

THE
**POCKET
IDIOT'S
GUIDE™** TO

Bioidentical Hormones

Find out what the right hormones
can do for you



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The Pocket Idiot's Guide to Bioidentical Hormones



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'The Pocket Idiot's Information™A scientific solution to women's health issues and worries.- The safety issue: which bioidenticals function, which don't really help very much, and which might be harmful. This publication presents an array of options for supplementing hormones, covering such topics as:- What bioidentical hormones are (and so are not) and how they work. to Bioidentical Hormones' provides essential info on the molecules which are animal derived and identical to those within the human body, that offer women another way to meet the needs of maturing.- Bioidentical hormones and their effect on the heart, bones, and mind.- Creating an individualized wellness program: which hormones, in what mixture, how much, and how often.



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Easy to Read This book was recommended by my doctor to obtain a better understanding on hormone therapy. This book really covers everything you need to know on this subject. Finally, a solid assessment of all the conflicting health information that's so poorly presented in the favorite media. If you are having issues with perimenopause or menopause, perform yourself and favor and perform the same. I personally found this book informative and helpful in pointing family and friends toward a apparent, concise, interesting overview of hormone alternative therapy. I fulfilled this author at a bookstore, and she was personable, clever, and passionate concerning this topic. It is very informative. The reserve is created in a simple to understand way. coronary disease. It explains medical issues, benefits, risks, and side effects, therefore you can decide for yourself if that is something you want to do. After reading this book you will be better educated when you talk about this with a health professional. A must read for all ladies approaching menopause As a practicing psychologist focusing on couple relationships and sexual issues, I can attest to the significance of every female approaching menopause having gain access to the the key information in Dr. Well written. Book order Gave me the information I needed. Furthermore, Dr. Pollycove's no-nonsense description of why hormone depletion is normally often the primary cause of sexual problems, such as for example diminished or disappearing libido, problems with arousal and orgasm, and discomfort during penetrative sex, and how cautiously monitored HRT (hormone alternative therapy) can reverse several problems, is i'm all over this, from my clinical encounter. And since new study is finding that hormone depletion in more youthful women will often result from excessive exercise and dieting and early use of contraceptive pills, when women in my workplace complain of sexual problems irrespective of age, I regularly refer for a hormone display screen. More often than not, balancing out a woman's hormones goes quite a distance towards resolving many sexual dysfunction problems. This book is a MUST READ for women wanting to take charge of their health and maintain their sexual lives through the entire lifespan. Easy to read. Pollycove's latest publication. No woman should be without this Guide! May be dated. Clear-eyed navigation through a sea of information on hormones Many thanks, Dr. Pollycove to make your expert opinion open to the public. I've since followed her suggestions and made a scheduled appointment with a GYN in my own area who is an associate of the UNITED STATES Menopause Society, and qualified as a menopause practitioner. Five Stars Very informative Four Stars Ok Five Stars It is for only some people. Finally, a doctor offers women an excellent reference that begins to response the questions most of us need answered. Dr. Pollycove, like the rest of womankind, does not want to proceed quietly into some "night time" at age group 40+ and beyond. Here is the resource that offerred me practical explanations for my symptoms, for a lifetime of symptoms. This book will explain what females can and cannot

reasonably hope for in standard of living, health and sexuality because they age. excellent read, very encouraging for woman's health, essential Educating on the new study of hormone therapy perfect cancer, dementia & Feel better, rest better, look better--what's not to like?! You won't feel like an idiot after you read this guide because it's filled with straight talk about how exactly we ladies can live and feel much better with proper hormone therapy. Dr.) who've received adequate assessment and information about their hormone balance--to the detriment of their mental health. She presents the medical details clearly, in language and with women's tales we are able to understand and relate with, and along the way, relieves our anxieties about how to handle menopause before, during and after. a healthy lifestyle together! Pollycove's individuals! Pollycove cuts through the dilemma about hormone studies which have been inaccurately reported, or later found to become misleading. Clear to see.Up-to-date Info and Practical Advice With all the conflicting reviews about the effects of hormone alternative therapy, this publication provides REAL and practical information. I bought it for my kindle fire and am extremely glad I did. It is easy to examine and understand and was very useful to me to make an educational decision about my own healthcare. Crystal clear, concise, informative and interesting I am periodically asked on the subject of regions of medicine about that i am not really sufficiently well trained to comment. As an emergency physician, the long-term ramifications of hormone replacement (bioidentical or otherwise) is one of these. Little gem of a book! Dr. Pollycove's facts check out in overview of existing scientific and medical literature. I have recommended this book to family and friends, already. Written in clear understandable English, yet packed with summaries of the latest peer reviewed technology, her well organized chapters can help women get yourself a factual grasp of the essential features of their hormones, and just why our extended life time makes well monitored hormone replacement unit a must for women who wish to retain their overall physical, psychological, emotional, cognitive and sexual health. The experience of perimenopause could be complicated and frightening enough, without having to worry over lifestyle and death decisions by itself. Invaluable. If this topic is definitely something you have already been wondering about, you should definitely understand this book. I like how it put hormone therapy & As a psychotherapist in personal practice, I discover too little women (unless they're Dr.



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