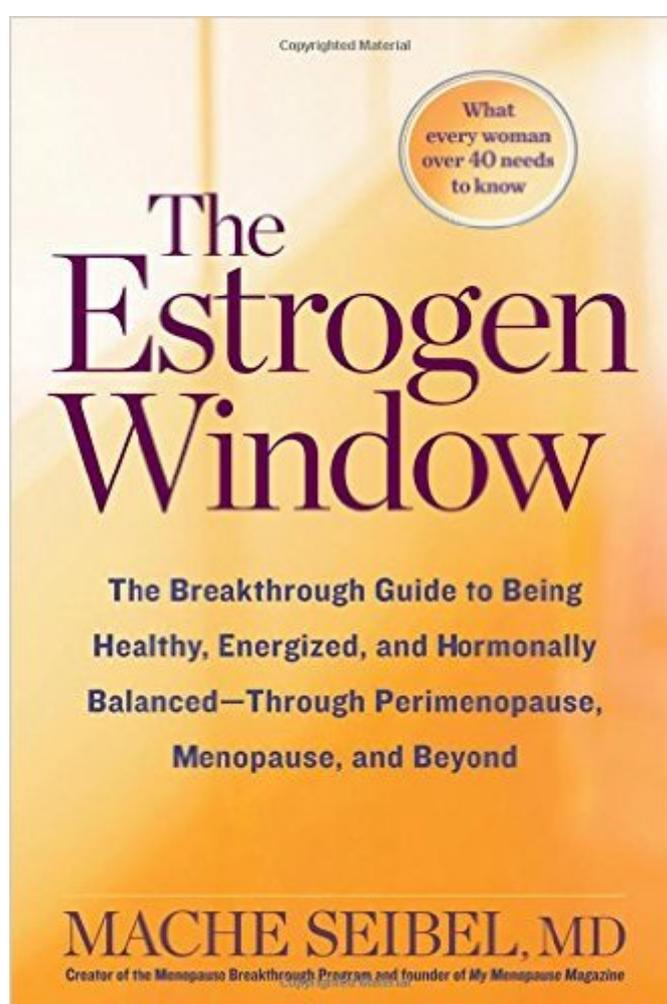


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# The Estrogen Window: The Breakthrough Guide To Being Healthy, Energized, And Hormonally Balanced--Through Perimenopause, Menopause, And Beyond



## Synopsis

In *The Estrogen Window*, Dr. Mache Seibel, international health expert and leading authority on women's wellness and menopause, presents groundbreaking research that explains how every woman has a window of opportunity to begin estrogen replacement. If begun at the right time, estrogen can lower the risk of breast cancer, heart disease, and Alzheimer's disease, while minimizing menopausal symptoms such as hot flashes, night sweats, mood swings, lower libido, fractured sleep, brain fog, irritability, and weight gain. You will discover which estrogens and progestogens are the safest and how long to take them, in addition to when your estrogen window closes and it's too late to take estrogen. You will also gain insight about alternatives to estrogen and how to talk with your healthcare provider about what is best for you. *The Estrogen Window* will eliminate your confusion, calm your fears, and help make you a partner with your healthcare provider.

## Book Information

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## Customer Reviews

Dr. Seibel gives clear, easy-to-read explanations that cut through the confusion surrounding hormone replacement therapy. He explains how estrogen works throughout a woman's body and what can happen to her bones, brain, heart and more when estrogen goes away at menopause. He also discusses common fears connected with hormone use, including breast health. Dr. Seibel clearly shows how research done many years ago is still influencing women's decisions today. This book helps bring us up-to-date on what hormone replacement can do to protect our health in menopause. It also explains the health risks women can minimize if they choose to use hormone

therapy. I encourage every woman and every doctor treating women in menopause to read this book. Whether you choose to take hormones or not, you owe it to yourself to be well informed before you make the decision. This book will help women understand their options so they can make the best choice about their own health in menopause. I am very glad I read it!

I truly wish I had been able to read this book 10 years ago, it would have changed my life - my bone density, my well being and my post menopausal health. Dr. Seibel has written a momentous book for women - the best and apparently only resource for understanding hormones and the role hormones play in women's heart, breast, bone and mental well being. Hormone replacement decisions have been and continue to be made by women and their doctors with decades old inaccurate medical information. This is a tragedy for menopausal women of today who are vibrant, healthy, active and focused on making the most of their lives after menopause. Dr. Seibel provides clear explanations and analyses of the anxieties and fears connected to hormone replacement use. His extensive experience and insight provides the basis for the very critical decisions every woman needs to make regarding her health and future after menopause. I urge you to read Dr. Seibel's book. Whatever you decide, you will have invested in knowing the latest and best information in a timely way. I wish I had known during my estrogen window.

Few topics in women's medicine today are as fraught with confusion and controversy as hormone therapy and if it is the appropriate treatment for menopausal symptoms. I've been eyewitness to the unprecedented confusion and growing controversy surrounding hormone therapy. Women have told me that to take, or not to take hormones, is one of the biggest decisions they have had to make. I'm pleased to recommend Dr. Mache Seibel's new book "The Estrogen Window". This comprehensive and thoroughly informative book is so timely. It provides up-to-date information and evidence-based advice about hormone therapy which is based on current research and is easily understandable for everyone. It's a must read for women and their healthcare practitioners. "Karen Giblin, founder and president, Red Hot Mamas North America, Inc. the nation's largest menopause education program and [...]. She is an advocate, author and speaker on women's health.

I got the impression that this doctor was paid by big pharma to push their synthetic hormone products. Why would anyone want to take synthetic estrogen made from pregnant horses urine, horses that are forced to live in deplorable conditions? He promotes these drugs while bashing

bioidentical hormones and compounding pharmacies. There are countless other books available with better information on menopause and hormone replacement therapy including *The Wisdom of Menopause* by Christiane Northrup, MD and *The Schwarzbein Principle* by Diana Schwarzbein, MD.

Dr Mache Seibel brings deep research, extensive experience, insightful understanding, and clarity that is accessible to any reader in *The Estrogen Window*! With all the confusing information being dripped into the news, it is refreshing to have such a seasoned expert dig deep into the latest research and make it understandable for the lay person. What a relief to be able to make thoughtful decisions with well-documented and scientifically valid information. You might ask: what is a guy doing with this book? I love my wife and want her to have the best possible references for her decision making. Dr Seibel has provided what we have been lacking - and even her doctor has been lacking - the latest and best basis for intelligent decisions on an important health topic. Well done, and desperately needed! Thank you!

This is the best book I have seen about Menopause. It is helping me to take care of myself and remain healthy and vibrant. I am really surprised about the many things which can happen if you don't take care of yourself properly and this book summarizes everything you need! I am really thankful to Dr Seibel for his amazing contribution!

I highly recommend this clearly written, thorough, and thoughtful summary of the latest evidence-based medicine to support women struggling with symptoms during menopause and perimenopause. Dr. Seibel has written an easily understood and useful book that will help women and their healthcare providers understand what is happening during this critical time in life and how to best use hormone and other therapies to feel better NOW, preserve their health, and continue to thrive well into the future.

I really didn't like this book and don't even want to finish reading it. The doctor made it seem like you only have 5 years from the onset of menopause to get on estrogen and then you better get off it when you turn 60. What's the point? I asked my doctor about this and she said you can stay on the hormones forever.

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*The Estrogen Window: The Breakthrough Guide to Being Healthy, Energized, and Hormonally*

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