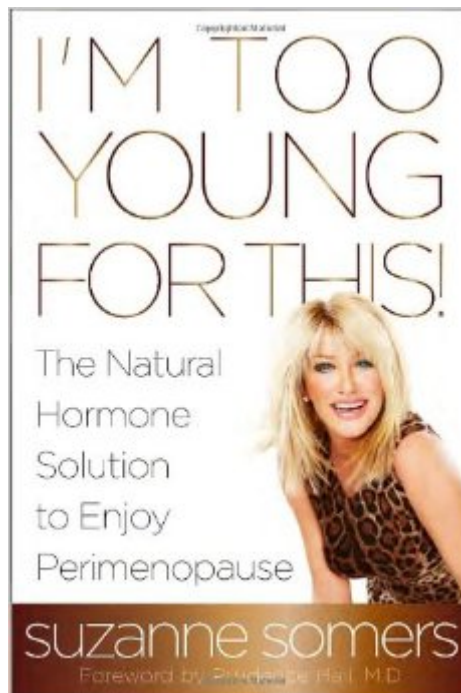


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# I'm Too Young For This!: The Natural Hormone Solution To Enjoy Perimenopause



## Synopsis

Why Wait to Feel Good Again? If you're in your thirties or forties, your body is changing, and so are your moods, sleep, health, and weight. Tired of being at the mercy of your hormones? Armed with the knowledge in this book, you don't have to be. Perimenopause can be enjoyable if you know what to do. I'm Too Young for This! details how you can get your body and mind back on track, safely and without drugs, including:- How our bodies transition hormonally from puberty through perimenopause. - The common complaints of perimenopause and hidden factors that may keep you symptomatic. - What are the minor and major hormones, and the important role they play in feeling good and staying vibrant and healthy. - What to eat including Perimenopausal Power Foods as well as other lifestyle shifts that are critical to your successful transition. - Cutting-edge research that proves the safety and efficacy of bioidentical hormone replacement (BHRT). - The Symptom Solver: a state-of-the-art guide to immediate relief for your hormonal complaints. Plus, how to find the right doctor as well as get your most frequently asked questions answered by expert hormone specialists. Your life is about to change for the better. You can feel great, be vibrant, healthy, thin, and sexy! This book shows you how.

## Book Information

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## Customer Reviews

This book should be a door prize for showing up at your annual physical when you're 39! This is a concisely written, information-dense guide to identifying and managing the myriad symptoms of perimenopause. The text is written with utmost finesse! You learn what you want and need to know quickly, clearly, and with efficient scope of information to get you to hit the ground running towards

proactively addressing what's going on with you. Yes, the punch line is basically to use bioidentical hormones. Even if a reader doesn't want to shoulder the expense of clinical encounter, there are recommendations for supplements, what to eat, and avoiding environmental toxins worth reading. There's no bloated hyperbole taking up the first many pages-You get right down to business, so the text reads at a brisk pace. I LOVE that the testimonials were put at the end of the text. I was already satisfied with information for myself, so I had the patience to actually read them. Of course, the usual characters of her storytelling make their appearance in the book, too: her husband, Alan, and daughter-in-law, Caroline. You know them, don't you? All of her books feature her family members! It's charming and inclusive towards you, the reader. It cracks me up to read about how they're doing these days;)She makes generous mention of the Life Extension Foundation. For full disclosure, I used to work there. They. Are. GOOD! The folks that work there are sharp and helpful. I still stop in for their events. Yes, Bill Faloon is a real person. He is almost indescribably brilliant. To see what I mean, read his column which opens every edition of LEF's magazine.A very helpful guide to understanding those seemingly little things that bug you if you're a woman of a certain age. At a bare minimum, read the Symptom Solver section towards the back of the book. Highly recommended.

I found the book to be helpful and interesting as someone experiencing many of the symptoms outlined in the book. At first blush, it seemed great that Suzanne Somers was setting up an organization ([Foreverhealth.com](http://Foreverhealth.com)) which helps match patients to doctors and a link to discounted blood work. I went to the site recommended in the book and signed up and searched for a doctor in my geography. Because I travel for work, I looked in three geographies for doctors. I then did google searches to look for reviews and feedback for each of the doctors listed. After about an hour of searching in all three geographies, I could not find a single doctor referenced that had a good review, and I would say a number of them frightening reviews, not to mention a number had "iffy" credentials. Clearly, there is no screening process for the matching process and I am now skeptical of the entire organization.

While I read this book, I felt like Suzanne was referring to me and my symptoms. I can't wait to run some blood tests and contact a doctor. I'm extremely excited that there is hope out there. And, it's nice to know I'm not the only woman going through this.

Wow!!! This book has been a life changer. I am a health practitioner and I found an MD who began

working with me on bio identical hormone replacement therapy (BHRT). I was so astonished by the results I began going to conferences and precepting with doctors who are already prescribing these bio identical hormones. I am now prescribing bio identical hormones to my patients with great results. PLEASE UNDERSTAND if you are a woman and you feel terrible no matter what meds/therapies your practitioner has you on, READ THIS BOOK. You do not have to suffer from hormone imbalances. Buyer beware! It is not easy to find a practitioner who will work with you on BHRT. Most MD's have no clue about bio identical hormones, what they do and how safe they are. Do not be discouraged, do your homework and find one. Like fish in the sea, they are out there!!!

I have spent most, if not all of my life suffering from hormone imbalance. I stumbled upon this book after I started BHRT and I can tell you her descriptions are spot on. I am grateful for her references to studies relating to the bioidenticals so I can make informed decisions about my health since a lot of the HRT info on the internet has to do with synthetics--especially in reference to cancer risks. She did a good job of explaining what she uses (creams), but better explanation of the pros and cons of other options, like oral compounded progesterone would be nice, as well as pros and cons of other BHRT options like subcutaneous pellets. It would also be nice to have a better explanation of synthetic birth control affects, including Mirena. But I am glad she is bringing light to the needless suffering of "normal" vs. optimal.

suzanne has really done her research. was very impressed with her book. so informative and wow, when ready all i kept saying is "that's me" i got my blood work done and am now on bio-identical hormones and am seeing the world in a whole new way. i can see the light at the end of the tunnel. thank you!!!!!!!!!!!!!!

This book is going to change my life! It's very easy to read and very informative. Suzanne Somers is funny and taught me a lot about hormones and how to start to feel better. I will have to come back and update you on how it works but for today I recommend it.

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