

What
every woman
over 40 needs
to know

The Estrogen Window

**The Breakthrough Guide to Being
Healthy, Energized, and Hormonally
Balanced—Through Perimenopause,
Menopause, and Beyond**

MACHE SEIBEL, MD

Creator of the Menopause Breakthrough Program and founder of My Menopause Magazine

Mache Seibel

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The Estrogen Home window will eliminate your confusion, calm your fears, and help to make you a partner together with your healthcare provider. Mache Seibel, international wellness professional and leading authority on women's health, presents groundbreaking study that explains how every woman has a window of opportunity to begin estrogen substitution therapy, even though minimizing menopausal symptoms such as for example hot flashes, night time sweats, mood swings, decrease libido, fractured sleep, brain fog, irritability, and excess weight gain. You'll discover which estrogens and progestogens will be the safest and just how long to take them, furthermore to when your estrogen screen closes and it's too late to consider estrogen. It also gains insight on the subject of alternatives to estrogen and how exactly to talk with your healthcare provider about what is best for you personally. In The Estrogen Windowpane, Dr.



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An Important Reserve for all Perimenopause and Menopausal Women I must say i wish I had been in a position to read this publication 10 years ago, it would have changed my entire life - my bone relative density, my well being and my post menopausal wellness. Dr. I think this is a good read for all ladies and that means you know what to expect or search for when you enter this stage of existence. Information every woman requirements. Now I know what I can do about them. I also found it hard acquiring literature and/or an (in-network) professional in the medical sector that works with older women and menopause which publication really helped directing me in my own search. Seibel provides very clear explanations and analyses of the anxieties and fears connected to hormone replacement make use of. His extensive experience and insight supplies the basis for the very critical decisions every girl needs to make regarding her health and potential after menopause. I want I had known within my estrogen home window. Siebel's reserve. Whatever you decide, you will have invested in knowing the latest and best information in a timely way. I urge you to read Dr. I think this is an excellent read for all ladies so you know what to .. Seibel has written an easily understood and useful book that can help woman and their healthcare providers know very well what is happening in this critical time in existence and how to best use hormone and other therapies to feel better Right now, preserve their wellness, and continue steadily to thrive well in to the future. We am 47 and I am in peri-menopause. This reserve is crucial read for all women. Seibel has written a momentous reserve for women - the best and apparently just resource for understanding hormones and the function hormones play in women's heart, breast, bone and mental well being. I didn't also bother completing it. There is a lot of repetition in the beginning of the book, but hang in there. Also have a highlighter ready so you can conveniently refer back to those issues that apply to you. A Definate Read This book really helped in my decision with taking or not taking an estrogen/progesterone supplement. Specifically since there may be plenty of controversy (nowadays) with the reality of menopause. Dr. Much needed! This is a great book and much necessary for many women who was simply swept up in the error of 2002 till now! I keep saying "I'm not really in menopause" because I anticipated drastic symptoms but apparently I have already been with things I knew nothing at all about. I highly recommend this clearly written, thorough, and thoughtful summary of the most recent evidence-based medicine to aid women struggling with symptoms during menopause and perimenopause. Dr.. Estrogen myths finally dispelled Highly recommend. I could connect with sooo most of the symptoms currently! Dr. If you were scared off of hormones (or if your physician was) due to the 2002 WHI study, he clarifies its many flaws, and presents evidence of the many benefits and ideal timing for estrogen therapy. Hormone replacement decisions have been and continue to be made by women and their doctors with decades old inaccurate medical details. I Didn't Even Know I Was Menopausal til Right now! Great details Dr. Mache! Thanks Indispensible--A Must Browse for women and their healthcare companies! I thought it had been just aging. This is a tragedy for menopausal females of today who are vibrant, healthy, active and focused on taking advantage of their lives after menopause. Loved the publication. The author repeats the same arguments over and over. If you want to be informed Prior to, its great information Loved this book An excellent, information-packed book that all women should read. Seibel sheds light on the truth behind the Women's Health Initiative and tells the reality about the benefits of estrogen. He clears away the confusion, and is apparently a very sympathetic caring doctor. Extremely Detailed and Well Documented Examination Of Estrogen's Role in Women's Health This book provides the reader with an extremely detailed and thorough scientific study of the role that estrogen plays in a woman's body, especially during perimenopause, menopause and the senior years beyond. What risk turning off some readers may be the fact that it's so detailed, provided in scientific and medical terminology. Don't waste your cash Don't waste your cash buying this. But the information presented right here serves as a fantastic resource for women with questions about estrogen alternative, such menopausal symptoms as scorching flashes, breast health, bone health insurance and avoiding osteoporosis, plus much more. Educate yourself to enable you to make better informed decisions about the body and your longterm health. Too

redundant. Wish I'd read earlier This is an ideal ready for ladies in their late 40's, answers for all those within their late 50's. Thank you! Thank you Dr. Seibel for providing an extremely informative and up-to-date book for all those. There's so much confusion and controversy about hormone therapy and coping with menopause today. By providing extensive background info and the latest research on these topics, this publication helps alleviate our fears and stress. I feel extremely fortunate that I found this reserve and would recommend it to anyone who would like to try to understand potential options for dealing with menopause and additional health-related issues.



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