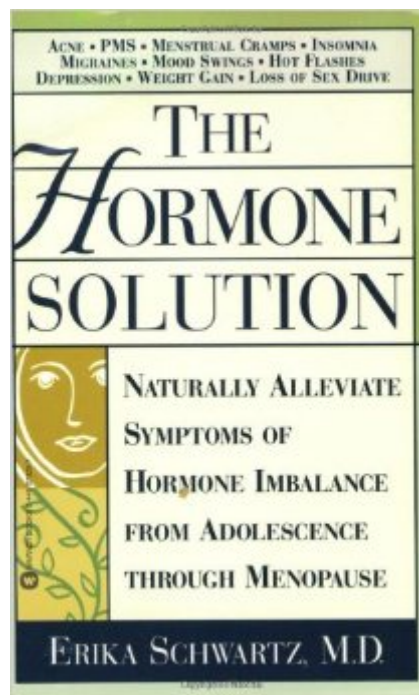


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# The Hormone Solution: Naturally Alleviate Symptoms Of Hormone Imbalance From Adolescence Through Menopause



## Synopsis

In this work, Dr Erika Schwartz shares her proven programme to help women prevent, reduce and even eliminate the symptoms of hormone imbalance naturally.

## Book Information

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## Customer Reviews

This is the only book I've read that really explains how losing your hormones is equal to getting old and that the only way to stay young is to fool Mother Nature and put back the hormones into your body. The difference here is that Dr. Schwartz is advocating natural hormones, not the synthetic variety most doctors prescribe which have horrible side-effects. The book also shows the connection between hormones and everyday symptoms. It also gives you a balanced view of what alternative and conventional medicine offers. It's very easy to read and well worth the money

I originally purchased this book having my wife and her ever-changing moods in mind. After skimming through the index, I realized that hormone imbalance is not simply a problem for females, but also applied to my life as a middle-aged man. My wife and I both loved this well written book and found a simple and natural way to stay young (and bring back our sex life). Thanks doc.

I found this book to be one with a lot of information on 'natural' hormone solutions, but none of them helped me in my menopause. I had tried most of them prior to reading the book...black cohosh, soy, etc. I finally had to see a MD for medication to be prescribed to help my estrogen imbalance. The book would be good for a younger woman as a reference to the facts that we all HAVE hormones

and the better they are in balance the better we feel. My getting it in menopause was pretty useless to me (also I am a RN, so I knew most of the information or had already researched it). It was EZ to read, and plenty of information, just not the book I needed for my issues.

I'm in my late twenties and deal with many of the symptoms described in this book already. I feel more comfortable with myself knowing I am not alone and knowing there is a solution. This book was informative, interesting, understandable and very well written. I have already begun my treatment and am seeing, more importantly feeling the results. It is truly remarkable! Thank you Dr. Schwartz.

When there is something wrong but you can't quite figure it out you need to go to the pros. I bought several different books. My favorite was Dr. John Lee's Hormone Balance Made Simple: The Essential How-to Guide... This one offered it's own charm, but in the end I went to a Bio-Identical Hormone Doctor here in my area.

What do acne, PMS, menstrual cramps, insomnia, migraines, mood swings, hot flashes, depression, weight gain, and loss of sex drive have in common? They're all symptoms of hormone imbalance that can affect women from adolescence through menopause, according to Dr. Erika Schwartz in THE HORMONE SOLUTION--an excellent book that I recommend for both sexes. I know it opened my eyes to many things; in particular, the fact that men can have many of these same symptoms . . . and actually go through something called andropause (or male menopause, if you want to think of it in those terms). The good news is that that help is available; i.e., through the use of natural hormones derived from soy and yams . . . Dr. Schwartz stated prescribing these natural forms of estrogen and progesterone for herself and her patients, and the results have been nothing short of amazing. THE HORMONE SOLUTION takes a complex issue that has only recently been addressed by the medical community and addresses it in a simple, understandable book that could well be used as a guide for many readers and/or their loved ones . . . in addition, it is a work that others may well want to discuss with their doctors. There were several memorable passages; among them: What I had not realized before was that all these hormone imbalances are connected and could be treated successfully with natural hormone supplementation. The more women of different ages and different symptoms came to see me, the more convinced I became of the continuum of hormone changes we are subjected to at all ages. Natural hormone treatment was invariably successful and had none of the side effects associated with other types of medications.

That was because natural hormones treated the root cause of the problems with substances closely resembling the missing or out-of-balance hormones our bodies make. There was no potentially harmful, synthetic substances in this hormonesupplementation program. Unfortunately, the medical profession has not been keen on addressing this obvious similarity to female menopause. Most doctors are men, and menopause does not have a pretty ring to it--it's about aging. And men are more afraid than women to address the inevitability of this process. Men pride themselves on the ability to father children into their eighties, so how could they be having the same problems as again women? (The truth, by the way, is that men who father children naturally in their eighties are as rare as women who give birth in their fifties.) All scientists agree: Hormones are the common thread that makes up the fabric of our lives. They define us as men and women when we're young, they keep us healthy or make us sick, and yet the understanding we have of them is vague, contradictory, and inconsistent. . . . Unequivocally, the scientific community knows that hormone levels change every minute of the day, so why get hung up on one or two changes: menopause and puberty? A small step for science, a giant step for women. Once you make that connection, once you identify the continuum of hormone changes, menopause is a lot less scary, and its devastation just another mountain to scale.

Enjoyed the content and the telling. I liked the fact the both traditional medicine and natural medicine was discussed so in the end the research needs to be done by the user

It's one more piece of this puzzle of mine !!!

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