


DISCOVER YOUR MENOPAUSE TYPE



THE EXCITING NEW PROGRAM

THAT IDENTIFIES THE 12
UNIQUE MENOPAUSE TYPES &
THE BEST CHOICES FOR YOU
JOSEPH COLLINS, N.D.

Previously published as What's Your Menopause Type?

Joseph Collins

Discover Your Menopause Type



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Take Charge of Your Menopause! A. Conventional treatments that are best for you · gives you the information you should take charge of this challenging and sensitive life stage. Inside, Dr. Joseph Collins demolishes the "one size fits all" Finally, a well-referenced reference on the advantages of natural versus synthetic hormone-substitute therapy. A. Luana Stone, menopause patient the first to reveal 12 distinct menopause types and how best to treat each—Necessary nutrients for a wholesome menopause · How exactly to weigh the risks and benefits of Hormone-replacement therapy · And far, much more " philosophy of menopause treatment, revealing that there surely is no magic hormone or mix of hormones which can be indiscriminately recommended to all or any females." —D. Dana Reed-Kane, Pharm.C.A.C. This groundbreaking book—, F.I. Inside, you will discover: ·, F.—"Finally, a book that teaches the need for balance and also shows everyone what many women have suspected almost all along: There is several type of menopause." P. Organic &



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best menopause book, many bias-free (treatment agnostic), with some flaws. Despite not being updated since 2002, this is a highly useful publication for peri- and menopausal women. It's best for women who wish to get the info on what the heck is certainly going on and how exactly to feel better ASAP without a lot of emotional or spiritual "woo" but with plenty of useful info organized for efficiently determining what to do to feel better. There is a large amount of useful information, nonetheless it is not well organized, requiring the end user to do a whole lot of hunting around and clicking through, and there are no 'breadcrumbs' and few navigation pubs to help you get back to where you were (apart from the Back key in your internet browser). This will give you back control. day time. EVERY WOMEN NEEDS THIS Publication! 2. The publication refers someone to the author's web site for various resources, such as an "automated" version of the questionnaire, and a list of labs that do direct to customer saliva testing. Put simply, he is treatment agnostic and advocates whatever works best for the individual, without bias for or against standard medication and with a sober acknowledgement that while there are risks with HRT, they must be balanced with the benefits. This is a great book to explain and explain what each of these hormones (estrogen, progesterone, and testosterone) do in the feminine body, and the type of symptoms you can form when the degrees of one, two, or all three are high or low. I hope to avoid HRT so getting information on C&A treatments (herbs) and nourishment is essential to me. What's really great may be the open-mindedness to the complementary and option medicine treatments, including nutrition. But it doesn't overwhelm you with details. I never found that. I discovered it very confusing and actually halted reading at this stage. This publication addresses the specifics of what is leading to your symptoms and how to relieve them without being either as wide-ranging or as boring as Menopause For Dummies, and it is not loaded with New Age "woo" like New Menopausal Years (The Wise Female Way) -- perhaps because it is more tightly focused. discover your menopause type. Congrats Collins for understanding a woman's frustrating world! In a way, the closest and best comparison to this book that I can think of is not a menopause book, it's a book on treatment of the different types of depressions (the book Beyond Prozac -- which lamentably had only 1 edition), because of just how both authors are treatment agnostic and suggest what mix of conventional medicine &/or supplements &/or nutrition is most effective for the different types. However, there are a few caveats. 1. Scoring the menopausal type questionnaire is quite confusing (as evidenced by the countless reviews that say just that). As with most things, you have to take what functions for you personally and leave the others. And my impression, from how that section of the book is written, is definitely that he attempted to simplify it as much as possible. This book clarifies one treatment doesn't fit all women and by taking this publication to your doctor, you are opening their eye and educating them. It's just sort of confusing and hard, and since that is the main stage of the publication before you can figure out how to treat your type, I feel like that ought to be less confusing, clearer, and also have less potential for terminally frustrating the reader. After 5 very long suffering years of symptoms, acquiring this reserve and a fresh doctor I am on the path to feeling myself once again. It had taken me 3 attempts before I was assured I acquired it right. It simply includes a few flaws, which I'll get to. His suggested treatment protocols include herbs, homeopathics, and prescription typical hormone replacement therapy (depending on what is most effective for your menopause type) as well as chapters on self-care and nutrition. But the author's site is complicated and hard to navigate, so I never found the automated version of the questionnaire. (By automated, I thought he meant that you fill up the questionnaire out on the web page, and it ratings it FOR you. The author uses example sufferers to describe the different types of menopause, which is a useful convention for elucidating the problems and the solutions. All I could find was the questionnaire in PDF format for download. My husband is a very wonderful author! The web site needs a major overhaul by a professional web designer. I never bought the product, so don't why it appears on my purchased list I by no means bought this, so don't know why it really is showing as a purchased item. Not that impressive. This is exactly what I wish New Menopausal Years (the Wise Woman Way) have been, and it includes a tighter focus and utility than Menopause For Dummies. It is also designed to sell you his herbal and enzyme product blends, which are unbelievably expensive in comparison to what you can find at additional much easier-to-use online herb/product shops. The entire web site was a real disappointment after the reserve and makes the author look like he's simply shilling for his own products -- that was not really the feel I acquired from the publication at all. It generally does not invalidate the info from the publication... it just sort of cheapens it. 3. The saliva testing query: considering that

hormone amounts fluctuate on a circadian rhythm, the utility of saliva examining versus serum (blood) testing is questionable. I found the first fifty percent of book extremely interesting, it was very gripping and i felt i couldnt place the book down and then when it got to the testing part of publication, i was totally lost. I would recommend it to others. -- to indicate pregnancy!. The math test is a bit confusing and mine came up unique of the actual blood exams I acquired done but this publication gave me a foundation to absorb what is going on to make an educated decision on how I possibly could tackle my symptoms. When I sensed better, I needed to discover ways to help others. another reason why the FDA does not approve saliva tests for hormone baseline or monitoring, though they don't prevent you from getting it yourself.! I understand the writer developed this tool to help women find out whether their symptoms are related to low, regular, or high levels of each hormone (estrogen, progesterone, and testosterone), and therefore that sort of requires a matrix or spreadsheet to figure out the scoring. We do not have to suffer from menopause any more. It will also tell you what herbs in order to avoid. Discover Your Menopause Type Book Absolutely a wonderful book. The quiz also correctly diagnosed my deficiencies. Has a questionnaire and teaches you which type you are and all the options of what you can do. I recommend this reserve to all ladies as it is a great resource and can be taken with you to your physician for further help and treatment. All natural is the way to go. . But still, I experienced to try scoring my questionnaire 3 x before I was relatively confident I got it right. Simply keep trying. I found this book unintentionally while doing study online and was the very best accident to ever happen. Very Confusing Difficult to work through and the information given is minimally useful if you are able to manage that daunting task. All roads lead to medical attention and in the event that you bought this reserve, it was probably to escape that route to start out with. LIFESAVER This book I swear saved my entire life and I've passed it to so many women. It offers you an idea of what is to arrive after your intervals have halted and it includes a thorough and clear glossary of terminology and chapters on self-care, diet, herbal remedies, and hormone alternative therapy, as well as an index and a list of resources. Simply knowing what I learned from this took a lot of stress aside. Once you learn your "menopause type" you get a step-by-step instruction which herbs and vitamins you are in need of and what will benefit you. This is my 5th doctor trying to take care of this problem as with most doctors they seem to treat all of them the same. For me personally it was on the money and the changes had been immediate like night & It clarifies what estrogen, progesterone, testosterone, and the androgens do in the body, and what symptoms you can have when any or all of these hormones go haywire during perimenopause or after menopause officially begun. Thank you J Collins for making this book happen. LADIES Purchase THIS BOOK! But this book -- if you can utilize the questionnaire and the scoring formulation correctly, which isn't assured -- will arm you with the info you need to take nonprescription herbal remedies or homeopathic remedies to greatly help with your peri- or menopausal symptoms. It has a wealth of info delivered objectively however in a nicely targeted way (with A great deal of citations and references). This book has made a profound difference for me. Very informative for females heading thru this stage within their life. A Must Have Book about HORMONES!! Dr. Collins has provided women and other physicians an eye opening knowledge of hormones that everyone must have within their office or at home. There is help in layman's terms! This book outlines the various things that women experience beautifully that's not told to them. How a lot of us believe we are going crazy only to find we have to keep digging until we uncover what took over our bodies! they make it feel just like the publication is a real reference and not just mostly the author's views.. I also really valued the citations and references; Why not test urine for degrees of hormones, after that? Once I found my type and examine that section and the description of common symptoms, it *really* rang accurate and captured the misery of the symptoms I've been having, why, and what to do about any of it. Not what we thought it was going to be. This is a good read!)~~~Aside from these caveats, that is still the best reserve on menopause There is. The book is a superb read and attention opener. As a registered nurse, I really appreciate the author's capability to use jargon free vocabulary to explain how the endocrinology of sex and adrenal hormones works (or doesn't) during perimenopause and menopause, without overwhelming the reader with information. The author has a conversational writing style which is very easy to read!! Eye Opening I ordered the publication because I wanted to sell their products. This book has made a profound difference for me. .. (Saliva testing can be not the gold regular and insurance companies generally won't cover it. Very helpful Actually helpful in convincing me that I needed to take action. I was finally able to make sense of my symptoms,

and work accordingly. And I could hardly ever find the set of labs that do saliva testing. My husband is a very wonderful author!! The existing web site appears like a cross between a boilerplate online buying existence and the mid-term task for a college level web design course.! I was helped a few years back when I had a large number of hot flashes..! After all, that is reliable more than enough -- and quantitative!



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