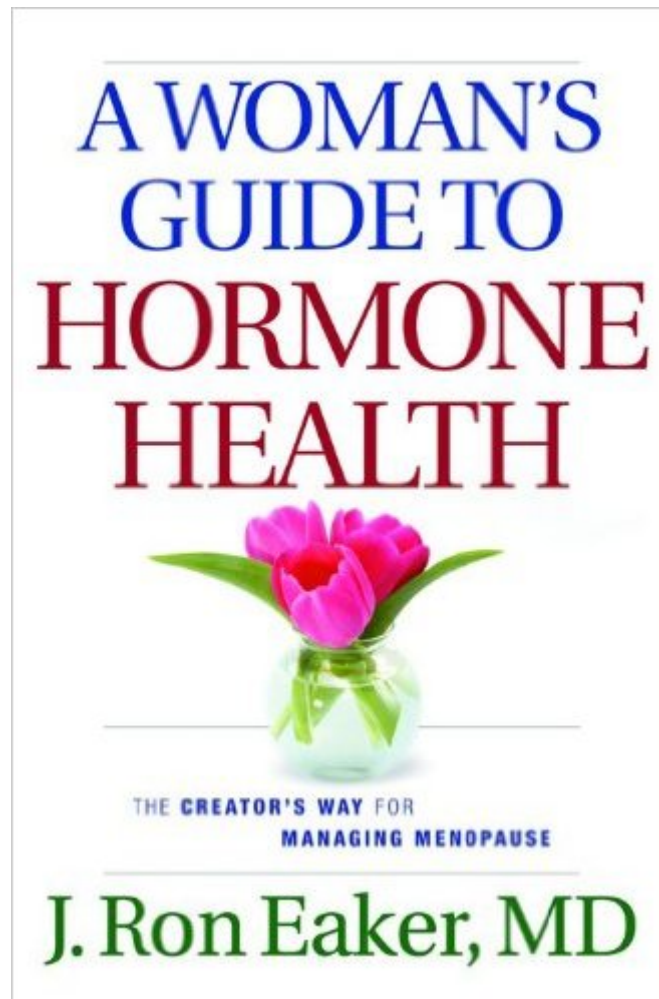


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# Woman's Guide To Hormone Health, A: The Creator's Way For Managing Menopause



## Synopsis

An OB/GYN provides a balanced view on women's health issues, reviewing both traditional and non-traditional approaches from a Christian worldview.

## Book Information

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## Customer Reviews

The first sentence of the first chapter is my favorite line in this book. "Menopause is not a disease." With those words the author had my attention. This book on woman's health was possibly one that would treat the effects of menopause as the natural occurrence that they are instead of illness. I had a feeling that I would like the book. The author, Dr. J. Ron Eaker, uses a three-pronged approach in dealing with the effects of menopause and perimenopause. This approach includes medical, spiritual, and natural treatments to customize remedies the uncomfortable effects of menopause. Dr. Eaker explains the effects of the cessation of menses and gives the reader an understanding of what's going on in a woman's body during the years commonly called mid-life. Careful study makes making choices in treatment easier. I didn't know there were so many treatment options or so much to think about in making the choice of hormone therapy. There is information on: \*Prescription oral estrogens - both synthetics and bio-identical. \*Delivery methods, such as 'The patch' 'Implants' 'Injections' 'Creams and gels' \*Progesterone, both prescription and non-prescription varieties. The book also includes a discussion of the breast cancer risk. I was very interested in the discussion of complementary approaches. Phytoestrogens are a category of foods containing plant based estrogens, that have a positive effect on menopause symptoms. Dr. Eaker discusses many

maladies that are attributed to the effects of menopause such as hot flashes, urinary incontinence, insomnia, joint and body aches, osteoporosis, and lagging libido. He treats each problem on an individual basis and gives treatment options for each. The information in this book is so complete that a woman should be able to take part in making informed decisions on whether or not to use hormone replacement therapy and which of the many kinds is best for her individual needs. Dr. Eaker strays away from the topic of hormone health in an extensive chapter on the healing power of prayer. This chapter is more about prayer as a whole than it is about dealing with menopause or hormonal issues. While it is true and very interesting, I found it a bit distracting. "A Woman's Guide To Hormone Health" is a valuable tool for understanding and managing the years prior to and during menopause. I found it difficult to follow in places but it was very useful in looking up specific symptoms.

this book gave me a realistic view about menopause! i feel truly educated and without the usual biased opinions. i really liked all point of views in this book and it's many useful statistics. there is so much wrong information about menopause out there. this book sets the record straight: menopause is not a disease and women are not crazy when going through it! a must read for all women out there, that don't want to be brainwashed by the media, health care providers and well meaning relatives! there is hope and a normal life for us!

This is exactly the book my wife has been searching for for some time. It explains in very clear language the reasons for the previously confused series of moods and emotions. She is thrilled with it and now has a more relaxed response to the changes taking place at this stage of her life.

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