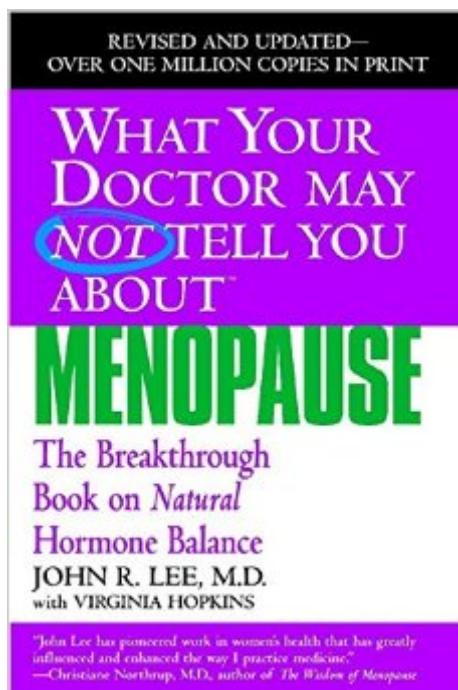


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What Your Doctor May Not Tell You About Menopause (TM): The Breakthrough Book On Natural Hormone Balance (What Your Doctor May Not Tell You About...(Paperback))



Synopsis

The Revolutionary Book About Bioidentical Hormone Replacement Therapy Now Fully Revised and Updated Over a decade ago, Dr. John Lee first published his startling conclusions about conventional hormone replacement therapy (HRT): synthetic hormones don't work as predicted and, worse, they pose a health threat to women. His findings touched off a storm of controversy. But years later, research has proved him right. Now millions of women concerned about aging must decide whether or not to undergo synthetic hormone replacement therapy-and suffer its side effects and increased health risks. Hundreds of thousands of women have listened to Dr. Lee's potentially life-saving advice and followed his groundbreaking, natural hormone program-experiencing amazing results. Newly revised and updated, this revolutionary book has the latest research, and Dr. Lee's effective plan for restoring balance using bioidentical hormones, including natural progesterone. Discover the benefits of his breakthrough program: * Reduce or eliminate premenopausal and menopausal symptoms * Help eliminate hormone-related problems such as osteoporosis, hot flashes, night sweats, vaginal dryness, weight gain, and fibrocystic breasts * Reduce "middle age" weight gain * Help restore sex drive * Protect against breast cancer * Maintain mental acuity * Help stop and reverse osteoporosis * Restore energy and vibrancy...slow the signs of aging.

Book Information

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Customer Reviews

Back-to-back, I've read this book and the other one by Dr. John Lee, "What Your Doctor May Not Tell You About Pre Menopause: Balance Your Hormones And Your Life From Thirty To Fifty."

Although the one just mentioned is more pertinent to my age group, and both books cover much of the same ground, I chose to review this book because it seems to be more in-depth. Both books, however, are laden with valuable information for women of any age. The late Dr. Lee had done his homework even after medical school ended and it showed within both of his books. Everything is explained simply, concisely, thoroughly and in easily understandable terms. Topics include: biochemistry of the body and synthetic drugs and hormones, mechanisms of the body, glands and functions, the estrogen myth and results of HRT study, female cancers and causes, autoimmune disorders, pros of natural progesterone and details of all relevant hormones, the pharmaceutical community and conventional medicine practices, illness and natural prevention, nutrition and exercise, osteoporosis and bone re-building, vitamins, herbs and minerals, heart disease and strokes, insulin and glucose, thyroid problems, liver health and many, many more that tie everything together so sensibly. Without the specific label of a holistic doctor, Dr. Lee obviously believed and practiced a more natural way for his patients to live with optimal health and well-being. His books attest to the facts that natural is always best; synthetic drugs will always have side effects because they are foreign substances to our bodies; radical surgery is not always the best answer and menopause is not a to-be-feared disease.

As one who had a 15-year-long battle with all the "joys" of menopause -- insomnia, hot-flashes, night sweats, brain fog, etc -- I can tell you this book is a Godsend. I finally found someone who could really talk knowledgeably about my problems and give some firm recommendations that were tried and tested in a medical setting and had benefitted hundreds of women in Dr. Lee's own clinical practice. I also found a wonderful treasure trove of information about osteoporosis, often not discussed in connection with menopause, and a condition that is usually treated with estrogen. Dr. Lee gives the reader a full load of good information about the benefits of natural progesterone for bone health. I am profoundly grateful! Get the book! You'll be glad you did!

This little \$8.00 paperback book changed the way I look at the medications I was taking, and now I am approaching menopause with a new, true understanding. I have a natural, over-the-counter bio-identical HRT plan that has quickly worked to make me feel better. Dr. John Lee's book is much more than your typical clinical info about "what to expect when you feel like a fading old bag slogging through menopause", but it does have a great deal of clinical info. But it's really about ALL of the female-related medical conditions that exist. It's for women of all ages, from those in their 20s to those super-seniors in their 80s and 90s. And it's about how all of us of all ages will benefit from

bio-identical progesterone cream. The book talks about natural progesterone's history, clinical studies, usage, and how the medical community continues to prescribe fake chemical/synthesized meds because they can't make money from a natural product than can't be patented. Dr. Lee talks about the soaring rates of osteoporosis, breast cancer, etc., and how these are generally man-made diseases in industrialized countries. Dr. Lee discusses the following: osteoporosis (see the clinical trials in the book that prove progesterone cream prevents and CURES osteoporosis for women of all ages, even seniors) fibroids, cystic breasts, hair loss related to PCOS/androgenic alopecia and hair loss from "The Change", PMS symptoms, and the incredibly uncomfortable changes peri- and menopausal and post-menopausal women suffer through. Progesterone cream is great for breast cancer patients, those who have had hysterectomies, heart disease, polycystic ovaries (PCOS), endometriosis, vaginitis, migraines, cholesterol issues, and those trying to switch from conventional HRT to a natural regimen. Progesterone cream is not a cure-all, but it definitely helps--significantly--with a huge variety of hormonally-related "female trouble" for women of all ages. Bio-identical progesterone cream is inexpensive, does not require a prescription or a doctor's office visit, it's safe, and it works. So that's why your doctor doesn't tell you about it. Be aware that the low-dose 40mg progesterone cream per day that Dr. Lee recommends is not the recommended dosage these days...he passed in 2003, and since then, there has been a lot of new thinking about his approach. Many menopausal women have suffered through years of estrogen dominance and therefore need what is called a "loading dose" to initially compensate for this. This approach means taking 100mg+ progesterone cream per day without a break for 3-4 months, then trying to take a break of 1-2 days per month and slowly work for a 5-7 day break per month. During the months you start trying to take a break, you might try to slowly (by 10mg per day) lower your progesterone cream dose to the physiological doses originally recommended by Dr. Lee...down to 20-60mg per day is what some women strive for. But some women may need more--listen to your body--there are plenty of women who take 100mg or more per day without ever taking a break--and have been doing so for years without receptor site problems. Please check out Wray White's website for her product NatPro and how to manage your menopause and other hormone issues. **BIG NEWSFLASH...**Dr. John Lee's family (he passed suddenly in 2003) now makes their own progesterone cream...it's called ProgesterAll, and you can buy it at his family website, which can be found by Googling his name or the ProgesterAll name...don't know if I'm allowed to post it here, but here it is anyway:[...] I wish good fortune to all my beautiful Rosehip Sisters, and hope Dr. John Lee's book and its program helps you embrace Your Change with wisdom and light. **POSTSCRIPTS:** *If you have interest in Dr. Christiane Northrup, check out my review of the

revised 2006 paperback edition of "The Wisdom of Menopause"...Northrup continues to urge women to eat soy products as a phytoestrogenic assist to their menopausal symptoms, but the phytic acid blocks magnesium and therefore creates a huge nutritional and endocrine depletion problems.**The Remifemin brand with black cohosh has been used in Europe and the States for over 50 years and it has clinical trials backing up its efficacy. It does NOT cause liver problems, contrary to recent concerns [refer to the Reuters Health article called "Study Finds No Evidence Black Cohosh Damages Liver" written by Amy Norton, and published on Fri Jan 28, 2011].Emerita Pro-Gest Natural Progesterone Cream, Paraben-Free, 4-Ounce TubeEmerita Phytoestrogen Body Cream with Black Cohosh, 2-Ounce TubeRemifemin Menopause Herbal Supplement, Estrogen Free, 120 TabletsEnzymatic Therapy Remifemin Good Night, 21 Tablets

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