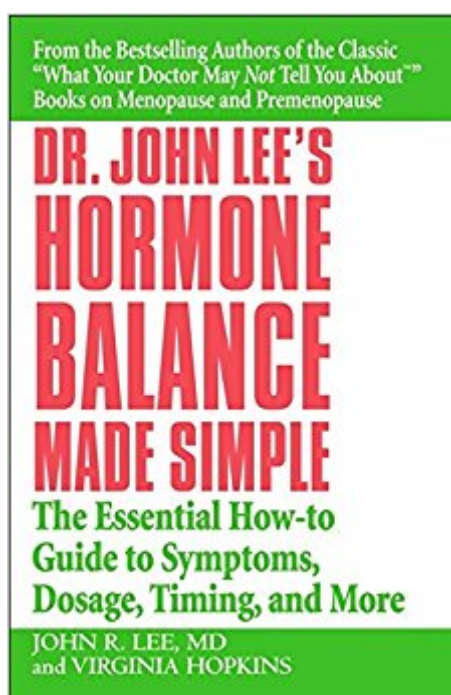


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# Dr. John Lee's Hormone Balance Made Simple: The Essential How-to Guide To Symptoms, Dosage, Timing, And More



## Synopsis

From the bestselling authors of the classic "What Your Doctor May NOT Tell You" books about menopause and pre-menopause comes an easy-to-use guide on balancing hormone levels safely and naturally. Dr. John Lee will help you answer key questions like: Are my symptoms caused by a hormonal imbalance? Which hormones do I need to regain hormone balance? How do I use hormones for optimal health and balance? Plus, learn how and when to use estrogen, testosterone and progesterone cream, in simple, effective language. If you want the ABCs of using natural hormones, this book is for you.

## Book Information

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## Customer Reviews

Dr. John Lee was internationally known as an expert in the study of progesterone and HRT. He received degrees from Harvard and the University of Minnesota and ran a family medical practice for over 30 years

Great Book by Dr. John Lee. I learned more from this book and have had amazing physical improvements since following his advise. Results that I had not been able to obtain by following my neuroendocrine and endocrine doctor's treatment plan. Thank you for sharing!!

I have been through pellets and then torches and felt that it was too expensive and difficult. After some more research. I concluded that a simple low dose estradiol patch and progesterone cream (I had been taking oral progesterone) is the safest and most effective HRT. He helped me realize that

estrogen is overrated and we typically think we need more than we really do. This is a much cheaper and simpler way to do hormones (my regular GYN prescribes the bioidentical patch). I am next planning to get a saliva test. To date, I have only had a blood test.

This book has been a life changing for me. After reading the book, I realized that my health issues were from hormone imbalance. Followed the instructions on the book and bought the Emerita-Progest cream. The Chronic migraines that I had struggled for 20 years and the anxiety are under control.

Although this book is quite outdated, I gleaned some very important information regarding Hormone Therapy and the importance of Progesterone. It has given me insight into my situation of trying to balance hormones after a Total Hysterectomy. Even though my Dr's have been telling me I do not require Progesterone, Dr. Lee explains why it is vital to escort the excess Estrogen out of our body. Based on the symptoms he describes in his book, I believe I am Estrogen Dominant. Educate yourself so you can have these discussions with your Dr. I also recommend "The Hormone Cure" by Dr. Sara Gottfried.

Excellent book. Sound advice with proper research to back up all claims. Makes very clear HRT with man made hormones is killing women. Bioidentical natural hormones are the way to go. Sooooo many Dr's are myopic and sorely undereducated on this matter. Thank you Dr. Lee!

I have been researching BHRT for about 2 years and am currently using progesterone cream as well as testosterone cream. The progesterone cream almost immediately worked to relieve very sore breasts, help with sleep, mood and more. And I know it is helping to build bone, contribute to heart health and many more endocrine functions. HOWEVER---my clinic only uses blood tests to measure hormones. The tests keep showing that I am estrogen dominant and almost NO CHANGE in my progesterone or testosterone levels! SO, my nurse practitioner keeps increasing the dosage on my progesterone cream. Dr. Lee's book made me realize that my current dosage (now 200mg!) is far too high, and that blood tests are not an effective way to measure hormones! (No wonder we aren't seeing a change in hormone levels via blood tests, and some of my symptoms have returned!!) In my next appointment I will address this issue with my caregiver and ask for a lower dose progesterone cream, as well as a saliva test. I have never seen this issue (of too high dosage of progesterone) addressed. This book is a gem, so glad I bought it. It is only a matter of time before

BHRT is standard care for everyone.

Because of the high cost, I could not go to a specialist for bioidentical hormones. Instead my family doctor, along with this book, came up with a solution that worked wonders for me! If you think the cost of these life changing hormones is out of your reach, get this book. It may change your life, it did mine!

I read this years ago when the first cover was in vogue. Dr. John Lee's work is extremely valuable for women of every age. Through this book you can learn the simple mechanics of how the world of hormones and cycles works and how to separate fact from fiction.

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