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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™

MENOPAUSE

The Breakthrough
Book on *Natural*
Hormone Balance

JOHN R. LEE, M.D.
with VIRGINIA HOPKINS

"John Lee has pioneered work in women's health that has greatly influenced and enhanced the way I practice medicine."
—Christiane Northrup, M.D., author of *The Wisdom of Menopause*

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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.

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Customer Reviews

I was diagnosed with osteopenia at age 42. My blood work and metabolic profiles are all normal, I am a "normal," healthy 40-something at a healthy weight for most of my life. I've been exercising, dancing and performing in theater for the past 20 years. I am shocked, saddened and scared. My doctor offered me Fosamax (surprise, surprise), and this is all the medical community seems to be able to come up with. I hit the internet and discovered both the horrible side effects from bisphosphonates and the neglect the medical community has given to more healthy and effective treatments for osteoporosis. It took some digging and the help of a functional medicine practitioner (and a lot of out of pocket expenditures for tests the medical community doesn't want to perform), but we found a hormonal imbalance from years of birth control pills, Depo-Provera, and Accutane for acne. Ladies- let him use a condom, for Pete's sake. I felt so guilty for making my partners do this that I was always looking for hormonal ways to practice birth control, and now I'm paying for it.

DON'T DO IT! BCP's are not safe and harmless. Your body will forget how to make the hormones itself and you will end up with more problems than when you started them. Take it from me. I also found a huge lack of stomach acid from years of eating carbs and giving myself silent acid reflux. So even if I was giving my body the right nutrients like calcium and magnesium, my stomach wasn't absorbing them. It was a perfect storm of circumstances that robbed me of bone density. Prompted by Dr. Lee's research that osteoporosis is even REVERSIBLE if you get to the bottom of it, we are developing a program for me to get my bone back. I'm not even going to fool around with conventional HRT- we're going bioidentical with everything. We're not sure of the right ratios of bioidentical estriol to progesterone just yet, but my functional D.C. is brilliant, and we're going to try everything until we find it. I'm on vitamin supplements, acid for my weak stomach, other supplements for Krebs Cycle and methylation. The hormones are the next step, and I am absolutely confident I WILL solve my bone density problem. Trust me, this is the ONLY way to do it, as all women are individual and healthy issues vary from person to person. If you get this scary diagnosis, DON'T WORRY and DON'T DESPAIR. If you're patient and are willing to do some extra work, you can figure it out without ruining your health with Fosamax or Boniva. Don't give your money to Big Pharma so they can wreck your health. Get to a good functional medicine DC or MD and they WILL help you figure it out. Cheers, and here's to getting healthy!

Amazing book. Very educational. About 8 years ago I purchased and read, "What your doctor may not tell you about perimenopause". That was a wonderful book and helped me out a great deal during that point in my life. Now that I'm menopausal I thought I'd get this book. I am SO amazed at how much more comprehension this book is than the first one. This book covers everything you can think of that could potentially impact women from their mid-30's and up. I thought I'd mainly be reading again about natural progesterone but it covers everything imaginable such as osteoporosis, cardiovascular disease, diet and exercise, sex hormones, cancer, PMS, hot flashes, digestion, nutrition, etc. I'm about 2/3's of the way through the book; there's a lot to read and tons of information, so it is taking me awhile to finish it. My book is heavily underlined, high-lighted and tabbed; I've learned so much and am anxious to get through the rest of the material in this book.

Women over the age of 35 all need to read this book. Fortunately, the MD who wrote it keeps the technical language simple. Dr. Lee is not a slave to any drug company, and his personal research covers a long period of time. He is very frank about what further research does need to occur... reading this is like talking to a really good, honest doctor. Sleep disruption, depression, irritability,

lack of energy, swelling breasts, and other symptoms may actually be the result of an easily-remedied hormone imbalance. Many do not know that natural hormones, in proper dosage, have no harmful side effects, and thought that prescription HRT (hormone replacement therapy), with its many known risks and side effects, was the only way to combat the ageing process in women. Dr. Lee shows that ALL women can benefit from a very simple natural hormone supplement. Do not be deterred by the title. Pre-menopausal women need the data in this book. An excellent explanation of the monthly hormonal cycle is in this book.

This book, "Why Your Doctor May Not Tell You about Menopause" should be read by all women 35 and older. I am in my late 60's and wish I had read it years ago. I am late, but, I am learning to be my own health advocate. The wording is the most easy to understand of any instructive book I've read on any subject! Even though the book was written several years ago, there is a wealth of information inside concerning pre-menopause to post-menopause. I took his advice on how to handle some hormonal issues and within less than three weeks I have had very good improvement. I plan to buy a copy for each of my two daughters who are in their 40's. If you buy this book I do not believe you will be disappointed.

I like the book a lot and I think it's quite helpful, but I also think it's a little too long and could be better organized. The whole gist of the book is progesterone cream (and knowing that I guess you don't need to actually buy the book now) and I think it has helped my hot flashes and I've recommended it to friends. From the very beginning of the book the author says that progesterone cream will heal practically everything, so I ran right out to get some, then near the end of the book he talks about usage and dosage, something I would have found helpful much earlier.

I am a physician, and I consider Dr. Lee's book a classic in the field of Menopause. He spoke knowledgeably of HRT well before it became a pariah following several poorly executed research studies; and he reminds us that there is much good, foundational research that has been largely left in obscurity. Fortunately, these are being resurrected and restudied--with the same results: HRT, using naturally occurring hormones delivered in a more physiologic manner, is not harmful and may actually be one day considered like the use of levothyroxine in thyroid deficiency.

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