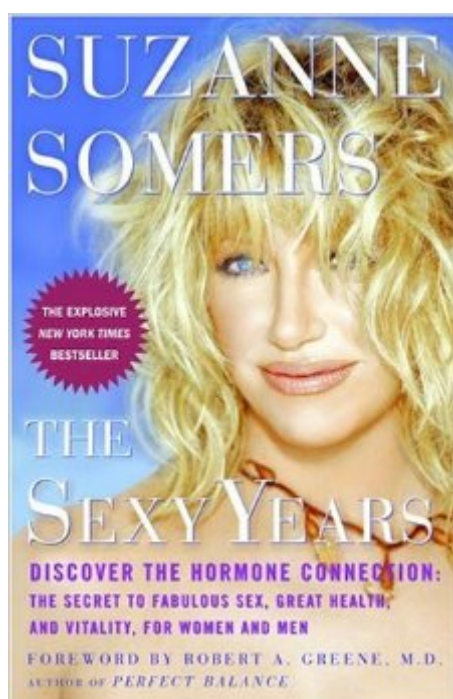


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The Sexy Years: Discover The Hormone Connection: The Secret To Fabulous Sex, Great Health, And Vitality, For Women And Men



Synopsis

Getting older can be brutal—women gain weight, lose their sex drive, experience hot flashes, suffer memory loss, become short-tempered, find it difficult to sleep, and on and on. It's not so easy for men, either—they start to lose energy and stamina as they age, too (and they have to live with women going through menopause). After years of being thin and fit and full of energy, Suzanne herself encountered the "Seven Dwarfs of Menopause"—Itchy, Bitchy, Sweaty, Sleepy, Bloated, Forgetful, and All-Dried-Up. Instead of living out the rest of her life cranky, sleep-deprived, and libido-less, Suzanne set out to discover how she could get her mind, body, and life back and banish those pesky dwarfs for good. The result is *The Sexy Years: Discover the Hormone Connection—The Secret to Fabulous Sex, Great Health, and Vitality, for Women and Men*. In this passionately argued and enormously practical book, Suzanne supports her own research and experiences with the expertise of leading doctors in the field of women's and men's health and sexuality to create an inspiring, accessible call-to-arms to women to radically rethink how they approach life after fifty, and give them the tools to turn their lives around. Suzanne has discovered that the second half of life has been more rewarding, fun, and purposeful than her younger years. The key to her happiness? Taking natural bioidentical hormones. Natural hormones, which mimic the hormones produced in our own bodies that are almost completely lost with aging, are the answer to the symptoms of menopause that plague women. Recent findings from the medical community show that synthetic hormone replacement therapy (HRT) may be harmful to women—thus, thousands of women are looking for what else they can do to alleviate their symptoms. In *The Sexy Years*, Suzanne comes to the rescue with a step-by-step plan and detailed information about how women can take control of their health, for themselves and for their men, including:

- What the differences are between synthetic and bioidentical hormones, and why bioidentical hormones help women lose weight, reinvigorate their sex lives, and fight the symptoms of aging
- How doctors do not receive adequate training about hormones and are slaves to the pharmaceutical industry, and what questions every woman must ask her physician about hormone replacement therapy and her health
- How Suzanne turned her life around, with information about how often she visits her doctor, blood work, what hormones she takes, how to get these hormones, and more
- What male menopause, or andropause, is and how men can also take bioidentical hormones and regain the energy they had in their youth
- What a variety of specialists think about natural hormones, health, and sexuality

Suzanne shares the best advice from these doctors and provides a resource list of physicians and pharmacies. With bioidentical hormone replacement therapy, Suzanne has found the fountain of youth, the elixir that has made her feel thirty years old.

again. In combination with her Somersize diet and fitness plan, which she also writes about here, Suzanne has never felt better. The beauty of growing older, she maintains, is that you can combine the wisdom of age with the vitality of youth. Suzanne makes it perfectly clear how women and men can regain their zest for life at any age. These really are the sexy years! From the Hardcover edition.

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Customer Reviews

As a board-certified OB-GYN M.D. who has prescribed bioidentical hormones for more than 15 years, I can strongly endorse this book and its recommendations. Sommers' personal experience -- detailed down to her personal hormone dosing schedule -- and the recommendations of her consulting physicians will be highly informative and motivating for post-menopausal women. (I know that for a fact, since five readers have visited my office this week alone.) These women have been at a loss about how to proceed in the face of research demonstrating the health risks of conventional hormones such as Premarin. Thanks to Sommers' celebrity status and her solid health recommendations, women will have somewhere to turn for answers. It took exceptional bravery for Sommers to write a book that takes the pharmaceutical industry to task for their financially motivated role in medical opinion and practice. It's that influence, she observes, that has kept women on hormones derived from horse urine, which, studies now show, pose a risk of cancer and heart disease. Sommers shares the secret about which most conventional MDs remain clueless: bioidentical hormones have long been known to resolve the common problems associated with conventional hormones. I can vouch for Sommers recommendations since I have seen them resolve the typical problems of bloating, weight gain, depression, and worse. What's more, I have

had only two patients with breast cancer in fifteen years of prescribing only bioidentical hormones. Sommers speaks the truth without reservation, and women are so ready to listen.

I've always said to my Dr., family & friends that one pill doesn't fix all. They all thought I'd lost it. My thinking is we are ALL individual humans with different DNA & gene pools. How can 1 pill made in a lab; tested on menopausal women work for EVERYONE. And what about those who have other issues like fibroids, peri-menopause, hysterectomies, etc. Do they take the same pill? I kept asking my Dr.'s and got the standard answer "well that's what my Medical Journal says." I realize their education in this subject is limited but Suzanne's book goes into that. Science has helped many with illness & disease, and for those discoveries that is to be commended. But menopause & all that comes with aging at this time in a woman's life should be individualized. I'm glad to see the science behind her book & my theory proven. Watch & see how this turns the tables on the drug companies theory that "one pill works for everyone". I'll bet they will be right out there trying to come up with their own personalized compound "mixture" as women start throwing away Premrin & Provera.

Suzanne Somers is a lot more than a pretty face...get this book at any age and get a view and many answers to a time of life that can be a skate...or a nightmare...don't count on the medical profession to know what will help....very few of them have a clue and there are lots of middle aged women...and men who are struggling with more than "the change"...US medical schools fail miserably with nutrition and hormones...all they know is disease and drugs..very profitable, but full of side effects and MORE problems..This book is full of great information and help...neither I could find here in the nation's capitol...full of Doctors living the good life and no answers...Suzanne has found some forward thinking HEALERS who happen to be Doctors..and they share what they have found really works for their Patients...not the pharmaceutical companies...this is lots of information well presented with humor and caring...Thanks Suzanne!

Suzanne Somers does a great service to women and men alike who are seeking to understand the symptoms of hormone imbalance. I was determined to "tough it out" with menopause, and the severe hot flashes, low libido, crankiness, weight gain, etc, but after three yrs of suffering decided that I needed relief. My own ob-gyn was not willing to really consider natural bio-identical hormones, and I was about to cave in in desperation, when three family members recommended this book (yes, they have suffered along with me). I read it straight through, cover to cover, and it gave me the courage to fire my doctor and find a doctor who would discuss ALL the alternatives with me, and be

my partner in deciding what is best for me. Thank you, Suzanne Somers, for doing so much of the research for me, and for giving me that last nudge that I needed to take a stand. You are a powerful advocate for all of us, and your encouragement to become an advocate for ourselves is a timely and cutting edge message, particularly when it comes to HRT. I have not read her other books, but this one was life changing for me.

Miss Somers is a genius, and this book is a very important piece of work for every woman who wants to get back that old juiciness. And when the mood returned, I found that the "New Sex Now" dvd taught me and my husband a new amazing pathway to ecstasy and intimacy. A winning combination to use with the breakthroughs of this book.

As a Physician who specializes in Anti-Aging Medicine and Preventive Medicine for people over 40, I was very pleased to see Suzanne Somers book, and enjoyed reading it very much. She is right on the mark with this timely exploratory book on taking charge of one's own health care. Most of my patients come in confused and angry, wanting to be listened to about their symptoms and refusing to believe that they have to "settle" for failing health and well being because they have read the research themselves and know that there is another choice. Suzanne presents an excellent summary that most people will understand about why most doctors don't offer alternatives to traditional hormone replacement and in fact are confused themselves. She has done her homework, and will help you to present a solid argument for natural hormone replacement and to find the sort of doctor you need to get your health care needs met. I think that a more thorough work up than just a few blood tests are necessary to evaluate cancer risk as well as hormone levels, but I do a multi level work up that involves cardiac, immune system, hormonal and dementia prevention as well as sexual function assessment. Recommend this book to friends and to your doctor. Dr Tedde Rinker, Stress Medicine Consulting, Burlingame California.

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