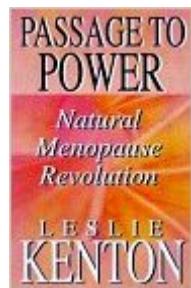


The book was found

Passage To Power: Natural Menopause Revolution



Synopsis

Questioning the benefits of standard Hormone Replacement Therapy (HRT), and examining the politics behind such treatments, Kenton provides the tools that women need to go through menopause naturally.

Book Information

Paperback: 400 pages

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Product Dimensions: 1.2 x 6.2 x 9.2 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 5.0 out of 5 starsÂ [See all reviewsÂ \(5 customer reviews\)](#)

Best Sellers Rank: #1,388,605 in Books (See Top 100 in Books) #94 inÂ Books > Health, Fitness & Dieting > Women's Health > Menopause #3415 inÂ Books > Health, Fitness & Dieting > Women's Health > General #21402 inÂ Books > Health, Fitness & Dieting > Alternative Medicine

Customer Reviews

This is a book I found in the nick of time. Until encountering it, despite an extensive background in natural health, NO source available to me clarified the true relation of female hormones to bodily events. In one reading this volume accounted for the Hell I have gone through all my reproductive life, most of it induced by medical ignorance, arrogance or discounting. Those are strong words, but they barely describe the violence done to women's bodies by standard medical management of their health care, contraception, and menopause problems, to say nothing of extraneous stresses in the environment. Kenton's book anatomizes all the reasons for this damage, describes how both lifestyle and even well-intentioned "health care" contributes to it, and describes approaches that no one in this nutrition-conscious age should find too difficult. The toughest row for most women to hoe will be standing off doctors who are pharmaceutically ignorant of the difference between conventional HRT and the natural-progesterone approaches Kenton outlines. I am living proof that this is a book women need. I have had many of the hormone-related problems Kenton outlines, and perfectly answer the profile of a woman subject to estrogen dominance despite above-average health consciousness. I have had to fight off hysterectomy twice, but the problems that led to this threat have been in abeyance since I demanded natural progesterone treatment from my

doctor--shortly before reading this book, on the advice of an RN friend. Finding this book helped me understand how and why something was FINALLY working, and what I could do to further help myself. If only I had had progesterone creams, and the knowledge in this book, available at the beginning of my gynecological purgatory instead of twenty years later! This is not information whose value is limited to women approaching menopause. The uncanny matches between my circumstances and Kenton's accounts of female chemistry make me suspect I could have avoided a world of hurt. I hope some other women can do so.

This book is essential reading for all women who want to take charge of their own health. It exposes the pharmaceutical hype, answers real questions without being over-simplistic, is extremely well researched and easy to read. A must!

This book is a must have guide for women in every age. The subtitle "Natural Menopause revolution" is not chosen well, as this book really is not only about menopause. It talks about PMT and other health issues women in different stages of their live have to deal with. A book I like to give to friends as a gift, which is always very much appreciated.

This book is a must for anyone experiencing the onset of menopause. Once I started reading it I couldn't put it down. Having suffered from PMS all my life I was dreading the menopause. With Leslie's helpful advice I sailed through the experience conquering all the usual unpleasant symptoms by experimenting with the various natural remedies available and finding my own winning combination. I have lent this book to more friends than any other book I have ever had and all have found it of benefit. My only regret is that I didn't read it when I was in my early twenties.

This is a remarkable book for women of all ages. It explains really simple ways of avoiding hormonal agonies. I thoroughly recommend it.

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