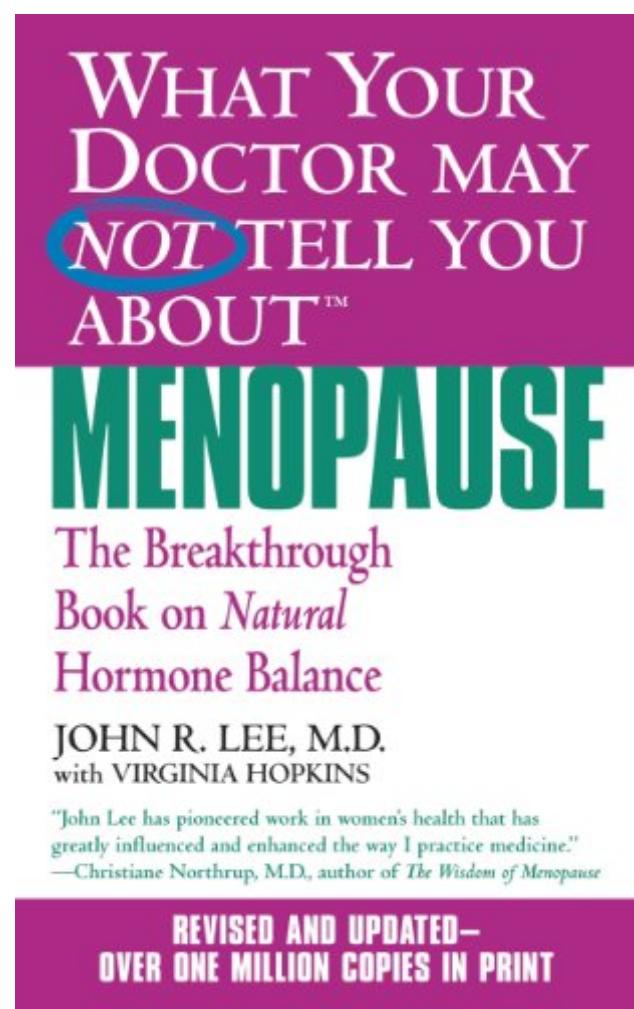


The book was found

# What Your Doctor May Not Tell You About(TM): Menopause: The Breakthrough Book On Natural Progesterone (What Your Doctor May Not Tell You About...)



## **Synopsis**

Arguing that giving estrogen replacement therapy to women after menopause is medically the wrong thing to do, Lee suggests that natural progesterone can prevent most of the unpleasant side effects of menopause, including osteoporosis and weight gain.

## **Book Information**

File Size: 1223 KB

Print Length: 534 pages

Page Numbers Source ISBN: 0446671444

Publisher: Grand Central Publishing (February 1, 2004)

Publication Date: February 1, 2004

Language: English

ASIN: B00FOT9KLW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #273,334 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #10  
in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Women's Health  
> Menopause #22 in Kindle Store > Kindle eBooks > Medical eBooks > Basic Science >  
Biochemistry #28 in Books > Health, Fitness & Dieting > Women's Health > Menopause

## **Customer Reviews**

The author, a medical doctor with 30 years of private practice experience, decided that he wasn't being very effective in helping his women patients deal with unpleasant premenopausal and menopausal symptoms. He began to research the research on hormone balance, HRT (hormone replacement therapy), and the way the medical and pharmaceutical industries deal with the "disease" of menopause and "female problems." What he discovered was that treating menopause as an "estrogen deficiency disease" was exactly wrong. In fact he argues that premenopausal and menopausal women are much more likely to be in a state of "estrogen excess" relative to levels of progesterone, which are often close to zero. Estrogen excess leads to weight gain, mood disorders, endometriosis, low sex drive, fibrocystic breasts, heart disease, and osteoporosis. Yet what the most doctors and drug companies offer to do is to increase estrogen levels with synthetic hormones

made with pregnant mare's urine and synthetic progestins. While this may temporarily relieve certain symptoms like vaginal dryness and hot flashes, this HRT regime ultimately leads to worse side effects, including increased breast cancer risk, increased bone loss, increased overall cancer risk, and increased heart disease risk. Yet we are told that HRT is the only way to prevent osteoporosis and heart disease! John Lee explodes these myths and many more, including that any woman needs an hysterectomy unless she has cancer (yet over 600,000 are done in the US each year, meaning 600,000 potential new consumers of HRT!!) Over the years he has helped thousands of women restore their hormone balance and their lives with diet, exercise, and the use of natural progesterone (usually applied topically in a cream).

In eight years I became "hot natured," gained 20 pounds, began to search for words and for the most part walked around in a fog. Chores I once accomplished with ease required great effort and I became impatient when I could not find things. Even more disabling-my occasional headaches increased to up to thirteen a month and became migraines. Since I'd just turned 51 a friend suggested it might be hormones and recommended I get a hormone saliva test. While I was waiting for the test results another friend gave me some progesterone cream. The results were almost immediate. The frequency and intensity of the migraines decreased, my mental fog lifted, I felt more relaxed and I had more energy. In short-I was my old self again. My hormone saliva test confirmed my suspicions-my estrogen and testosterone levels were normal but my progesterone level was near zero. That's when I found Dr. John R. Lee's book "What Your Doctor May Not Tell You about Menopause." I was shocked to learn that most menopausal women of western industrial countries have estrogen dominance (they've become deficient in progesterone) because they've been exposed to more estrogen substances in their meat, detergents, pesticides, herbicides, auto pollution and plastic household utensils. The combination of environmental pollutants, lack of exercise, cultural attitude and a diet rich in animal fat, sugar, refined starches and processed food leads to Western women's estrogen levels to be twice as high as women in the Far East and in third-world-countries whose passage through menopause is mostly symptom free. To correct the progesterone deficiency Dr. Lee recommends natural progesterone made from Mexican wild yams or soy products as they can easily be used and eliminated by the body and have no known side effects.

This book opened my eyes to the bias that American doctors have against using natural progesterone, and the authors taught me almost everything I now know about this subject; however,

they left out one extremely important point. When a patient needs progesterone, her hormone levels must be professionally tested by using a revolutionary new type of blood test or salivary test. Then, their doctor can prescribe the correct amount of natural progesterone to use and also proceed to monitor her blood levels. Hormones are very powerful and should be used under the guidance of a medical doctor who is familiar with the proper protocol. Over the counter creams can be a quick fix, but they are presently unregulated. Would you prescribe a band-aid for someone who really needs stitches in order to heal their wound? The answer, of course, is, "No!". Yet, Dr. Lee and Virginia Hopkins neglect to mention anything about the necessity of being tested and having your hormone levels monitored by a trained professional. As the above authors state, most women in the United States are oblivious to the importance of maintaining the correct level of progesterone all the way through their premenopausal, perimenopausal and menopausal cycles. However, for some reason Dr. Lee ignores the following extremely pertinent information: "The revolutionary discovery of radioimmunoassay blood tests changed the method of measuring female hormones, because blood samples could be used with greater accuracy. To the surprise of PMS workers, this method showed that low progesterone blood levels were not necessarily associated with PMS." (Dalton, Katharina, M.D.: "Once a Month", Publishers Group West, 1700 Fourth Street, Berkley, CA, 94710. Copyright 1999, p.

[Download to continue reading...](#)

What Your Doctor May Not Tell You About(TM): Menopause: The Breakthrough Book on Natural Progesterone (What Your Doctor May Not Tell You About...) What Your Doctor May Not Tell You About(TM): Premenopause: Balance Your Hormones and Your Life from Thirty to Fifty (What Your Doctor May Not Tell You About...(Ebooks)) What Your Doctor May Not Tell You About(TM) Hip and Knee Replacement Surgery: Everything You Need to Know to Make the Right Decisions (What Your Doctor May Not Tell You About...(Paperback)) What Your Doctor May Not Tell You About(TM) IBS: Eliminate Your Symptoms and Live a Pain-free, Drug-free Life (What Your Doctor May Not Tell You About...(Paperback)) What Your Doctor May Not Tell You About(TM): Hypertension: The Revolutionary Nutrition and Lifestyle Program to Help Fight High Blood Pressure (What Your Doctor May Not Tell You About...(Paperback)) What Your Doctor May Not Tell You About(TM): Parkinson's Disease: A Holistic Program for Optimal Wellness (What Your Doctor May Not Tell You About...(Paperback)) What Your Doctor May Not Tell You About Menopause What Your Doctor May Not Tell You About Pre-Menopause Hormone Balance for Men: What your doctor may not tell you about prostate health and natural hormone supplementation. What Your Doctor May Not Tell You About(TM): Breast Cancer: How Hormone Balance Can Help Save Your Life Natural Progesterone:

The Multiple Roles of a Remarkable Hormone Alpha Lipoic Acid Breakthrough: The Superb Antioxidant That May Slow Aging, Repair Liver Damage, and Reduce the Risk of Cancer, Heart Disease, and Diabetes Natural Remedies for Dogs : 101 Safe & Natural Essential Oils' Remedies for Your DOG: (Natural Remedies For Dogs, Essential Oils Remedies For Dogs, Natural Dog Care, Recipes For Dogs, Home Remedies) So You Really Want to Sue Your Doctor!: Here's When and How You May Do It.: Medical Malpractice 101 Menopause: Manage Its Symptoms with the Blood Type Diet (Dr. Peter J. D'adamo's Eat Right for Your Type Health Library) The Cleveland Clinic Guide to Menopause (Cleveland Clinic Guides) Menopause: Manage Its Symptoms with the Blood Type Diet: The Individualized Plan for Preventing and Treating Hot Flashes, Loss of Libido, Mood Changes, Osteoporosis, and Related Conditions Gone in a Flash!: 10-day Detox to tame menopause, slim down and get sexy! Menstrual Disorders and Menopause : Biological, Psychological, and Cultural Research Can I tell you about Epilepsy?: A guide for friends, family and professionals (Can I tell you about...?)

[Dmca](#)