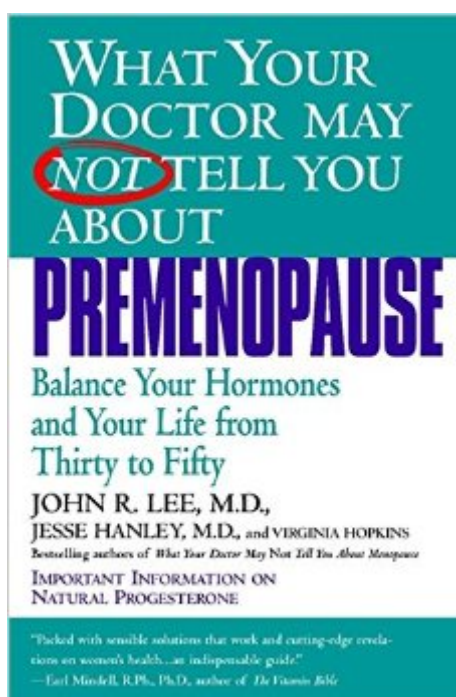


The book was found

What Your Doctor May Not Tell You About Premenopause: Balance Your Hormones And Your Life From Thirty To Fifty



Synopsis

An expert in women's health offers a safe, proven, effective hormone balance program for the more than 50 million women suffering from premenopause syndrome

Book Information

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Customer Reviews

PREVENT A HYSTERECTOMY: I write this after just having had surgery (abdominal hysterectomy) two weeks ago ... and having come across the book only two weeks prior to surgery. If only two or three months ago I'd been aware of Dr. Lee's book, I truly believe my hysterectomy could have been prevented, nevertheless, refusing my doctor's recommended HRT, I tried the progesterone cream and was amazed with the immediate results: headaches were alleviated; improved mental acuity, energy, and skin tone. Had I known of the book's contents 15 years ago, I believe I would have saved myself from not only surgery and fibrous breast tissue, but numerous other debilitating ailments: migraines, clinical depression, fatigue, lack of concentration along with other symptoms which Dr. Lee listed due to estrogen dominance. My doctor did what he believed to be best for me, however, being conventional, he prescribed therapy which only enhanced the estrogen dominance, leading ultimately to excessive bleeding and anemia. Only after surgery was he able to tell me either my ovary or uterus was four times normal size -- hyperestrogen (loaded with it)! His recommendation had been a total hysterectomy with bilateral salpingo-oophorectomy (removal of uterus, cervix, fallopian tubes and both ovaries), however, he honored my request to save both ovaries if possible ... (even though only one remains). If not for Dr. Lee, I'd never have requested such. Even though I have regrets of not knowing earlier of this informative book, I am extremely

thankful for the knowledge of progesterone cream application versus conventional HRT. I look forward to renewed life ahead! Thank you, Dr. Lee! ... P.S. I'm hunting for a doctor who practices alternative medicine.

For years, I've suffered with so many strange symptoms and now I find out it is almost certainly my hormone levels. I've been through hell and back so would someone please tell me after (all the years of hospitals, psychologists, tests, pain and lost opportunities due to illness) WHY some doctor didn't have a clue? I have all the classic symptoms and have for years. But I had to read a book to find out what was going on. Migraines, hair falling out, debilitating feet/leg cramps, dry skin, dry eye, depression, chronic fatigue syndrome, total exhaustion, muscle weakness, very low blood pressure, low thyroid, low adrenal function...do I need to go on? I did the "spit test" recommended in the book and sure enough--my hormones are screwed up. I started on Progest cream (which I got at Whole Foods for \$26) and within 5 days, my energy levels alone have risen dramatically and my hair has stopped falling out. I'm at day 20 in the cycle and still have feet cramps, have a migraine today but my new doctor (Dr. Sharma in Millburn NJ) tells me this stuff may take up to 3 months to show its total effects. She also wrote a prescription up which I'm going to have filled at Liberty Drugs in Chatham NJ which is exactly what I need. Someone needs to start educating doctors. And women need to start insisting that we get better treatment. I'm so disgusted...and so incredibly relieved.

I have now read every perimenopause book out there. Dr. Lee's book is a good resource for perimenopause but hands down the best book I have read (and my baby boomer friends agree) is Ann Louise Gittleman's Before the Change.

I have read this fine book as well as the earlier volume by Dr. Lee "What Your Doctor May Not Tell You About Menopause". I feel that both of these books contain information that every woman and really every person needs to know. We live in a dangerous world. A world full of invisible or unnoticed chemicals that impact the reproductive and general health of all of us, especially those of us in the industrialized world. It is essential to know what is happening and how chemicals are changing our health. Forewarned is forearmed. Many problems that we are calling "normal" in today's world are not normal at all and speak to the need for balance of our hormones. Men and women will benefit from this information. Young women are not immune from the dangers in the environment that cause hormonal changes. Please read this. Don't have invasive surgery without first reading this book, it could change your life.

Dr. Lee has done it again with a very comprehensive book for women ages 30-50. We spend much more time in the pre-menopause years than most people think. It's a time to build our bodies, regulate our hormones, and get our bones strong before the onset of menopause. If you've ever wondered why your body seems to be "out to get you", this book may provide some answers. With the addition of Dr. Jesse Hanley, a traditional MD who's added a number of "complementary" therapies to her treatment of patients (massage, acupuncture, holistic practices, nutritional support, etc), Dr. Lee broadens his ideas from just the use of natural progesterone to the inclusion of a well-rounded treatment plan. Dr. Lee includes some of the newer research that's been done since his last book, but still is the leading proponent of natural progesterone, and, where needed, natural estrogens. It's your body; I recommend reading about what's happening to it and how to get yourself back to normal. I, for one, am so happy to know there are safer alternatives to the pharmaceutical concoctions used in traditional HRT. Chapters include topics on: PMS, stress, exercise, nutrition, contraceptive use/misuse, breast cancer, uterine and cervical abnormalities, osteoporosis, heart attacks, and more. There is a comprehensive index, recommended reading list and references, as well as a resource section. 395 pages. Easy to read though packed with information.

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