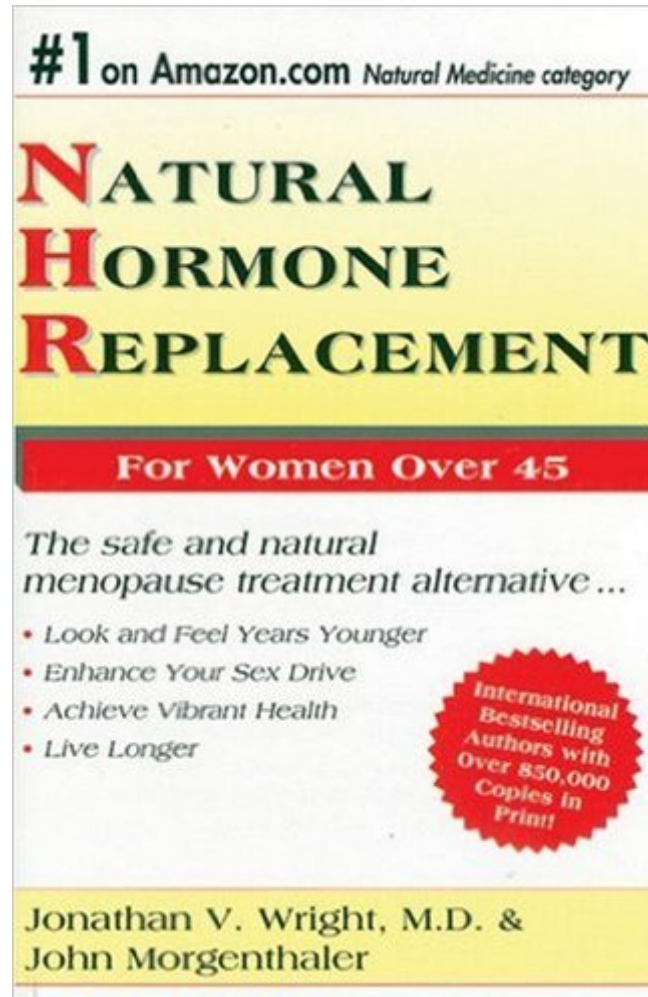


The book was found

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

Publisher: Smart Publications; 1st edition (1997)

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Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (29 customer reviews)

Best Sellers Rank: #838,888 in Books (See Top 100 in Books) #50 in [Books > Health, Fitness & Dieting > Women's Health > Menopause](#) #591 in [Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy](#) #2172 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

Customer Reviews

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.

As a practicing pharmacist, it upsets me that such basic knowledge of hormones was not taught in school. Doctors aren't even taught some of the basic information Dr. Wright discusses in this book. I wish all women would read this book and I wish all doctors would open their minds to the information presented in it. For all the thousands of women I know to be using natural hormone replacement therapy, I don't know a single "unhappy customer".

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 had a hysterectomy 5 years ago and have been very sick ever since but was diagnosed with Chronic Fatigue Syndrome, Depression and Panic Disorder. It started within a week of the surgery. (symptoms were mild at first but progressively got worse until I was bedridden. I have been declared disabled by a Social Security Disability judge. I have tried various conventional Estrogen Replacement Therapies but without much help . (pills, creams, shots, patches have caused all sorts of reactions - even borderline delirium and total incapacitation. A friend told me about this book and I immediately found an innovative GYN who worked with a compounding pharmacist who cautiously (with slow increases) prescribed this Natural Hormone Therapy for me via a cream since I don't absorb by mouth. Within one month, I began to notice a difference. I am now feeling wonderful for the first time in years - pre-hysterectomy normal. I am so thrilled that I am telling my story to all that will listen. I have friends that have seen such a dramatic change in me that they are buying the book and changing doctors to get off of the unnatural estrogen derived from horse urine they are on. This book is a must reading for all women and doctors who treat them. This information must get out -- had I known, perhaps my 5 year nightmare would have been avoided.

Don't let the size of this wonderful book, fool you. It's filled with life changing help for the maturing woman. The Whys & Hows of Natural "vs" Patented Hormone Replacement Drugs.... plenty of information on the "forgotten" hormone needs also. This book lets us KNOW the effect of Hormones on Cancer, Senility, Heart disease, Osteoporosis. Explains in clear detail, with resources. Advice on herbs & foods that make this transition easier. EXCELLENT!

I am 50 years old. Due to high dose steroids used during chemotherapy, I suffered significant bone loss. Also, I am experiencing High BP and High Cholesterol as well as other menopausal symptoms. Hormone Therapy is essential to maintaining a healthy cardiovascular system and bone density. Because my breast cancer was estrogen positive..I wanted a safer treatment than Premarin...This book explains the big picture and gives hope for a safe alternative to conventional hormone therapy for living longer and having a higher quality of that extended life.Natural Hormones

As both a female and one over 45 who is in the menopausal phase of her life, this book is incredibly helpful because it gives one an alternate view, very different from what AMA and FDA guidelines stipulate. We are in control of our bodies and can ultimately make our own decisions, but only with enough subjective information to go by. Many physicians may not be open to natural hormone replacement, but there are many who are. Women just need to read this book, among others, to become better educated about their choices regarding controlled substances being ingested into the body.

Read this book. It will get you long on knowledge you really should know in short order. A HUGE misunderstanding has been created (on purpose, by the major pharmaceutical companies, or through the unfortunate ignorance of medical professionals) about synthetic, altered, equine, patented, profitable hormone replacement therapy (HRT) vs. Bio-Identical HRT. Everybody should know the difference and how it can affect their health.

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