

"Dr. Seibel clears up some and far all the fear and confusion that many women still feel when it comes to understanding estrogen. He shows how it can actually be a valuable tool when used at the right time. Don't wait to pick up a copy of this groundbreaking book!"

—SARAH TURNER, MD, New York Times bestselling author

# The Estrogen Fix

Previously published as *The Estrogen Fixation*

**THE BREAKTHROUGH  
GUIDE TO BEING  
HEALTHY,  
ENERGIZED, and  
HORMONALLY  
BALANCED**

**MACHE SEIBEL, MD**

Mache Seibel

The Estrogen Fix: The Breakthrough Guide to Being Healthy, Energized, and  
Hormonally Balanced



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the estrogen window,"Dr. Mache Seibel, one of the leading doctors in women's, diabetes, osteoporosis, and more even though minimizing your symptoms.Offering hope, expertise, and cement answers to a rectifiable issue, The Estrogen Fix is the definitive book upon hormonal health for ladies.With groundbreaking research and an exciting new theory which will change the way females look at hormone replacement therapy for a long time of substantially improved health, happiness, and standard of living, The Estrogen Fix is a must-have reserve for each and every woman over 40. estrogen can lower your risk for breast cancer, cardiovascular disease, Alzheimer's health insurance and menopause, proves that every woman comes with an ideal time to more safely start estrogen substitute. When administered at the moment, referred to as " If estrogen provides you confused or concerned, if you are toughing it out since it seems too complicated to find it out, if your doctors are reluctant to treat you as well as your symptoms are making your daily life a challenge, this reserve is for you.



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In this first of its kind books, Harvard faculty member and international menopause expert Dr. NOT FOR ALL WOMEN This book is confusing. I really like this book due to the brand-new, pertinent information that we learned. Begin treatment in your estrogen screen and estrogen can decrease your threat of breast cancer, cardiovascular disease, dementia and more. As a nutritionist, I trust Dr., hormones like Premarin (that is animal abuse concerning how it really is produced, look it up. Menopause Workbook. I believe I still had more than enough hormones in me that adding more was extremely problematic. I am 63 now and last year one day I woke up and experienced "outdated." I had also gained belly fat which is usual in finally hitting menopause. I found an excellent (female) doctor who put me back again on bios -- estrogen patch, prometrium, compounded testosterone. I finally feel good once again. The "window" in his book is about women UNDER 60 taking hormones and he alludes to how dangerous hormones are (causing cancer) for women over 60 and they should only stay on hormones for 5 years. His recommendations would definitely NOT have proved helpful for me in my 50s as he says in his publication. My doctor has a patient WHO IS 86 who requires bio-identical hormones without problems. How long can you consider them? Elizabeth Lee Vliet or the publication, The Perimenopause & I tried bio-identical hormones about 5 years back in my 50s rather than felt so bad -- I blew up just like a balloon. Vliet's books make the most sense to me. This reserve is for all those women who want to know how to best care for themselves before, during and after menopause. UPDATE: I MESSAGED THIS General practitioner ON FACEBOOK CONCERNING MY Issues ABOUT HIS PUBLICATION AND HE NEVER RESPONDED! Very Informative! This book was so very helpful when making my decision whether to take hormone replacement therapy. In addition, it gave me the tools I needed to talk to my health care provider about it as well as inform my close friends the reality about HRT. excellent work, Dr. Passionate, informed, and science-driven. It is a must read for any woman grappling with this problem. Dr. What's confusing may be the "window" the physician writes about for women to take hormones. Get this book Prior to you possess symptoms!" I, myself, missed the "estrogen window" therefore I had to come off of oral medication. Actually, my doctor known me out because she said, "I know nothing at all about menopause! Seibel presents updated research that my very own doctor wasn't alert to. Don't miss away! I REALLY DO NOT suggest acquiring this doctor's information. Dr. Seibel may be the Estrogen guru! :) Discover YOUR INDIVIDUAL Estrogen Fix If you're afraid or confused about estrogen and whether bio-identical hormones are safe to take, you're not alone! Lots of information about estrogen therapy for menopausal women is available-Dr. When perform you start them? I'd NOT recommend this book over books compiled by Dr. I first read this publication when it was named The Estrogen Home window. Disappointed & Mache Seibel explains in easy to understand language how there is an estrogen screen of opportunity to take hormones. Second, the doctor writes mostly about taking NON-bio-identical hormones, i. But once the estrogen windowpane closes, the reverse could be true. In this easy to read book, Dr. Must read for anybody experiencing hormone imbalance, questions around estrogen and even more! Dr. Mache Seibel is something special to women. His book and work in this world is incredible and so needed, as there is tremendous dilemma around hormones, menopause, autoimmune disease and more. The Estrogen Repair is filled with information that makes feeling and is backed by science and Dr. Mache Seibel's decades of experience and work in this field. required reading All the information you need when dealing with the problems your girlfriend or wife could be having.e. Siebel that the decision to use hormones could be the most important mid-life medical decision a female makes to save her later from breast cancer, heart disease, and dementia. Make sure you read Prior to going through menopause so you can make an informed decision for yourself. Thanks a lot for your heartfelt, excellent function, Dr. S. - Christa Orecchio, Clinical and Holistic Nutritionist,

thewholejourney.com The email address details are in this book!The Estrogen Fix is preferred by the North American Menopause Society not merely for every woman in and around menopause, also for their doctors. Plenty of literature about estrogen has become available recently, and Dr. Read this book. This reserve could save your valuable relationship or help to build a brand-new one when issues aren't going too effortlessly where they should be. There are constantly reports about hormone substitute therapy causing all sorts of issues with a female's health like increasing the chances of breast cancer and heart disease. Seibel is practical of it all! This complicated topic is manufactured simpler and women with the proper questions to talk to their doctors. Dr. Seibel's publication is a terrific guide for menopausal women, particularly for anyone who has recently become menopausal. Seibel clears the mystery relating to estrogen and just why and how it could be right for ladies. Seibel clearly puts it all into perspective, to greatly help women make the proper choices for their symptoms and their wellness. I am also a gynecologist who manages many menopausal females, and I have regularly recommended The Estrogen Fix, and Dr. Seibel's previously work, The Estrogen Window, for my perimenopausal and menopausal individuals. They find it very helpful.



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