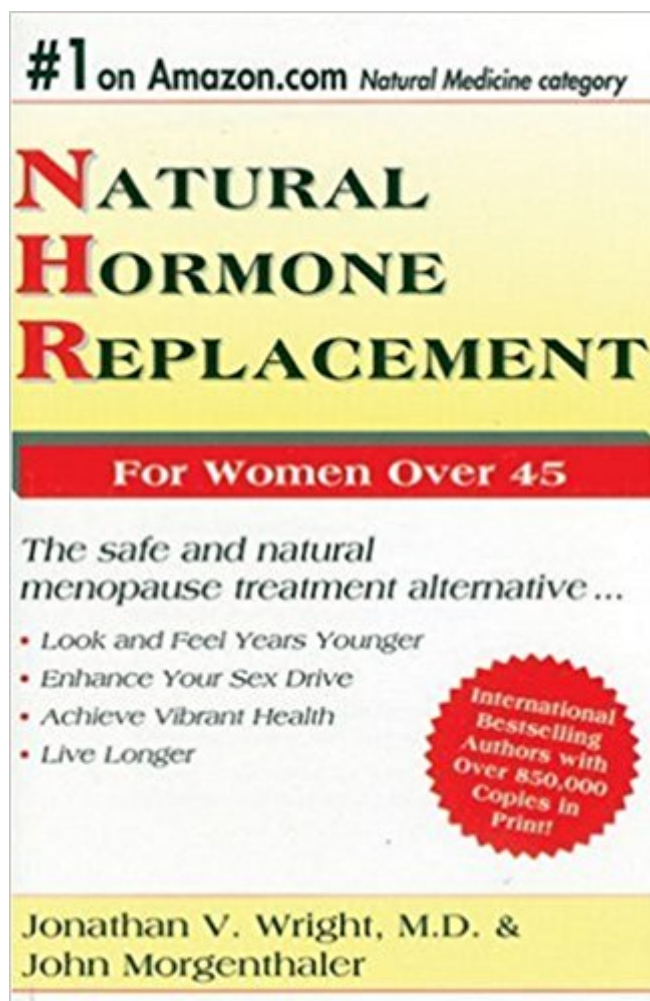


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# Natural Hormone Replacement For Women Over 45



## Synopsis

A book showing that natural hormone replacement offers a safe and effective alternative for the treatment of menopause.

## Book Information

Paperback: 128 pages

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Average Customer Review: 3.7 out of 5 stars 29 customer reviews

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## Customer Reviews

Natural Hormone Replacement For Women Over 45 shows how natural hormone replacement offers a safe and effective alternative for the treatment of menopause. Conventional hormone replacement treatment as prescribed by most medical doctors in the United States, relies on unnatural versions of the hormones progesterone and estrogen that are dangerous and completely foreign to a woman's body. Risky and unpleasant, conventional hormone replacement treatment has long been women's only choice because of the influence of the drug companies. Natural Hormone Replacement For Women Over 45 provides compelling evidence that natural hormone replacement provides all the benefits of conventional treatment, but with drastically reduced risks of unwanted side effects and cancer. Readers of Natural Hormone Replacement For Women Over 45 will learn how to end hot flashes and other discomforts of menopause; cut the risk of osteoporosis, heart disease, and cancer; extend their youthful years; invigorate their sex life; decrease the risk of Alzheimer's disease and senility; locate a pharmacy that prepares natural hormones; and find a physician who prescribes them. Natural Hormone Replacement For Women Over 45 is must reading for all women facing menopause and the infirmities of the aging process. -- Midwest Book Review

Uzi Reiss and Elizabeth Vliet provide more thorough discussions of this topic, but Jonathan Wright has written magazine articles for years and offers a concise review of the evidence for bio-identical hormone replacement. Wright focuses on bio-identical hormone replacement, resulting in a briefer discussion, since he spends less time discussing studies of horse estrogens and artificial progestins. Misleading, sensationalized media coverage of large, poorly designed, ethically questionable estrogen replacement studies, including the Womens Health Initiative and Nurses Health Study continues to discourage women from obtaining safe effective natural hormone replacement. These large studies of thousands of women used the same dose of Premarin horse estrogens for study subjects, without regard to symptoms. Doseage was not adjusted for individual study patients. I doubt anyone would volunteer for a thyroid hormone replacement study, if they were informed individual hormone levels would not be measured and everyone would receive the same hormone dose, irregardless of whether they exhibited hypothyroidism symptoms. What is surprising about the large overpublicized Premarin/Progestin studies is that women were willing to submit themselves to these dangerous, poorly designed studies and that the media has succeeded so thoroughly, in misleading the public. Wright provides excellent information on the estrone/estradiol and estriol ratio correlation with cancer. He also explains studies indicating bio-identical progesterone decreases cancer. Wright explains why animal lovers will want horse estrogen (Premarin) removed from the market, when they learn how inhumanely horses are treated to obtain it. Many health insurers prefer dangerous horse estrogens, because they are less expensive to produce and purchase. Physicians treat individual patients, not study groups. When safe bioidentical hormone replacement dose is adjusted to the individual patient, using repeated testing and gradual dose increases, dramatic improvements in depression, insomnia, anxiety, fatigue, interstitial cystitis, fibromyalgia and migraine often occur. These bio-identical hormones are sometimes almost the only medications, which highly allergic patients do not have adverse reactions to. Steven Sponaule

Like many women, I thought the only way to deal with perimenopause and menopause was with Premarin [made with pregnant horse estrogen, Yuck] and other hormones pushed by large pharmaceutical companies. This book was a real eye opener for me. It explains how the estrogens naturally found in a woman's body can't be patented, because they are just natural bodily hormones. Therefore, the drug giants who court all the doctors have no financial incentive to tout naturally occurring hormones. Instead, they push the horse estrogens, and other unnatural

products, which cause side effects. This book explains how a woman with a good doctor can get a pharmacy to mix a custom-blended natural hormone replacement with few, if any, side effects, because it's what's in your body already. I took this book to my doctor who said of course he'd be happy to prescribe natural hormones as suggested in the book. Had I not brought it up, I, too would have been prescribed that horrible Premarin or Prempro, made from the urine of pregnant [and abused] mares. I've spoken with other women over 45-50 who take the horse estrogen, Premarin [the name comes from PREgnant MARE's urINe], and they were shocked that there was an alternative their doctors had never bothered mentioning. Anyone interested in natural health should buy this must-read, and then discuss with your doctor.

Fast shipping. I was glad to find a copy for a friend. This is a GREAT book on this subject. I have had mine for about 20 years.

This is one of the best books I have found in explaining Natural Hormones Replacement. It has helped me to understand the importance of balancing your hormones to prevent Breast Cancer. My Doctor also wanted me to read Dr. Jonathan Wright's book to help me understand more about hormones and making my decision in what I wanted to do. I highly recommend this book.

This is a light, quick read, but has a great deal of information you'll have trouble learning elsewhere. Did you know that there are three kinds of Estrogen? That's just for starters. I suffered from depression and fatigue after a hysterectomy, and months of research took me to this book, a new doctor, a new prescription for "natural" hormones, and I'm a new woman, or really I got my old self back, thank God and the authors. Plus, because of this book, I am practically an expert, and I've taken control of my own health care.

I got a tremendous amount of information out of this book. It is clear and concise, and sold me on natural HRT which I have now been using for 10 years. I give it as a gift often. I am not one who has the patience to read a weighty medical book, this was perfect for me, and made sense.

Menopause is a big deal for women which is not taken seriously enough and should really be studied more to help more women and especially baby boomers

Great education! The trick is finding a Doctor that gets it.

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