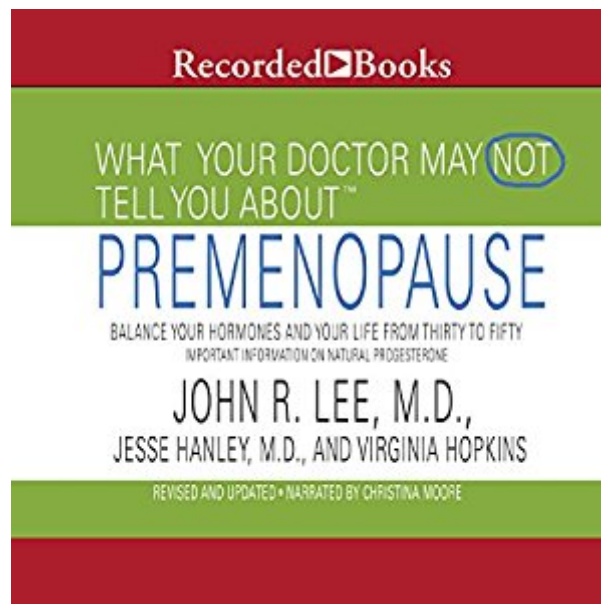




The book was found

What Your Doctor May Not Tell You About Pre-Menopause



Synopsis

Are you a woman between 35 and 50 experiencing PMS, migraine headaches, sudden weight gain, fatigue, irritability, tender or lumpy breasts, memory loss, fibroids, or cold hands and feet? If so, you may be experiencing symptoms of premenopause. Even if you're a decade or more away from menopause, your hormones may already be out of balance, usually caused by an excess of estrogen and a deficiency of progesterone, say the authors of *What Your Doctor May Not Tell You About Pre-Menopause*. John Lee, MD, is a well-known advocate of the benefits of natural progesterone and the author of *What Your Doctor May Not Tell You About Menopause*. Jesse Hanley, MD, adds sensitivity to the emotional and spiritual aspects of premenopause. The authors recommend natural progesterone cream to balance your hormones, eliminate premenopausal symptoms, and make you feel better. They also discuss the dangers of xenohormones - substances not found in nature that have hormonal effects, frequently found in pesticides, solvents, plastics, and hormone-treated meat. The book presents common symptoms of premenopause with suggested natural treatments (progesterone cream, diet, vitamins, and herbs) and substances to avoid, plus additional chapters on diet and exercise. Many case studies help to bring the information into perspective. If you are premenopausal (or close to someone who is), this is a valuable resource.

Book Information

Audible Audio Edition

Listening Length: 9 hours 46 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Recorded Books

Audible.com Release Date: February 29, 2016

Language: English

ASIN: B01CDERCHY

Best Sellers Rank: #11 in Books > Health, Fitness & Dieting > Women's Health > Menopause

#35 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Endocrine System

#42 in Books > Audible Audiobooks > Health, Mind & Body > Sexuality

Customer Reviews

I love this book so much I bought a copy for my best friend too! At 44 years old, I've been struggling with health issues for the past 6 or 7 years - fatigue, joint pain, weight-gain, bloating, insomnia, digestive problems (colitis and constipation), increased sensitivity to synthetic fragrances and

chemicals, skin conditions (keratosis pilaris and tinea versicolor), painful lumpy breasts, brain fog, and irritability. During this time I've been diagnosed with depression, anxiety, gastritis, adrenal fatigue, insulin-resistance, and specific food intolerances. Prescription pharmaceuticals helped numb some of the symptoms early on but had worse side-effects so I weaned myself off them 3 years ago. For the past 3 years I've been following naturopathic advice and avoiding foods I've become intolerant to, increased some vitamins, cleaned up my food intake, and reduced stress in my environment. Cleaning up my diet eliminated the tinea versicolor, and many of the other symptoms have reduced a little bit but they've still stuck around. In the past 6 months I also started experiencing menorrhagia (very heavy bleeding at menstruation) with intense pain. This book has been life-changing. I actually found it in a thrift store a couple of years ago, bought it "in advance" of menopause (thinking I won't hit menopause for another 10 years or so), but I finally pulled it off my bookshelf and read it 3 months ago to see if it could help with the menorrhagia. I'm sooooo glad I read it. First, it validates that menopause is not just a short-time period change experienced in ones early 50s. It shows how our hormones begin fluctuating much earlier than that, in our 30s and 40s, and how that affects many aspects of our health, including every single symptom I've been experiencing since my mid-to-late 30s. Second, the book offers comprehensive suggestions for finding balance that include diet, vitamins, movement, stress-reduction, increasing one's joy, etc. And it explains why and how prescription "hormones" don't fix the problems for which they're prescribed, but rather make matters worse. I love that the authors have written this book to provide information and encouragement, not to sell a specific product. They list, in the book and on their website, many companies that sell natural progesterone creams in the doses recommended. They also give specific recommendations for how much, how often, and for how long to use it. Following their recommendations, I'm now on my 3rd month of using a natural progesterone cream. I've actually tried 2 different brands so far and prefer the current one I'm using just for ease of measuring and for price. I've also started including a B-12 vitamin per the book's specific recommendations for my situation. I have had 2 menstrual periods since I started the progesterone cream. The first one was just as bad as the previous 4 months. The second was half as bad - the bleeding was less and the pain was much less. Even my PMS irritability was noticeably reduced. I'm looking forward to seeing how much easier my next period will be. Another change I've noticed, and I believe it's from the progesterone cream, is that my keratosis pilaris has almost completely disappeared! I had stopped wearing tank tops and short-sleeves in public because the little bumps on my upper arms were embarrassing. Now they're almost all gone and my upper arms are smooth again! I've also noticed that I am not as bloated and my belly is flatter than it's been for awhile. The

scale says I haven't lost any weight, but my belly looks and feels flatter and my jeans are fitting better. I'm also sleeping better. I used to wake up hungry every night around 2 or 3 a.m. (after about 4 hours sleep). I still do occasionally, but it's gotten much better. That's helping me to have more consistent energy throughout the day. Given that I've experienced such noticeable positive effects in just 3 months of following this book's recommendations, I'm looking forward to continued improvements! I am amazed and disappointed that none of my health care providers even mentioned hormonal imbalances or perimenopause throughout the several years I asked for help. I lied - my naturopathic doctor did mention that I appeared to have estrogen dominance, but her approach was to address diet first as that can have a big impact on hormones. One mildly unpleasant effect I noticed when I started using the progesterone cream - and the authors make this information clear - is that during the first two weeks I experienced mild headaches. The authors clearly point out that, in the beginning, using progesterone cream can increase the symptoms of estrogen dominance as the body adjusts to the proper balance of hormones. My headaches did stop after the first couple of weeks and were never bad enough to need medication. The book covers many different scenarios - ovarian cysts, infertility, cancer risks, etc. I read through the book in two days initially, captivated by the information and "aha" moments I had. Then I read through again and made copious notes from the sections that pertain to my specific symptoms and situation. I am about to re-read both my notes and the pertinent chapters soon as it's time for me to adjust my dose of progesterone cream and to see what other holistic changes I can make to improve my health, feelings of wellbeing, and enjoyment of my life.

This book is amazing and have shared many tips from it for my friends. A must read for anyone going through this and doesn't want to take a bunch of pills or hormones and wants to do it the natural way.

I love this book, this was a true eyeopener for me. For years I was wondering why I was suddenly suffer from symptoms, because I'm still too young to go through this. This book explains everything really well and will give you a lot of advice to deal with the problem and start to live again.

Super interesting book. I have already recommended it to friends and family.

This is a great book for any woman who's in their 30's-40's and has been feeling "off" or just not as great as you used to. I found a lot of information that no doctor was telling me, and I have been to

several in the last year. Some doctors make you think you are making things up, it is really frustrating! For me the progesterone was a miracle and I am feeling almost like my old self again.

Makes me wonder about lots of things we are told. Still a bit skeptical that diet and other natural remedies can do all they say they can, but willing to try some things suggested in the book. Tried natural progesterone for nights sweats and they are almost all eliminated now. My gyno didn't seem to think the progesterone would do much but she said it couldn't hurt me. Overall interesting read although I skipped some of the chapters that didn't apply to me.

Nice book loaded with lots of info. I've been able to find everything I need so far. Shipped quick!

I turned 50 recently, and had been bothered for quite a while by those odd symptoms that aren't "classic" symptoms of menopause. I didn't know at first if it was stress, or if there was really something physically wrong with me. I wondered if it could be pre-menopause, but wasn't really sure. I didn't have hot flashes, and my moods weren't extreme, though I felt (how do I explain it) "not right". I saw my doctor, who determined I WAS in pre-menopause, and in the course of my evaluation we discussed natural treatments. She suggested reading Dr. Lee's book. I had a follow-up appointment with my doctor and we decided on some of the therapies Dr. Lee suggests in his book. The easiest to supplement were the vitamins. (follow the doctor's dosage instructions) She is starting me on natural progesterone this month. A lot of my symptoms, like digestive upsets, numb hands and the like are diminishing already! I never had thought too much about looking into natural alternatives for my symptoms. I was somewhat distrustful, and not too well informed. This book was very helpful, it explained in easy to understand terms how hormone balance in the body works, and how it affects all the other body systems, and how to correct your own body's natural balance. I am fortunate to have a great doctor who had read it and was enthusiastic about using the therapies suggested. I've told friends my age about it, and they'll be buying it next! Talk about knowledge being power! Thank God Dr. Lee and others are now getting the information out, we need to make informed decisions on treating our own bodies! Read this book, you'll be glad you did! END

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