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Estrogen Fix, The

This is the book for a new breed of woman who insists on actively participating in choosing management options for her unique menopause, whether conventional or

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alternative and
complementary.

Read this book and learn the secrets that will enable you to regain your health, look great, feel great, lose weight, and have better sex! Discover how everyone can be

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permanently successful with fat loss without resorting to one of the latest diet fads. Popular weight-loss methods and diets do not work long-term and may be dangerous to your health when followed for any length

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of time. The problem is that none of these popular weight-loss methods consider your hormones. Most overweight people have unbalanced hormones, more so if they have been dieting on and off for years and years. Find

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out exactly how to correct the hormonal problems that prevent you from losing fat, especially belly fat, and how to finally and easily normalize your weight for the rest of your life. This is the fourth book in the

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series, "Bioidentical Hormones," bringing you the latest information from cutting-edge anti-aging physicians, supported by research presented in medical journals.

You know the experiences all

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too well. You can't sleep, so you start your day feeling exhausted. Seemingly overnight, you can't remember names, places, appointments—things you could previously recite at the drop of a hat. You want

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to be more active, but you have zero energy for that. And sex? Forget it! By now, you've probably been told this is "normal," or that it's the "natural" course of aging. And you might even believe it, because so many

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women approaching midlife have the exact same symptoms. In fact, millions of women worldwide are undiagnosed and untreated for hormone deficiency. As one of the country's leading experts on hormonal

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balance—and as a woman who experienced these symptoms herself—Dr. Kathy Maupin has identified a debilitating and overlooked health condition: testosterone deficiency syndrome, or TDS. Most people associate

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testosterone with men, but it's one of the most vital hormones in women, and one of the first hormones that women begin to lose as they enter their 40s. And Dr. Maupin's own research has shown that the symptoms of

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aging—fatigue, memory loss, moodiness, low libido, and so much more—are initiated and accelerated by testosterone loss. In this book, Dr. Maupin and therapist Brett Newcomb show how testosterone replacement

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can radically improve your life. They share the history and background of hormone replacement therapy, the latest research on treatment options, as well as:

- Tips for dealing with mood swings, changes in sex

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drive, and maintaining healthy relationships • Surprising information on the long-term effects and health risks of testosterone loss • Common myths and misconceptions regarding estrogen and testosterone

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replacement therapy •
Questionnaires to help you
determine your individual
hormone deficiencies • Real
stories and personal
experiences Dr . Maupin's
patients share Clear,
practical, and easy-to-use,

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this authoritative guide sheds light on the importance of testosterone and will help you reclaim your physical, mental, emotional, and spiritual health.

Follow this step-by-step

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program to optimize your cardiovascular health, boost your energy, slim your waistline, and heat up your sex life—all while enjoying sixty delicious recipes! Cardiovascular disease is America's #1 killer, and

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while most doctors focus on lowering cholesterol and blood pressure they are overlooking the real culprits: arterial plaque and poor gut health. The good news is that everyone—regardless of size,

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genetics, gender, or age—can treat arterial plaque, improve their overall health, and prevent heart attacks and strokes with The 30-Day Heart Tune-Up. Inside, you'll discover: A delicious, heart-healthy

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diet designed to supercharge
your heart health Exercises
to improve circulation and
strengthen your entire
cardiovascular system
Creative and effective
techniques for stress
management A customized

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supplement plan Cutting-edge science on the fascinating ways the bacteria in your gut can affect the health of your heart. This fully revised and updated edition of The 30-Day Heart Tune-Up includes the latest science

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on the surprising connections between your gut and your heart as well as tons of new information on reducing cardiovascular risk factors like obesity, high blood sugar, high cholesterol, and chronic

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inflammation through diet and exercise, it will help you get healthy—and stay healthy—for life.

MENOPAUSE MONDAYS

Mechanisms of

Neuroprotection and Repair

Exploding the Estrogen Myth

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thriving in the change of
life, without estrogen
therapy

How Testosterone Replacement
Can Change Your Life

Estrogen Dominance

Natural Treatment for Better
Hormones and Better Periods

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Examines the scientific evidence for and against hormone therapy for women past menopause, reviews the alternatives to it, and discusses its risks and limitations.

This book demystifies,

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deconstructs, and simultaneously humanizes the field of estrogen-mediated neuroprotection following TBI, making the subject approachable to both researchers and advanced students. Bringing

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together leading researchers and practitioners to explain the basis for their work, methods, and their results, chapters explore what is known about the role of estrogens following damage to the brain. With topics covering

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***induction of estrogen response,
consequences of estrogen
action, and mechanisms
underlying estrogen mediated
neuroprotection, Estrogen
Effects on Traumatic Brain Injury
is of great importance to***

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teachers, researchers, and clinicians interested in the role that estrogens play following traumatic brain injury. Written to provide a foundational view of estrogens as neuroprotectors in TBI, appropriate for both

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researchers and advanced students Data Analysis boxes in each chapter help with data interpretation and offer guidelines on how best to understand results. A multidisciplinary approach to the

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methods, issues, empirical findings in the field of estrogen mediated neuroprotection. Detailed focus on how studies relate and build upon each other and the ways different methods of analysis inform each other.

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Written to provide clinicians with new and developing treatment options for patients in their field. Would it help to understand your female hormones better? Estrogen, along with two other hormones, greatly affects

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fertility, blood pressure, temperature, the reproductive system, emotions, and sexual desires. When you think about it for a moment, it is unbelievable that billions of women go through life with all these

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fluctuating hormones in their bodies without ever coming to an understanding of what they do to them. They may find themselves having mood swings, hot flashes, or get a burst of lust without realizing where those

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things are coming from or how to control them. Understanding estrogen is crucial, and men would also greatly benefit from understanding the women they work with, including their own mothers, daughters, or wives.

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What if you could influence your estrogen levels, so that you could be more in control, minimize negative symptoms or sudden urges and emotions, or understand yourself better (and therefore, blame yourself less for

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mistakes you make)? Wouldn't this change your life? In this clear, concise guide to understanding the impact and effects of estrogen levels, you will learn more about essential subtopics, such as: The main

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ways how estrogen affects your body, your other hormones, your health, and your emotions. Important facts about male and female fertility (and infertility). The reason why estrogen dominance can speed up the

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aging process. Crucial foods that help reduce estrogen dominance. What you should know about the menopause, and how to handle it the best way. How to prevent hair loss and breast cancer by avoiding

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chemical estrogens. How to increase women's desire for sex significantly. Knowing about estrogen and what it does, is huge! Everyone should learn more about it, and yet, so many people don't. Get smarter. Learn

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more about yourself and others. This hormone is flowing through your body. It is part of who you are. It would be better for you to understand what is going on inside of you. Add this book to your cart. You won't regret it.

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A compelling defense of hormone replacement therapy, exposing the faulty science behind its fall from prominence and empowering women to make informed decisions about their health. For years, hormone

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replacement therapy (HRT) was hailed as a miracle. Study after study showed that HRT, if initiated at the onset of menopause, could ease symptoms ranging from hot flashes to memory loss; reduce

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the risk of heart disease, Alzheimer's, osteoporosis, and some cancers; and even extend a woman's overall life expectancy. But when a large study by the Women's Health Initiative announced results

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showing an uptick in breast cancer among women taking HRT, the winds shifted abruptly, and HRT, officially deemed a carcinogen, was abandoned. Now, sixteen years after HRT was left for dead, Dr. Bluming, a

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medical oncologist, and Dr. Tavriss, a social psychologist, track its strange history and present a compelling case for its resurrection. They investigate what led the public -- and much of the medical establishment -- to

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accept the Women's Health Initiative's often exaggerated claims, while also providing a fuller picture of the science that supports HRT. A sobering and revelatory read, Estrogen Matters sets the record straight on this

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***beneficial treatment and
provides an empowering path to
wellness for women everywhere.
The Clinical Utility of
Compounded Bioidentical
Hormone Therapy
A Biological Revolution for***

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***Women
30-Day Heart Tune-Up
Guide for Women to Have More
Energy, Increase Libido, and
Deal with the Menopause
Lifelong & Fearless
The Breakthrough Guide to***

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***Being Healthy, Energized, and
Hormonally Balanced
The Truth About the Drugs
You're Taking, The Sleep You're
Missing, The Sex You're Not
Having, and What's Really
Making You Crazy***

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For women that want to regain energy and life vitality, get back to a healthy weight, kick anxiety, depression and brain fog, lower inflammation, feel strong

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and fit in their bodies
"The Hormone Fix
introduces Dr. Cabeca's
unique Keto-Green
protocol, a plan that
pairs the hallmarks of
ketogenic (low-carb/high

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fat) eating with diet and lifestyle changes that bring the body's cellular pH to a healthy alkaline level ... Whether you are perimenopausal, menopausal, or

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postmenopausal, The
Hormone Fix offers an easy-
to-follow program,
including A 10-day quick-
start detox diet to jump-
start weight loss and
reduce symptoms

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immediately"--

A groundbreaking guide for women of all ages that shows their natural moodiness is a strength, not a weakness As women, we learn from an early age

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that our moods are a problem, an annoyance to be stuffed away. But our bodies are wiser than we imagine. Moods are a finely tuned feedback system that allows us to

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be more empathic,
intuitive, and aware of
our own capabilities. If
we deny our emotionality,
we deny the breadth of our
talents. Yet millions of
American women are

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medicating away their emotions with psychiatric drugs whose effects are more far-reaching than most of us realize. And even if we don't pop a pill, women everywhere are

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numbing their emotions
with food, alcohol, and a
host of addictive
behaviors that deny the
wisdom of our bodies and
keep us from addressing
the real issues we face.

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Psychiatrist Julie Holland knows there is a better way. In *Moody Bitches*, she shares insider information about the drugs we're being offered and the direct link between food

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and mood, and she offers practical advice on sex, exercise, and sleep strategies, as well as some surprisingly effective natural therapies. In the

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tradition of Our Bodies,
Our Selves, this
groundbreaking guide will
forge a much needed new
path in women's health—and
offer women invaluable
information on how to live

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better, and be more
balanced, at every stage
of life.

'Hormone balance is within
reach, and this is the
definitive guide for
reaching that goal.'-David

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Perlmutter, MD, author of Grain Brain Prepare to thrive. As women approach menopause, many start to experience the physical and emotional indignities of hormonal fluctuation:

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metabolic stall and weight gain, hot flashes and night sweats, insomnia, memory loss or brain fog, irritability, low libido, and painful sex. Too often, doctors tell us

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that these discomforts are to be expected and that we will have to wait them out during "the change". But Dr Anna Cabeca's research and experience with thousands of her patients

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show that there is a fast-acting and non-pharmaceutical way to dramatically and permanently alleviate these symptoms. The Hormone Fix introduces Dr

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Cabeca's unique Keto-Green protocol, a plan that pairs the hallmarks of ketogenic (low-carb/high fat) eating with diet and lifestyle changes that bring the body's cellular

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pH to a healthy alkaline level. The proven result: balanced cortisol and reduced output of insulin, the hormones most responsible for belly fat and weight gain, plus an

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increase in oxytocin, the "love and happiness" hormone. Whether you are perimenopausal, menopausal, or postmenopausal, The Hormone Fix offers an easy-

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to-follow program,
including - A 10-day quick-
start detox diet to jump-
start weight loss and
reduce symptoms
immediately - Daily meal
plans and weekly shopping

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lists to take the
guesswork out of a month's
worth of Keto-Green eating
- 65 delicious and easy-to-
make recipes for
breakfast, lunch, dinner,
smoothies, and soups -

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Detailed information on
vitamin and mineral
supplementation that
optimizes hormone balance
and gut health - Simple
self-assessments and
recommended optional lab

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testing for a better
understanding of your
hormonal status - Tested
and trusted stress-
reduction and oxytocin-
amplifying advice and
techniques With The

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Hormone Fix you can expect to trim down, tap into new and unexpected energy levels, enhance intimacy, and completely revitalize your life! Ready for your fix?

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A Breakthrough Medical
Plan to Prevent and
Reverse Heart Disease
The Secret Female Hormone
The Breakthrough Guide to
Being Healthy, Energized,
and Hormonally

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Balanced--through
Perimenopause, Menopause,
and Beyond
The Estrogen Window
Estrogen
The Good News About
Estrogen

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Your Management Your Way ... Now and for the Rest of Your Life

Oral contraceptives for family planning worldwide have revolutionized the reproductive lives of millions of women since their introduction in the 1960s.

Later on, a variety of side-effects

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including cardiovascular diseases was recognized. In response to these concerns, new generations of combined oral contraceptives were developed that featured lower dose of estrogen and newer, more potent progestogens. The effectiveness and ease of use of combined hormonal

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contraceptives suggest that they will continue to be used to a significant extent in the future. This ninety-first volume of IARC Monograp.

Outlines a method to improve physical and mental health by optimizing hormones, sharing guidelines in functional and integrative therapies to

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explain how to reverse hormone-related health decline without prescription medicines.

If you are experiencing symptoms of an endocrine disorder of any kind then this is the book for you. The main disorder covered in this book, however, is estrogen dominance. In

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this book, we will go over some answers for some of the following questions: what is estrogen dominance? What are some of the best ways to combat the disease and heal from it naturally? What are some of the effects of high and low estrogen? Is this disease fatal? Are

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women the only sex to suffer from estrogen dominance? How do you cope with it? What do you do after you conquer it? Estrogen dominance is a complex issue for a person to face. It is generally defined as the state in which the amount of estrogen is greater than that of progesterone in

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the body. This is typically caused by a decrease in a person's level of progesterone without a complementary decrease in his or her level of estrogen. There is, however, no set guideline on the amount of excess estrogen that constitutes estrogen dominance. It is determined

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by the amount of estrogen in relation to other sex hormones. Where there exists an excess or deficiency of any specific hormone throughout the body's endocrine system, overall imbalances start to occur and health problems start to rear their heads. Among other situations, this can occur

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when there is too much estrogen in a person's system and not enough progesterone to counteract it all. Not only does estrogen dominance plague women, but males are also susceptible to the disorder. The importance of estrogen in a man's body is often severely overlooked. This hormone,

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among other things, regulates a man's levels of testosterone, his bone health, several brain functions, skin health, his cholesterol levels, cardiovascular functions, and his sexual function/libido. Usually, the levels of estrogen in relation to the levels of testosterone within a man's body are

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finely regulated. When estrogen levels increase to an unhealthy extent, testosterone usually decreases. These two events can cause many different symptoms that often overlap, making it hard to distinguish what is actually happening to the body. As you can already tell, estrogen dominance and

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other endocrine disorders are incredibly complex problems which take lots of studies to get a grasp of. In downloading this book you will/have gained a valuable resource in understanding more about these issues.

The U.S. Food and Drug

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Administration (FDA) has approved dozens of hormone therapy products for men and women, including estrogen, progesterone, testosterone, and related compounds. These products have been reviewed for safety and efficacy and are indicated for treatment of symptoms resulting

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from hormonal changes associated with menopause or other endocrine-based disorders. In recent decades, an increasing number of health care providers and patients have turned to custom-formulated, or compounded, drug preparations as an alternative to FDA-approved drug products for

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hormone-related health concerns. These compounded hormone preparations are often marketed as "bioidentical" or "natural" and are commonly referred to as compounded bioidentical hormone therapy (cBHT). In light of the fast-growing popularity of cBHT preparations, the clinical utility of

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these compounded preparations is a substantial public health concern for various stakeholders, including medical practitioners, patients, health advocacy organizations, and federal and state public health agencies. This report examines the clinical utility and uses of cBHT drug preparations and

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reviews the available evidence that would support marketing claims of the safety and effectiveness of cBHT preparations. It also assesses whether the available evidence suggests that these preparations have clinical utility and safety profiles warranting their clinical use and identifies patient

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populations that might benefit from cBHT preparations in lieu of FDA-approved BHT.

The Facts Can Change Your Life : the Latest Word on what the New, Safe Estrogen Therapy Can Do for Great Sex, Strong Bones, Good Looks, Longer Life, Preventing Hot Flashes

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Feminine Forever

Estrogens and Antiestrogens II

The Change Before the Change

Menopause

The Hormone Reset Diet

Making Informed Choices

***With groundbreaking research
and an exciting new theory that***

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will change the way women look at hormone replacement therapy for years of substantially improved health, happiness, and quality of life, The Estrogen Fix is a must-have book for every woman over 40. Dr. Mache Seibel, one of the leading doctors

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in women's health and menopause, proves that every woman has an ideal time to more safely begin estrogen replacement. When administered at this time, referred to as "the estrogen window," estrogen can lower your risk for breast cancer,

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heart disease, Alzheimer's, diabetes, osteoporosis, and more while minimizing your symptoms. Offering hope, expertise, and concrete solutions to a rectifiable problem, The Estrogen Fix is the definitive book on hormonal health for women. If estrogen

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has you confused or worried, if you are toughing it out because it seems too complicated to figure it out, if your doctors are reluctant to treat you and your symptoms are making your life a challenge, this book is for you. These studies examine the role

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estrogens play in the initiating events in cancer. We hypothesize that to develop cancer, one first must have DNA damage, which escapes normal repair and is set as a mutation in a critical gene. DNA damage can occur by direct damage to DNA by estrogen

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metabolites, as assayed in small oligonucleotides using MALDI-TOF mass spectrometry.

Moreover, culturing cells in high, physiological levels of estradiol (E2, 0.35 micronM) or 4-OHE2 (0.18 micronM) results in detectable depurinating adducts

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in the estrogen receptor-positive human cell line T47D and in the estrogen receptor-negative cell line MDA MB-468. In addition, the repair of an oligo containing a stable adduct and an apurinic (AP) site or just an AP site, was assayed using cellular extracts

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from MCF-10A1 human breast cell line. The MCF-10A1 cell extracts repaired oligos containing both a stable adduct and an AP site, as well as an AP site alone. However, the relative amount of repair depended on the relative portions of the sites

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of damage.

"If a menopausal woman has pain or makes trouble, pound her hard on the jaw." (Egyptian medical text, 2000 B.C.) For almost a century women have been taking some form of estrogen to combat the effects of menopause and

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aging, and more recently to prevent a host of diseases, from osteoporosis to Alzheimer's to heart disease. For most of that hundred years, doctors have been prescribing estrogen in either its organic or synthetic forms, and women have gone to

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their pharmacists and dutifully filled their prescriptions. In some cases, menopause sufferers who were experiencing the most extreme symptoms were in search of relief from hot flashes, night sweats, dryness, and more, but increasingly in recent years,

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women began receiving estrogen sometimes with progesterone as "hormone therapy," not because they were in immediate danger of anything but rather as a preventative. But was this regimen warranted? Did doctors know enough about estrogen and

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***its effects to be widely
prescribing it for such a range of
ailments? Or were women being
used as guinea pigs in a great
experiment, an experiment the
author terms "The Greatest
Experiment Ever Performed on
Women"? Since the 1960s,***

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women's health icon Barbara Seaman has been one of the lone voices in journalism to question whether doctors have sufficient justification to be writing so many estrogen prescriptions, or whether it is the pharmaceutical industry that is driving the

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research, marketing, and use of hormone replacement therapy. In 2002, several important women's health studies revealed that estrogen may cause more problems in patients than it is correcting or preventing, and that in fact it has a dismal record

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in terms of prevention. This groundbreaking book illuminates today's "menopause industry," tracing the history of estrogen use from its early purveyors, including a well-meaning British doctor who lost control of the marketing of DES and therefore

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inadvertently led to the DES baby crisis, to Nazi experimentation with women and estrogen, to the present, and looks at how an experiment of this proportion could have been conducted without oversight, intervention, or real knowledge as to what its

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effects would be.

Read this book and learn the secrets that will enable you to regain your health, look great, feel great, lose weight, and have better sex! Discover how everyone can be permanently successful with fat loss without

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resorting to one of the latest diet fads. Popular weight-loss methods and diets do not work long-term and may be dangerous to your health when followed for any length of time. The problem is that none of these popular weight-loss methods consider

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your hormones. Most overweight people have unbalanced hormones, more so if they have been dieting on and off for years and years. Find out exactly how to correct the hormonal problems that prevent you from losing fat, especially belly fat, and how to

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finally and easily normalize your weight for the rest of your life. This is the fourth book in the series, "Bioidentical Hormones," bringing you the latest information from cutting-edge anti-aging physicians, supported by research presented in medical

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journals.

Estrogen Matters

Systematic Evidence Review

Number 14

Reclaim Balance, Sleep and Sex

Drive; Lose Weight; Feel

Focused, Vital, and Energized

Naturally with the Gottfried

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Protocol

The Estrogen Question

Fat Loss Secrets that Really

Work! Balance Your Hormones:

Insulin, Estrogen, Progesterone,

Testosterone, Thyroid, Cortisol,

and DHEA

A Strategic Plan to Improve Your

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Health and Life Through Food the facts can change your life

In this systematic evidence review, we evaluate data on the relationship between the use of postmenopausal hormone replacement therapy (HRT) and the risk of breast cancer (BCA). The context of this review is in the overall evaluation of

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postmenopausal hormone replacement therapy as chemoprophylaxis for chronic conditions. The results from this report will be used as part of an overall report on the risks and benefits of hormone replacement therapy for postmenopausal women. Hormone replacement therapy is used in the United States and worldwide to

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treat symptoms of menopause and to prevent chronic conditions such as osteoporosis. It is one of the most commonly prescribed drugs in the U.S.; a recent survey in the U.S. of postmenopausal women ages 50 to 75 showed that nearly 38% of women were currently using estrogen or hormone

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replacement therapy (58.7% of those with prior hysterectomy and 19.6% without hysterectomy). A major and as yet unanswered clinical question is whether hormone replacement therapy increases a woman's risk of breast cancer. This issue is a critical one because the use of HRT is prevalent and because breast cancer is a

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relatively common disease, so that even a small increase in breast cancer in association with hormone use could significantly influence public health. The importance of endogenous estrogen in the development of breast cancer has been evaluated and confirmed in multiple studies of differing methodologies. Studies

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in animals have shown that breast cancer can be induced by the administration of estrogen. Among humans, some studies have shown that women with increased levels of circulating estrogen are at higher risk for the subsequent development of breast cancer. Other studies have had conflicting findings, and some have shown

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this relationship in postmenopausal women only. Reproductive events are important risk factors for breast cancer. Those shown to increase risk include early menarche and late menopause, both of which prolong exposure to higher levels of estrogen as well as other reproductive hormones. Other reproductive

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experiences, such as late age at first pregnancy and nulliparity, increase breast cancer risk. Oophorectomy among premenopausal women is protective against breast cancer, possibly because of reduced exposure to estrogen. Other risk factors also suggest an important role for estrogen in BCA development. In

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postmenopausal women, obesity, which correlates with increased estrogen levels, is also associated with an increased risk of BCA. Recent studies have also shown that increased bone density, possibly a reflection of lifetime estrogen exposure, is associated with increased rates of breast cancer. Finally, age-adjusted rates of

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increase in breast cancer incidence slow at menopause when estrogen levels fall. There are several critical key questions to consider when evaluating the research describing the role of exogenous estrogen or estrogen/progesterone in breast cancer development and prognosis. First, is either estrogen alone or estrogen with

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progesterone associated with a change in breast cancer mortality? Second, does short-term estrogen use increase the risk of breast cancer? The third question, which is most relevant to the use of estrogen to prevent chronic conditions, is whether long-term estrogen increases breast cancer risk. The fourth question,

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which reflects the current standard of practice, is whether the combination of estrogen and progesterone, either short-term or long-term, increases the risk of breast cancer. Fifth, is current use of estrogen or hormone replacement therapy associated with increased risk of breast cancer? Sixth, are there subpopulations of

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women who might be at increased risk of breast cancer when using HRT? Finally, because increased breast mammographic density is independently associated with an increase in breast cancer risk, as well as with decreased accuracy of mammography, does estrogen or estrogen/progestins change breast

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density?

Explains the safety and effectiveness of ERT--estrogen replacement therapy--in reducing the incidence of both uterine and breast cancer and the risk of heart attacks and osteoporosis while alleviating postmenopausal problems

For Ellen Dolgen, menopause education is

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a mission. Spurred by her own experience struggling with the symptoms of menopause, Dolgen has devoted the last ten years of her life to helping other women during this often difficult time. While she's not a doctor or scientist, she's "talked the talk" with countless menopause experts, so that she can "walk

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the menopause walk” with you and share the keys to this menopause kingdom.

Together with her son, Jack, she created this new, comprehensive guide to all things menopause—the symptoms, the treatments, the long-range effects on a woman’s health. Dolgen shares the expertise of numerous specialists to

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replace confusion and embarrassment with medically sound solutions, presented in an entertaining and informative way. You'll find detailed descriptions and treatments for the symptoms you or your loved one may experience, from hot flashes and mood swings to mental foginess and loss of libido, and lots more

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in between. In addition to sharing the latest research and proven treatments, Dolgen offers guidance to finding a menopause specialist who's right for you, and she provides a clear explanation of what tests to ask for. You'll also learn about the latest studies on hormone replacement as well as alternative

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therapies and remedies. Finally, Dolgen shares the real-life experiences of women—and those who love them—as they traverse the crazy ups and downs of perimenopause and menopause. Her motto is: Suffering in silence is OUT! Reaching out is IN!

NY Times best-selling author Dr. Michael

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Roizen reveals how the food choices you make each day--and when you make them--can affect your health, your energy, your sex life, your waistline, your attitude, and the way you age. What if eating two cups of blueberries a day could prevent cancer? If drinking a kale-infused smoothie could counteract missing an

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hour's worth of sleep? When is the right time of day to eat that chocolate chip cookie? And would you actually drink that glass of water if it meant skipping the gym? This revolutionary guide reveals how to use food to enhance our personal and professional lives--and increase longevity to boot. What to Eat When is not

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a diet book. Instead, acclaimed internist Michael Roizen and preventive medicine specialist Michael Crupain offer readers choices that benefit them the most--whether it's meals to help them look and feel younger or snacks that prevent diseases--based on the science that governs them.

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*Combined Estrogen-progestogen
Contraceptives and Combined Estrogen-
progestogen Menopausal Therapy
The Greatest Experiment Ever Performed
On Women*

*Fat Loss Secrets That Really Work:
Balance Your Hormones: Insulin,
Estrogen, Progesterone, Testosterone,*

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Thyroid, Cortisol, and DHEA

*Pharmacology and Clinical Application of
Estrogens and Antiestrogen*

Moody Bitches

*Dr. Susan Love's Menopause and
Hormone Book*

The Estrogen Fix

ESTROGEN CAN CHANGE YOUR

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LIFE HRT (hormone replacement therapy) is the most effective way to challenge the physical changes that occur at menopause. When it is taken correctly,

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it is not only safe but it can actually protect you against health risks. Not every woman needs HRT but if you do, there's no reason to be afraid of it. In this

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book, extensively revised to highlight the latest findings, one of the country's top authorities on women's health clearly explains menopause and gives you

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the facts you need to make a decision that could change your life--whether or not to take HRT. In this authoritative and accessible guide, you

File Type PDF Estrogen Fix, The

will find out how HRT
can: banish all of the
common and uncommon
menopausal symptoms from
hot flashes and insomnia
to crawling skin save
your sex life from

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extinction reduce your chances of developing Alzheimer's disease cut in half the death rate from heart attacks and strokes prevent brittle bones and broken hips

File Type PDF Estrogen Fix, The

keep your skin younger,
your muscles firmer, and
your teeth stronger
lower your cholesterol
level improve your
everyday memory Estrogen
also discusses

File Type PDF Estrogen Fix, The

alternatives--from
vitamin E, red clover,
and soy to Fosamax and
Raloxifene--and provides
the real facts about
HRT's possible link to
breast cancer. Knowing

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the facts is the first step toward making an informed decision about your future. If you are a woman over forty, you owe it to yourself to read this book.

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The latest information about estrogen, the body's enlivening powerhouse hormone. Why is estrogen crucial—and so misunderstood? How do I know if my estrogen

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level is "normal"? What is the best treatment for a hormonal imbalance? How does estrogen impact my reproductive cycle? Is hormone replacement

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therapy right for me? Is it only useful at menopause? How can I be my best, healthiest self now and in the future? Understanding estrogen—its function

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and interplay with all your other hormones and body systems—is key to a healthy, vibrant life.

But far too many women remain unaware of the benefits of estrogen,

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and how it can be supplemented in natural, bioidentical form. This book, written by an expert in the field of OB-GYN and integrative medicine, offers an

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authoritative yet accessible approach to hormonal health. In *The Good News About Estrogen*, Dr. Uzzi Reiss draws upon the most up-to-date scientific

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research, as well as women's stories from his decades of practice, to explain: - How hormones—and your levels of estrogen—change over time, and what you can

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do to achieve balance naturally or with hormone replacement therapy (HRT). - The good news about estrogen—how it can enhance energy,

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sexuality, and memory; alleviate premenstrual syndrome (PMS) or the side effects of menopause; help fight weight gain, anxiety, depression, and more. -

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Bioidentical
hormones—why they are
safe and crucial to your
well-being at any age or
stage, and how to choose
which treatment plan is
right for you. - How

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your everyday habits—what you eat, drink, wear, and breathe—can affect hormonal health, and which small lifestyle changes can make a big

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difference. - Nutrition and exercise—learn how each works hand-in-hand with hormones and can help you to achieve maximum physical and emotional fitness,

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promote bone health,
prevent cardiovascular
disease, and boost brain
power.

Menopause: Menopause
must be endured -- an
accepted notion, right?

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WRONG! Millions of women have chosen a menopause-free lifestyle, and Donna Walters, 62, is among that number. Unbelievably true, she has NEVER experienced

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menopause and lives a healthy, youthful and energetic life. Her womanhood is intact, and she remains active in the game of life. To benefit women worldwide

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and to create estrogen awareness, Ms. Walters dares to publicize two newsworthy realities never discussed or acknowledged: successful long-term estrogen use

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and never having
menopause! Fact: The
2002 Woman"s Health
Initiative study,
riddled with one-sided,
fear-based results,
caused a massive

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rejection of HRT. Yet, millions of women disregarded those results and now enjoy a menopause-free life due to estrogen use. Among that number, Ms.

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Walters, a successful
31-year estrogen user,
debunks the estrogen
controversy and
virtually eliminates
confusion and fear amid
silent sufferers!

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Confirmation: Co-author
Dr. Blane Crandall, an
OB/GYN surgeon, provides
valuable information
encompassing estrogen
and its health benefits.
His compelling views are

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shared to stop the ongoing disability; the taking of physical, mental, social, and emotional health; and the eventual premature death millions of women

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worldwide. Dr. Crandall states, "Most women can start HRT at any age, even in the eighties and nineties." Choice: Menopause can cause 22 negative, lifelong

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health issues! Women need to know many can be circumvented through estrogen use, and more importantly, the avoidance of menopause can be a choice.

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Estrogen Revisited fuels the fight for the right to choose! Improvement: Passionate about truth, Ms. Walters oversees an effort to improve women's lives beyond

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menopausal years.

Sounding a clarion call, she announces, "The effects of menopause range from osteoporosis to breast cancer; heart disease to stroke, and

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they can be life altering. Improvement in women's health is needed NOW! Estrogen Revisited is the starting point..."

The Harvard-educated

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physician and New York Times bestselling author of The Hormone Cure shows you how to grow new receptors for your seven metabolic hormones, making you

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lose weight and feel great fast! When it comes to weight loss, most people don't think about hormones. But when you develop resistance to your seven major

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metabolic
hormones—cortisol,
thyroid, testosterone,
growth hormone, leptin,
insulin, and
estrogen—your body
adjusts by increasingly

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raising your hormone levels and ultimately slowing down your metabolism. And a slower metabolism leads to weight gain and difficulty losing

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weight. The solution, Dr. Sara Gottfried contends, is to reset the efficiency of your hormones by repairing and growing new hormone receptors. Based on

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leading scientific research, The Hormone Reset Diet is her proven weight loss and energy program to reverse hormone resistance in just three weeks. It

File Type PDF Estrogen Fix, The

will help you: Boost
your metabolism and
calorie burning by
growing new and fresh
thyroid receptors;
Increase your weight
loss by re-balancing

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estrogen and
progesterone receptors;
Reverse your aging by
resetting glucocorticoid
receptors (for better
processing cortisol).
For the last twenty

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years, this Harvard-MIT educated physician has helped thousands of women address the root hormonal causes of what bothers them most: excess weight, lack of

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energy, aging, and illness. Going beyond her bestselling *The Hormone Cure*, this program is the next generation of her deep understanding of

File Type PDF Estrogen Fix, The

hormonal optimization
for rapid weight loss.

The natural way to
balance your hormones,
burn fat and alleviate
the symptoms of the
perimenopause, the

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menopause and beyond
The Facts Can Change
Your Life : the Latest
Word on what the New,
Safe Estrogen Therapy
Can Do
Why Taking Hormones in

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Menopause Can Improve
Women's Well-Being and
Lengthen Their Lives --
Without Raising the Risk
of Breast Cancer
The Hormone Fix
The Truth Behind a

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Powerhouse Hormone
The Girlfriend's Guide
to Surviving and
Thriving During
Perimenopause and
Menopause
Estrogen, 3rd Edition

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Period Repair Manual is your guide to better periods using natural treatments such as diet, nutritional supplements, herbal medicine, and natural hormones. It contains advice

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and tips for women of every age and situation. If you have a period (or want a period), then this book is for you. Topics include: * How to come off hormonal birth control * What your period

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**should be like* What can go
wrong * How to talk to your
doctor * Treatment protocols
for all common period
problems, including PCOS
and endometriosis The
second edition contains**

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**insights from Professor
Jerilynn Prior, more than 300
new references, and an
additional chapter on
perimenopause and
menopause. Written by a
naturopathic doctor with**

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**more than twenty years
experience, this book is a
compilation of everything
that works for hormonal
health.**

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**Surprisingly, an extensive
overview of the current
state of the art in research**

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**on estrogens and anti
estrogens was still lacking.
The present two volumes on
estrogens and anti
estrogens provide a
comprehensive review of a
field of research in which**

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remarkable progress has been made over the past few years. New insights into the mechanisms of steroid hormone action resulted in a tremendous number of pUblications from which new

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**principles of preventive and
therapeutic applications of
estrogens and anti
estrogens emerged.
Although various electronic
data bases provide easy
access to this copious**

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information, there was a clear necessity for a monograph-style textbook which assesses and summarizes current knowledge in this rapidly expanding field of research.

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It should be noted, however, that, due to this dynamic development, it is barely possible to comprehensively update every aspect of basic and clinical knowledge on estrogens and

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The

antiestrogens. Thus, the intention of the editors was to provide the reader with an overview of the "classic" and most recently explored areas of research and stimulate future interests in

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**basic and applied
endocrinology. Estrogens
were among the first steroid
hormones described in the
scientific literature. Since
they were first isolated,
since the chemical,**

File Type PDF Estrogen Fix,
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**synthetic and
pharmacological
characterization of naturally
occurring estrogens and,
later on, of orally active
derivatives, estrogen
research has produced**

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The

**continuously hallmark
results in reproductive
endocrinology worldwide.
The Essential Book for Every
Woman Over 35 You're in
the prime of life. As far as
you know, menopause could**

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be years away. So why is your body sending you such weird messages? Women today can't afford to lose time and energy to the common, but often misdiagnosed, symptoms of

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perimenopause — from mood swings and stubborn extra pounds to hot flashes and insomnia — that precedemenopause by as much as a decade. In this lively and solution-packed

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book, renowned ob/gyn Dr. Laura Corio provides all the information you need to take charge of your physical and emotional well-being: • Hormone treatment before menopause, including all the

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new, natural, and low-dose forms that are making this a safe choice for more women

• Herbs, soy, and other alternative therapies that are backed by solid medical research • How

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**perimenopause affects
fertility – and what to do if
you want to get pregnant •
How your skin, hair, and
nails reflect deeper changes
– and how to make them
vibrant again • Ways to**

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combat cancer fears — and what tests you absolutely must have • Whether a high-protein diet is right for you — and what vitamins and minerals you should be taking • What to do now to

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**protect your breasts, uterus,
bones, and heart in the
years to come • Diet and
exercises to prevent or
minimize symptoms, and
much more!**

With groundbreaking

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**research and an exciting
new theory that will change
the way women look at
hormone replacement
therapy for years of
substantially improved
health, happiness, and**

File Type PDF Estrogen Fix,
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quality of life, The Estrogen Fix is a must-have book for every woman over 40. Dr. Mache Seibel, one of the leading doctors in women's health and menopause, proves that every woman

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has an ideal time to more safely begin estrogen replacement. When administered at this time, referred to as “the estrogen window,” estrogen can lower your risk for breast

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**cancer, heart disease,
Alzheimer's, diabetes,
osteoporosis, and more
while minimizing your
symptoms. Offering hope,
expertise, and concrete
solutions to a rectifiable**

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problem, The Estrogen Fix is the definitive book on hormonal health for women. If estrogen has you confused or worried, if you are toughing it out because it seems too complicated to

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figure it out, if your doctors are reluctant to treat you and your symptoms are making your life a challenge, this book is for you.

Estrogen Revisited: Lifelong & Fearless

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The

**Everything You Need to
Know to Stay Healthy in the
Decade Before Menopause
A Review of Safety,
Effectiveness, and Use
Estrogen Effects on
Traumatic Brain Injury**

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**Burn Fat Naturally, Boost
Energy, Sleep Better, and
Stop Hot Flashes, the Keto-
Green Way
Menopause naturally
Don't Change**

When administered at the right

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time, estrogen therapy can lead to substantial improvements in a woman's quality of life. Yet, for more than a decade, women have been told about many worrisome side effects of hormone replacement therapy, including an increased risk of cancer, blood

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clots, and heart disease. In *The Estrogen Window*, Dr. Mache Seibel shows that not taking estrogen at the right time following menopause actually increases the risk of suffering one of those events. Falling estrogen levels also increase a woman's risk for heart

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disease and Alzheimer's, as well as osteoporosis. Dr. Seibel presents groundbreaking research that proves how every woman has an "estrogen window," an ideal time to begin estrogen replacement, which can minimize menopausal symptoms such as hot flashes,

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night sweats, mood swings, fractured sleep, brain fog, irritability, and weight gain. Not only can women safely take estrogen during this window, but also taking the hormone this way provides a wide range of health benefits that guarantee women increased

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protection from the very conditions they have been led to fear most.

Know Before You Say No to HRT
Food and Herbal Protocols, Recipes
and Meal Plans to Resolve Fibroids,
Fibrocystic and Lumpy Breasts,
Thyroid Nodules, Hot Flashes,
Endometriosis, PMS

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The Hormone Cure
Period Repair Manual
The Failure of Repair Enzymes in
the Catechol Estrogen-Induced DNA
Damage as Potential Initiating Event
in Human Breast Cancer
A Revolutionary Breakthrough for
Women

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The Facts Can Change Your Life