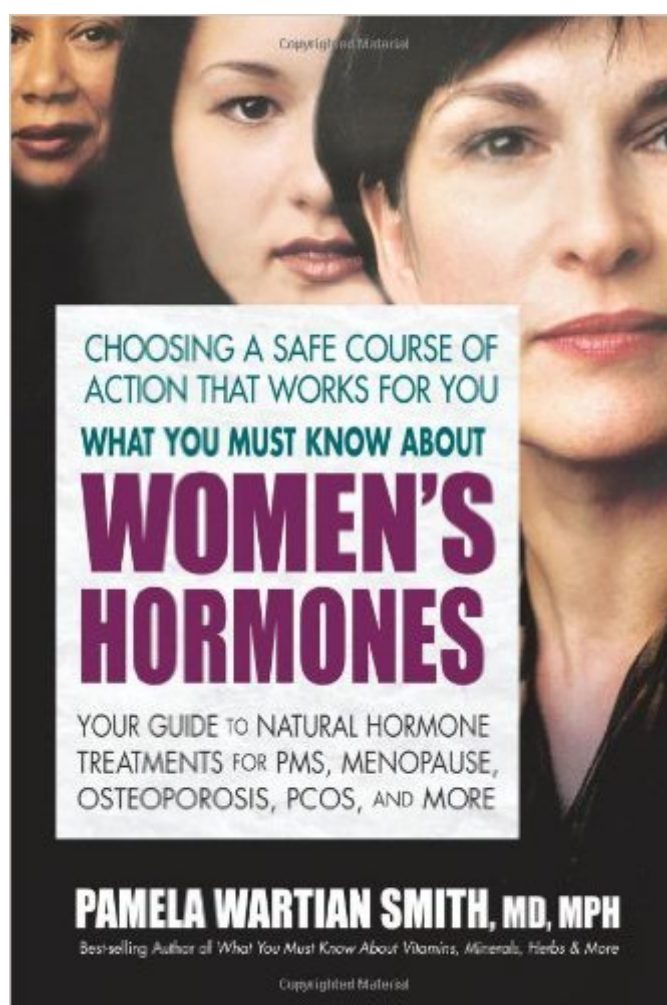


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# What You Must Know About Women's Hormones: Your Guide To Natural Hormone Treatments For PMS, Menopause, Osteoporosis, PCOS, And More



## Synopsis

Hormonal imbalances can occur at any age—before, during, or after menopause—and for a variety of reasons. While most hormone-related problems are associated with menopause, fluctuating hormonal levels can also cause a variety of other conditions, and for some women, the effects can be truly debilitating. *What You Must Know About Women's Hormones* is a clear guide to the treatment of hormonal irregularities without the health risks associated with standard hormone replacement therapy. This book is divided into three parts. Part I describes the body's own hormones, looking at their functions and the problems that can occur if these hormones are not at optimal levels. Part II focuses on the most common problems that arise from hormonal imbalances, such as PMS, hot flashes, and endometriosis. Lastly, Part III details hormone replacement therapy, focusing on the difference between natural and synthetic hormone treatments. Whether you are looking for help with menopausal symptoms or you simply want to enjoy vibrant health, *What You Must Know About Women's Hormones* can make a profound difference in your life.

## Book Information

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## Customer Reviews

I bought this book after seeing Dr. Pamela Smith on a television show talking about bio-identical hormone replacement therapy and finding out she was an expert in this field. Her knowledge was impressive while watching her and I was even more impressed after reading her book since I have gotten more than learning about the hormones. As far as I am concerned the information in the first sixty pages of this book should be shouted from the mountain tops and I am saddened that this

book is not going to get the attention it deserves because of the "h" word. Actually when the word "hormone" used by a medical doctor or media what they refer is synthetic drugs which cause all kinds of diseases from cancer to dementia and have nothing to do with bio-identical hormones which are the exact replica of hormones in human body. The reason medical doctors prescribe synthetic drugs instead of natural hormones is because in the USA, a natural substance can't be patented not allowing drug companies to charge a lot of money. As a lay person, my research of three years, which literally saved my life, revealed that a human body has hundred different hormones which function as messengers making it possible for brain to communicate and program each and every tissue in the human body. Without optimal level of these hormones, being healthy is out of the question. Human hormones work like a symphony and if one is out of tune, it affects the rest. Moreover most chronic disease is the result of deficiency in adrenal (cortisol) and thyroid hormones. This book was written for lay people who have no background in medicine in a "concise, mostly bullet-style format, as opposed to long, literary prose." Part I of the book is titled "Hormones" and covers most important hormones in the human body, their functions, symptoms of the deficiency and excess of each hormone, the reason of the deficiency or the excess and how to have an optimum level of it. The second part, "Ailments and Problems", talks about common female problems such as cervical dysplasia, DES babies, heart disease, fibrocystic breast disease, endometriosis, fibroids, menopause, migraines, osteoporosis, perimenopause, polycystic ovarian syndrome, postpartum depression, POF, POD, PMS, skin problems and vulvodynia. The third part, "Hormone Replacement Therapy (HRT)" compares synthetic hormones versus bio-identical hormones, hormonal testing methods, selective estrogen receptor modulators, birth control pills, nutrition and HRT. The conclusion section is followed by detailed summary of each part of the book, a list of resources, recommended readings, and forty-six pages of references which indicate how much research the author of this book did. To anybody suffering from any chronic disease (Since men and women have the same hormones in their bodies in different amounts), I recommend reading the first part of this book and watching Dr. Frank Shallenberger's free educational videos on his website called "Managing Your Thyroid and Adrenal Glands. The Secret of Healing Chronic Disease" and "Bio-Identical Hormone Replacement". His new book, "Bursting With Energy", also is pretty good and is about slowing aging and preventing chronic disease. My recommended list of readings: "Testosterone Syndrome" by Dr Eugene Shippen for women and men over fifty. "What Your Doctor May Not Tell You About Premenopause" by Dr John Lee for women over thirty and "What Your Doctor May Not Tell You About Menopause" for women over fifty years old. "Your Thyroid and How to Keep it Healthy" by Dr. Barry Durrant-Peatfield. This is the best book written

about thyroid disorders, their relation to other illnesses such as diabetes, chronic fatigue, fibromyalgia, adrenal fatigue, bio-identical hormone replacement and much more.

I'm very impressed with this book and the real science behind the research I can finally have confidence in a doctor who's diagnosis isn't slanted by pharmaceutical industry and insurance company interests, but by cutting edge science. This book was recommended by my endocrinologist and it has given me enough information to make healthy and informed choices that have already lead me to a better quality of life. I want to have the energy to enjoy my retirement when it's time. I'm tired of hearing how I should accept low energy, low libido, loss of tone, memory, etc as normal parts of aging. It's a must read for every woman!

My new Integrative Physician(who is the best!) here on the Space Coast...I also bought Kindle edition and 1 for each of my adult daughters who are in their thirties. I think we all benefit. The Medicine of the Future. To age with better health...In depth but understandable for the non Clinician. Need to write one for Men....

My doctor (board certified in family practice, but very knowledgeable about women's hormones) recommended this book to me. He said that the author had been his mentor in the area of women's hormones.

Easy reading in bullet style promoting understanding of what hormones do to help and how to identify why you are having problems. This book is a great read for those women with menopause/hormone deficiency problems! A must read!

My Dr. recommended this book and I now know why. All women must read this book if they want a normal healthy life at any age. I had NO idea that what was going wrong in my body was all related to hormones. This book explains it thoroughly. It is a must read because it is a life saver.

I appreciate my Dr. , Who is a functional medicine Dr. , telling me this is a great read. I purchased it on Kindle as soon as I returned from an appointment with him. I have read some books, 3 or 4, about hormones that have been a little easier to understand. This book gets complicated and has, what I believe, too much information on how our hormone levels are unique to each individual. I highly recommend finding a functional medicine Dr. and let them evaluate and help each individual

understand their own hormone balancing and achieving optimal health.

Recommended by my doctor who is a bio identical specialist....this is an absolute must read for everyone but particularly for women in peri menopausal and menopausal years. So much to learn about with hormones and their effect with lacking or overdosing. This gives a great overall to initiate knowledge and have an intelligent conversation with your doctor.

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