

Personalized Hormone Replacement Therapy

A Woman's Best Medicine for Menopause
 Natural Hormone Balance for Women
 The Natural Hormone Makeover
 HRT Solution (rev. edition)
 Hormones after menopause
 The Clinical Utility of Compounded Bioidentical Hormone Therapy
 Perfect Balance
 Unlock Your Menopause Type
 Integrative Women's Health
 Estrogen Matters
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 The Hormone Diet
 The Good News About Estrogen
 Benefits of Bioidentical Hormone Replacement
 Feminine Forever
 Age Healthier Live Happier
 The Wisdom of Menopause
 Outliving Your Ovaries: An Endocrinologist Weighs the Risks and Rewards of Treating Menopause with Hormone Replacement Therapy
 The Clinical Utility of Compounded Bioidentical Hormone Therapy
 Discover Your Menopause Type
 What Your Doctor May Not Tell You About(TM): Menopause
 Ageless
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 The Secret Female Hormone
 Bioidentical Hormones: Hell or Heaven?
 HRT Solution
 A New Prescription for Women's Health
 The Perimenopause and Menopause Workbook
 Dr. Susan Love's Menopause and Hormone Book
 Dr. Robert Greene's Perfect Hormone Balance for Pregnancy
 Bioidentical Hormone Replacement Therapy
 The Wisdom of Menopause
 The Hormone Diet
 Testosterone Deficiency in Men
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 Hormone Replacement Therapy and Cardiovascular Disease
 Hormone Replacement: Therapy and Breast Cancer Risk

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LOGAN KELLEY

A Woman's Best Medicine for Menopause Harmony
 Written for women of all ages by an acclaimed hormone specialist, this breakthrough book describes findings about the effects of hormones on the brain, clarifies the pros and cons of hormone-replacement therapy, and provides a lifelong program for hormonal balance.
Natural Hormone Balance for Women National Geographic Books
 Take Charge of Your Menopause! This groundbreaking book—the first to reveal 12 distinct menopause types and how best to treat each—gives you the information you need to take charge of this challenging and sensitive life stage. Inside, Dr. Joseph Collins demolishes the "one size fits all" philosophy of menopause treatment, revealing that there is no magic hormone or combination of hormones that can be indiscriminately prescribed to all women. Inside, you'll discover: ·Natural & Conventional treatments that are best for you ·Necessary nutrients for a healthy menopause ·How to weigh the risks and benefits of Hormone-replacement therapy ·And much, much more "At last, a well-referenced resource on the advantages of natural versus synthetic hormone-replacement therapy." —Dana Reed-Kane, Pharm.D., F.A.C.A., F.I.A.C.P. "Finally, a book that teaches the importance of balance and actually shows everyone what many women have suspected all along: There is more than one type of menopause." —Luana Stone, menopause patient
The Natural Hormone Makeover Hay House, Inc
 Hormonal influences, both natural and iatrogenic, are implicated in the most frequent health issues of women. Endometrial cancer is now the most common gynecologic cancer in the United States and the industrialized world. This cancer is strongly related to hormonal and metabolic factors. In addition, breast cancer treated with hormone therapy (Tamoxifen) may, in some cases, be associated with uterine pathology. Hormone therapy is used to improve the physiological effects and counteract abnormal and deleterious effects of "natural" hormonal activity. Millions of women receive hormone therapy at some point of their life: using oral contraceptives, reproductive technology, treatment for post-menopausal symptoms, among other uses. This book addresses a range of women's health issues, from fertility to neoplasms, and their relationship with natural and iatrogenic hormonal effects. Chapters include clinical and pathological descriptions, theoretical and practical medical issues, and original studies and cases. Controversial issues in certain hormone therapies are presented with updated concepts based on clinical studies and novel statistical methods. The book will be useful for specialized and general physicians, oncologists, endocrinologists, researchers,

medical students, and others in the field of women's health.

HRT Solution (rev. edition) Harmony

Contains up-to-date, scientifically sound hormone information. Each chapter includes helpful exercises and assessment to help you get a clear picture of your health and make a plan for total hormonal wellness.

Hormones after menopause CRC Press

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.

The Clinical Utility of Compounded Bioidentical Hormone Therapy Simon and Schuster

In her most personal and inspiring book yet, New York Times bestselling author Suzanne Somers shows readers how to shape a healthy, lasting relationship through the lens of her fifty-year love affair with her husband, Alan Hamel. For the first time, Suzanne will expose the inner workings of her marriage: a winning combination of love, business, and family. Starting from the very beginning, when a big-city guy from Toronto met a small-town girl from San Bruno, California, readers will get a behind-the-scenes perspective on Suzanne's groundbreaking success as a TV star and Las Vegas diva, multiple-bestselling author, and successful entrepreneur and businesswoman, along with her more personal life as a mother, partner, and ultimately self-fulfilled woman. Through fame, fortune, sickness and blended families, Suzanne and Alan have kept the vitality of their marriage alive— together 24/7 (and haven't spent a night apart in 37 years), and combining business savvy in their constantly evolving relationship. Now, Suzanne reveals hard-won advice on how to rely on another person without sacrificing individual strengths. In this mixture of love story, memoir, and practical guide, readers, too, will discover how to forge and maintain a true partnership that's built to last.

Perfect Balance Three Rivers Press (CA)

Now revised and updated, the comprehensive program for restoring vitality, sexuality, and health using natural hormones—just the ones each individual woman needs, and just the amount she needs. The decision of whether or not to use hormone replacement therapy (HRT) during menopause is perhaps more controversial—and more confusing—than ever before. The HRT Solution provides a balanced discussion of the issues and, most important, offers a choice that goes beyond "yes" or "no." The authors explain the shortcomings of the conventional, "cookie-cutter" approach to HRT, which gives women standardized amounts of synthetic hormone substitutes or animal-derived hormone products. Instead, they recommend a program designed to meet each woman's particular needs. Their approach emphasizes the importance of testing and ongoing monitoring to determine precisely which hormones a woman may

want to supplement. The solution lies in the prescription of individualized doses of custom-made natural hormones—exact matches for the ones a woman's body produces. The HRT Solution makes it possible for each woman to maintain a hormonal balance that is optimal for her body and her well-being, without the unpleasant side effects and potential for long-term health problems associated with conventional HRT.

Unlock Your Menopause Type AuthorHouse

A respected Western physician offers the first complete Ayurvedic approach to a healthy and comfortable menopause "A Woman's Best Medicine for Menopause is the first menopause guide based on the Ayurvedic approach to good health, recently popularized in the West by Depak Chopra. In it, Dr. Lonsdorf—who is both a Western-trained physician and a leading voice in Ayurveda approaches to women's health—acquaints you with the basic principles of Ayurvedic medicine. She provides quizzes and checklists that help you to determine which risk factors you should be most concerned about and for understanding why you are experiencing specific symptoms. Dr. Lonsdorf shows you how to develop comprehensive personalized programs based on differing risk factors and symptoms. She even describes proven natural methods developed and refined by women over the course of 3,000 years to keep looking beautiful. Includes a foreword by Dr. Rama Kant Mishra.

Integrative Women's Health Harmony

Women demand a broader, more integrative approach to their health care, and this title meets that demand. While books aimed at general audiences are commonplace, this in-depth, wide-reaching reference on integrative women's health is written for both health-care professionals and general audiences.

Estrogen Matters Academic Press

Creating physical and emotional health and healing during the change. An outstanding collection of information and case histories that will benefit everyone who reads this book.

Two's Company St. Martin's Press

Dr. Christiane Northrup's #1 New York Times bestseller *The Wisdom of Menopause* has inspired more than a million women with a dramatically new vision of midlife—and will continue to do so for generations to come. As Dr. Northrup has championed, the "change" is not simply a collection of physical symptoms to be "fixed," but a mind-body revolution that brings the greatest opportunity for growth since adolescence. The choices a woman makes now—from the quality of her relationships to the quality of her diet—have the power to secure vibrant health and well-being for the rest of her life. Now completely revised, this groundbreaking classic draws on the current research and medical advances in women's health, and includes: • a new section on sex after 50—and how, if need be, you can rejuvenate your sex life; • updated mammogram guidelines—and how

thermography improves breast health; • the latest on the glycemic index, optimal blood sugar levels, and ways to prevent diabetes; • dietary guidelines revealing that hidden sugar—not dietary fat—is the main culprit in heart disease, cancer, and obesity; • all you need to know about perimenopause and why it's critical to your well-being; • a vital program for ensuring pelvic health during and after menopause; • strategies to combat osteoporosis and strengthen bones for life. With this trusted resource, Dr. Christiane Northrup shows that women can make menopause a time of personal empowerment—emerging wiser, healthier, and stronger in both mind and body than ever before. [The Hormone Diet](#) New Harbinger Publications

RESTORING YOUTH THE NEW SCIENCE OF HUMAN GROWTH HORMONE THERAPY Have you ever wondered why some Hollywood celebrities seem to be ageless? The secret might be Human Growth Hormone! Sylvester Stallone, Nick Nolte and Jane Seymour are just a few who swear by the use of HGH. If you are a man or women feeling the creeping pangs of "middle age," Growth Hormone Replacement Therapy can revitalize and regenerate every cell of your body, and have you feeling and performing as if you were decades younger! HGH Replacement Therapy is being heralded as the "New Fountain of Youth." But, make no mistake, it is not some myth or magical potion. HGH replacement is advanced science and personalized medicine. In this book Dr. Gaines dispels many of the myths and misconceptions about Human Growth Hormone. You will find how Dr. Gaines is applying his years of age-management know-how, with the latest research on hormone replacement, to use HGH to "turn back the clock." If you are feeling tired, depressed, weak, or experiencing sexual wellness issues, you are urged to read this book, and discover how to create a younger, stronger, more vital - YOU!

[The Good News About Estrogen](#) St. Martin's Essentials

This is a high-level, clinical reference by world-class specialists on the efficacy of hormone replacement therapy for the primary prevention of cardiovascular risk in postmenopausal women. Specific chapters cover pulsed estrogen therapy with AERODIOL and cardiovascular risk assessment in postmenopausal hormone replacement therapies such as Livial (tibolone). This volume is based on the formal presentations and subsequent discussions that took place at the International Menopause Society specially convened Expert Workshop on Hormone Replacement Therapy and Cardiovascular Disease, London, UK, October 13-16, 2000. [Benefits of Bioidentical Hormone Replacement](#) Wiley

Can you really feel better as you get older? Is aging without illness possible? Is your own internal fountain of youth waiting to be discovered? Yes, yes, and YES! says Suzanne Somers, the bestselling author of *The Sexy Years*. It can all be true when you take advantage of the science of antiaging medicine—a revolutionary approach to achieving the ageless life. Suzanne Somers has already introduced millions of women to bioidentical hormone replacement therapy and changed the way we look at menopause. Now, in *Ageless*, Suzanne introduces an inspiring, medically validated approach to reversing the aging process and maintaining a healthy, vibrant, mentally sharp, sexually active life—while building the body's natural defenses against age-related diseases. Suzanne talks about: • How antiaging medicine can help detox the body of harmful pollutants and chemicals and strengthen our weakest glands and organs • The dangers of perimenopause and how women can treat it • Why so many hysterectomies are unnecessary, how birth control pills may have

contributed to the rise of hysterectomies, and how to restore your body to perfect hormonal balance after having one • How andropause is a real condition for men, and how men can lose weight, regain their youthful physiques, and restore health, energy, and sexuality, all through bioidentical HRT • The importance of sleep and the healing work that nature does during this time to balance hormones and increase energy In this "antiaging bible," Suzanne brings together prominent, Western-trained antiaging doctors to show how the traditional medical approach is woefully inadequate. Its standard of care has been to treat all symptoms with drugs, but in *Ageless* you will find out how this approach does not make us better. With antiaging medicine you can heal your body rather than keep a chronic condition at bay with drugs. *Ageless* shows you how to keep your "insides" young, and how this manifests on the outside.

Feminine Forever Random House Large Print

The Clinical Utility of Compounded Bioidentical Hormone Therapy National Academies Press

[Age Healthier Live Happier](#) The Clinical Utility of Compounded Bioidentical Hormone Therapy

In the first edition of this important bestselling book, praised by *Newsday* as "the bible for a whole generation of menopausal women," renowned physician and pioneering women's health advocate Dr. Susan Love warned about the potential dangers of the long-term prescription of hormone replacement therapy. Her insightful words of caution have been backed up by the stunning results of the recent studies on hormone replacement. In this revised edition, Dr. Love offers a remarkably clear set of guidelines as to what the studies have shown about the risks regarding heart disease, breast cancer, stroke, and other conditions, and what effect hormone therapy has on osteoporosis. She offers definitive expert advice about whether or not to go on hormone replacement therapy and, if so, for how long, as well as how to taper off hormones; and she introduces the alternative methods for treating the symptoms of menopause. Dr. Love stresses that menopause is not a disease that needs to be cured—it is a natural life stage, and every woman ought to choose her own mix of options for coping with symptoms. A questionnaire about your own health history and life preferences helps you develop a program that will best fit your unique needs. With clarity and compassion, she walks you through every option for both the short and the long term, including: • lifestyle changes (diet, exercise, and stress management) • alternative therapies (including herbs and homeopathic remedies) • available medications other than hormones

[The Wisdom of Menopause](#) Eyesong Publishing

The U.S. Food and Drug 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 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 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 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 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 populations that might benefit from cBHT preparations in lieu of FDA-approved BHT.

Outliving Your Ovaries: An Endocrinologist Weighs the Risks and Rewards of Treating Menopause with Hormone Replacement Therapy Weil Integrative Medicine Libr

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 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 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 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 medical oncologist, and Dr. Tavis, 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 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 beneficial treatment and provides an empowering path to wellness for women everywhere.

[The Clinical Utility of Compounded Bioidentical Hormone Therapy](#) Oxford University Press, USA

This book provides a background of essential knowledge on testosterone deficiency in men, including diagnosis and treatment. It also explores the associations of testosterone deficiency with organ systems and their diseases e.g diabetes, osteoporosis.

[Discover Your Menopause Type](#) Little, Brown Spark

This book covers a topic of considerable current interest and presents many of the most significant research findings available to date. Workers at the forefront of research on hormone replacement therapy and the implications for the risk of breast cancer were invited to attend a special Conference at the Royal Society of Medicine in London in September, 1991, where the latest data were presented to a distinguished audience and the implications of this research were discussed. The volume reviews various aspects of HRT and breast cancer, the physiology of the menopause, the current use of HRT in practice, osteoporosis and epidemiology and presents results from a range of European, American and Australian studies on the role of breast cancer and HRT, finishing with an overview of benefits, use and cost-effectiveness and a general summary. The book represents a definitive statement of current knowledge in this field and an informative update on the implications of recent research. It will be a valuable addition of special significance to the libraries of all those concerned with hormone replacement therapy and the study of breast cancer.

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