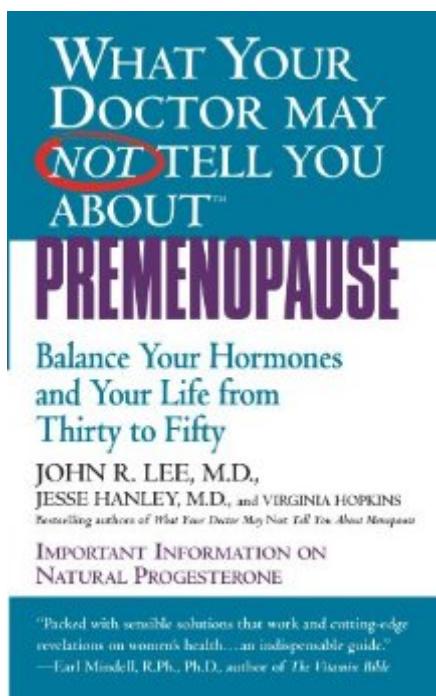


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What Your Doctor May Not Tell You About(TM): Premenopause: Balance Your Hormones And Your Life From Thirty To Fifty (What Your Doctor May Not Tell You About...(Ebooks))



Synopsis

An expert in women's health offers a safe, proven, effective hormone balance program for the more than 50 million women suffering from premenopause syndrome

Book Information

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Customer Reviews

Let me first qualify that I used to be a researcher for a major health magazine--I've got a good medical background and am familiar with doctors often being very opinionated about their theories being THE correct theories. I'm 38 and have been dealing with health problems for a while, one of them being thinning bones (I'm nearly at osteoporosis level, found through a DEXA bone scan), despite taking appropriate calcium supplements. My doctor just recommended taking more supplements. Went to another doctor who recommended I get my hormones measured. [By the way, many doctors resist doing this; however, the blood test is reliable and accurate--just make sure you know what stage of your cycle you're in so that you can understand the results of your tests.] Mine came back with progesterone being TOO HIGH (despite having most of the symptoms that Dr. Lee contributes to LOW progesterone), and my estradiol (estrogen) level was abysmally

low--nearly that of a post-menopausal woman! This explains a lot. Dr. Lee likes to blame so many things in his book on "estrogen dominance" yet I think he's waaaaay off on many of his "scientific" conclusions. So many of them left me wanting to see his references and to ask how he came to those conclusions while discounting other obvious factors. In addition, p.333: "Some women who have irregular bleeding are prescribed estrogen by their doctors. There's really no good reason to give estrogen to women who are still menstruating... the very fact that you're menstruating indicates that you're very unlikely to be deficient in estrogen." WRONG, as my own case shows! [I'd recommend reading the book "Screaming to be Heard" by Elizabeth Lee Vliet, M.D.--much better science, and counters some of Lee's claims with evidence.

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