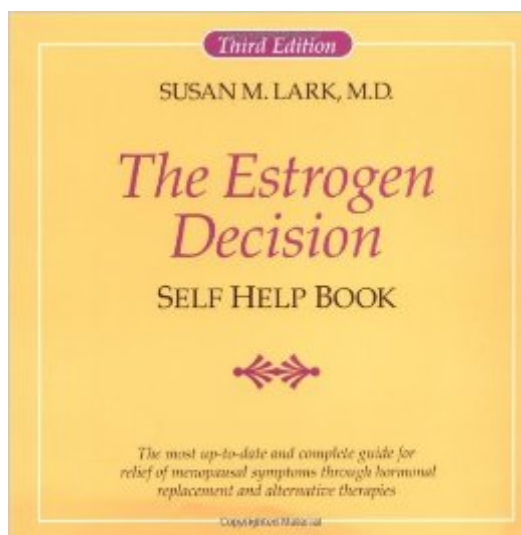


The book was found

# The Estrogen Decision: Self Help Book



## Synopsis

Millions of women in America are making the estrogen decision every day. But recent conflicting data has made the choices more complicated. Hormone replacement therapy, or HRT, has been hurled into the eye of a controversial medical and media hurricane. Dr. Susan Lark has unraveled fact from fiction and presents the confused reader with clear information, weighing the obvious benefits against both the immediate and long-term side effects. Because each woman is physiologically unique, there is no right or wrong choice. But by presenting all the options, Dr. Lark can help the reader make an informed health care decision.

## Book Information

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Product Dimensions: 8.5 x 8.6 x 0.8 inches

Shipping Weight: 1.5 pounds

Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #1,464,966 in Books (See Top 100 in Books) #102 inÂ Books > Health, Fitness & Dieting > Women's Health > Menopause #3599 inÂ Books > Health, Fitness & Dieting > Women's Health > General #97225 inÂ Books > Medical Books

## Customer Reviews

Well written and to the point, this book ably explains what women need to know about available options for dealing with menopause-related symptoms and conditions. I particularly liked the meal-planning and recipe section. I normally don't even read this part of a book, but this one is different. The recipes are very creative in the way they incorporate healthful ingredients such as flax meal and tofu. The one area in which I found the book lacking--and the reason I didn't rate it as 5 stars--was its failure to even mention Natural Hormone Replacement Therapy (as espoused by Jonathan Wright, M.D.).

I have found most of Dr. Lark's books to be professionally thorough and have turned to them numerous times. This time, however, I was a bit disappointed. She is too tentative in her exploration/explanation of alternative or natural nutritional supplements to see us through

menopause. I am in the perimenopausal stage and have referred to my favorite site, iHerb, for alternatives. Based on iHerb's information, I have started on a Black Cohosh blend and a wild yam cream that is helping. Stay away from DHEA, but go with the other, natural phytoestrogens that iHerb offers and check out other books that are a bit braver in their endorsement of these alternatives.

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The Estrogen Decision: Self Help Book Master Self-Discipline: Simple and Effective Steps to Develop Self Discipline, Get Organized, and Make Things Happen! (Willpower, Stress Management, Self ... (Self Improvement And Motivational Book 1) The Estrogen Window: The Breakthrough Guide to Being Healthy, Energized, and Hormonally Balanced--Through Perimenopause, Menopause, and Beyond Without Estrogen: Natural Remedies for Menopause and Beyond Secrets about Bioidentical Hormones to Lose Fat and Prevent Cancer, Heart Disease, Menopause, and Andropause, by Optimizing Adrenals, Thyroid, Estrogen, Progesterone, Testosterone, and Growth Hormone! Estrogen: The Natural Way: Over 250 Easy and Delicious Recipes for Menopause God Wants You Happy: From Self-Help to God's Help Annual Tax Mess Organizer For Barbers, Hair Stylists & Salon Owners: Help for help for self-employed individuals who did not keep itemized income & ... during the business year. (Annual Taxes) The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills, and Self-Control (Instant Help) SELF ESTEEM: How To Live In The Present Moment, 2.0 - Let Go Of The Past & Stop Worrying About The Future (Self Help, Mindfulness & Emotional Intelligence) What's Your Decision?: How to Make Choices with Confidence and Clarity: An Ignatian Approach to Decision Making Decision Traps: The Ten Barriers to Decision-Making and How to Overcome Them The 21-Day Self-Confidence Challenge: An Easy and Step-by-Step Approach to Overcome Self-Doubt & Low Self-Esteem Iyanla Live!: Self-Value, Self-Worth, Self-Love How Anansi Learned Self-Esteem: 10 Original Stories for Building Self-Confidence and Self-Respect Selfish, Shallow, and Self-Absorbed: Sixteen Writers on the Decision Not to Have Kids Children's Book: "Just The Way I Am": How to Build Self Confidence & Self-Esteem in children's books for ages 2 4 8 (Bedtime Stories Early Readers Picture Books in Kids Collection Book 3) The Menopause Self Help Book Menstrual Cramps Self Help Book: Effective Solutions for Pain and Discomfort Due to Menstrual Cramps and PMS Dr. Susan M. Lark's The Menstrual Cramps Self Help Book: Effective Solutions for Pain & Discomfort Due to Menstrual Cramps & PMS

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