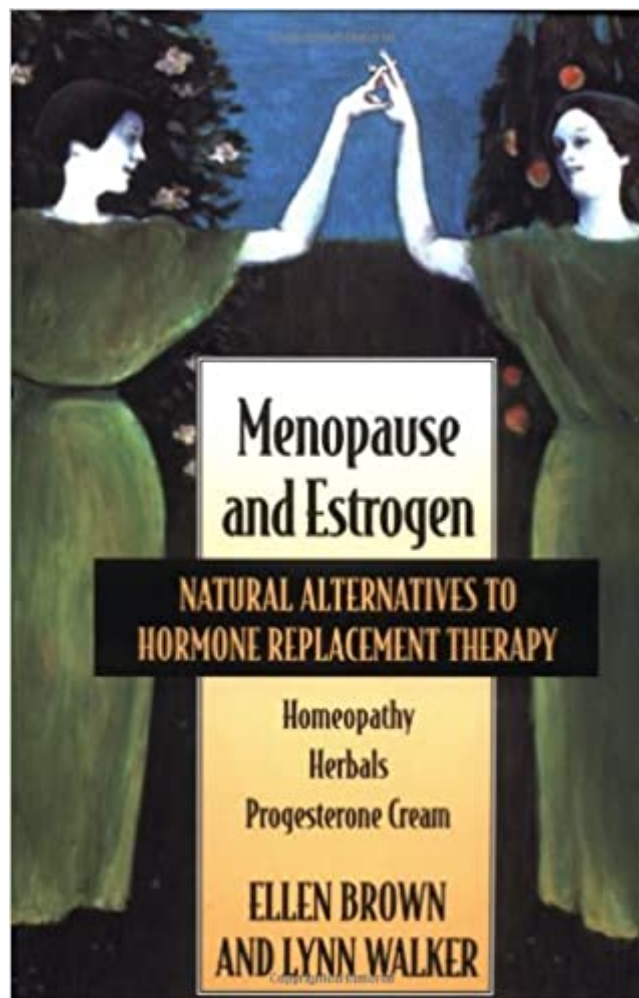




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# Menopause And Estrogen: Natural Alternatives To Hormone Replacement Therapy



## Synopsis

One of the most hard-hitting menopause books in its critique of the way the medical establishment views and treats menopause, its purpose is two-fold. Firstly, to tell the "real story" about hormone replacement therapy, its dangers, and why doctors are pushing it; and secondly to offer alternative treatments based on looking at the body and aging from the point of view of health, not pathology. This is an incredibly important book for transforming the myths of aging and bringing women's healing back into the hands of women.

## Book Information

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## Customer Reviews

"If you like your menopause facts straight up and on target, this is your book. The best of the lot."- John R. Lee, M.D."Backed up by extensive research, lawyer Ellen Brown and pharmacist Lynne Walker examine the possible health risks of HRT, and the benefit of natural hormone equivalents, dietary supplements, homeopathic and herbal remedies, and exercise."- CHIC

Ellen Brown graduated from UC Berkeley in 1967 and from UCLA Law School in 1977. She practiced law for ten years in Los Angeles before moving to Kenya and Honduras with her husband, an attorney, and children. Lynn Walker holds a doctorate in pharmacy, a master's in Chinese herbology and acupuncture, and a doctorate in homeopathy. She maintains a private practice in acupuncture and homeopathy in Sun Valley, Idaho, and owns the Sun Valley Herb Company.

Interesting info.

I have not read the book yet but it appears to be exactly what I had in mind when I order. Great and prompt delivery.

A while ago I started looking for books on the menopause to try to alleviate some of my symptoms. As I didn't have much time to research I started out by ordering three very cheap books (if you go to my page you will see my reviews on the other two books as well!). All the three books give you useful information, some more than others, but they have different approaches so every time you learn something new. This one is a very complete book, although, like the other two, already quite old. Still you can learn many things that might be of use. There is a lot of information about the use of Western and Eastern herbs, homeopathy, nutrition, vitamins and minerals, natural estrogen and progesterone.... You will really learn a lot more than if you went to the doctor, even a natural one (at least here in Europe). I wish I Lynn Walker had her practice or her pharmacy near me! That said that are bits I can't agree with but this is maybe due to the age of the book. All the bad things the authors say about red meat and fats, including animal fats, are not accurate. Read Trick & Treat, a much more updated book with amazing information! Telling people that eating fat makes you fat is an old-fashioned concept, fat is necessary for good health! The high fiber diets are also being reviewed. As far as protein leaching calcium from the bones that doesn't seem to be the case. Advising a diet rich on carbohydrates for depression is not a good thing. Again read Trick & Treat. I wish the authors would make the distinction between natural and synthetic estrogen, which sometimes they don't and they left me wondering whether the Black Cohosh I am taking can have some of the side effects of the synthetic one or which estrogen exactly they are talking about. In the beginning they do say that natural estrogen may protect against cancer but then go on to say that whatever kind of estrogen you are on you should have breast examinations and do the PAP test every year. This is quite important and not very clear! There are also some inconsistencies which don't help make the book credible like the fact that women from 50 to 64 who used hormones for 5 to 9 years had a 46% increased risk of cancer, women aged 60 to 64 using hormones for 5 years or more had a 71% increased risk but later on... they say that if you only take estrogen for a few years it is safe! What do they mean by "a few years"? It could be 5 years..... They also talk about bad and good cholesterol, something a lot of experts don't agree with anymore! Then they go on to discuss a study where women were either given a placebo, estrogen alone, an estrogen/progestin combination or an estrogen/natural progesterone combination but they only discuss the results of three of this groups, not four! They also say that in Europe homeopathy is taught in medical school

which I am almost sure it isn't, or not anymore, and hardly any nutrition! Right now natural supplements are on their way out as governments do their best to ban as many as possible! I am interested in trying progesterone cream but the information they give is quite misleading and I am almost sure that I won't find a doctor who will prescribe it to me. On one page they say that the cream should be applied for twelve days out of the month for bone health but a few pages later they say that to reverse osteoporosis one should apply the cream for three weeks out of the month. So should it be twelve days or three weeks? I don't think that the authors have a website, that would allow the readers to ask questions. And why does one have to alternate the spots where the cream is applied? Does it thin the skin? If women knew that they would pay more attention to where they apply it! The fact that Dr. Lee is mentioned so many times (it happened in another book as well) annoys me because if I want to read his books I will order them! Also the book seems quite big but it isn't, the pages are printed in a quite big font and thick paper, then the book only has 147 pages, the rest is information about where to get the products, references and the Index. All very useful but it seems to me that they take quite a big chunk of the space (almost 50 thick pages). But again, there is a lot of very useful information and many real life cases which show you that you need to be well informed so that you can make the best choices. You can't expect the doctors to do that as they have other interests in mind! Do read this book whether you suffer from ailments related to the menopause, PMS, fibroids or any other complaint that might be connected to a hormonal imbalance!

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