

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))

By John R. Lee, Virginia Hopkins

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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.

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Editorial Review

Review
* 'John Lee has pioneered work in women's health that has greatly influenced and enhanced the way I practice medicine. I am deeply grateful for his teaching.' - Christine Northrup MD, author The Wisdom of Menopause * 'A must-read for every woman over 40' Dr. earl Mindell, author The Vitamin Bible

About the Author
Dr John R. Lee has now retired from family practice but is an acknowledged expert on HRT and is a much sought-after speaker on the subject, both by health professionals and lay audiences, speaking to thousands of women at a time in seminars across the US. Virginia Hopkins

Users Review

From reader reviews:

Louise Rosenbaum:

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