

Safe Estrogen Reduce Your Reduce Your Breast Cancer Risk By 90

With the health risks associated with conventional hormone-replacement therapy, women are searching for safe and effective ways to reduce hot flashes, prevent osteoporosis, and reduce the risk of heart disease during menopause. In this User's Guide, health writer Kathleen Barnes describes a variety of natural and safe options for navigating the biological changes that come with mid-life. She suggests vitamins, herbs, and other supplements that scientific studies have found helpful in easing a natural transition and for lowering the long-term risk of age related diseases.

If you're looking for a safe, natural way to treat symptoms of menopause, The Soy Solution for Menopause is for you! Based on his groundbreaking work in the field of fertility and menopause, Machel Seibel, M.D., reveals how the soybean and its by-products afford new hope to menopausal women. Alleviating symptoms ranging from hot flashes and sleeplessness to vaginal dryness and weight gain, and reducing the risk of osteoporosis, heart disease, and diabetes, soy provides a natural and safe alternative to commonly recommended treatments. For the millions of women concerned that hormone replacement therapy may increase the risk of blood clotting and breast and uterine cancer, soy provides a superb alternative. Here Seibel explains how the female body processes soy, how soy products naturally restore hormonal balance by behaving like estrogen, and how to add soy to your diet for maximum effect. For the 1.5 million American women who turn fifty each year, The Soy Solution for Menopause is an invaluable companion -- a striking breakthrough in the quest to ease a natural but difficult transition.

The increasing mean age of the population in developed countries has turned out to be an economic and social problem. Cardiovascular disease has long been considered to be age related in terms of their onset and progression. As such, we can say that the increase in life expectancy goes in parallel with increased incidence of cardiovascular disease. With age, a number of changes occur in the vasculature altering the homeostasis of the irrigated organs promoting target organ damage. While different adaptive mechanisms to protect vessels against mild stress have been described, the aging process induces a progressive failure of protective mechanisms, leading to vascular changes and higher susceptibility to cardiovascular diseases. Indeed, vascular aging is exacerbated by coexisting cardiovascular risk factors, such as hypertension, metabolic syndrome and diabetes. Compelling evidence indicates that diminished endothelial relaxation and increase, decrease, or no change in contractile responses to several agonists is associated with aging. There is an increase of vasoconstrictor factors expression and a decrease of vasodilators. Morphologic changes include lumen diameter enlargement, wall thickening and alterations of matrix substances as increased collagen or decreased elastin deposition, ultimately leading to greater arterial stiffening (reduced compliance). Importantly, arterial stiffness is an independent predictor of cardiovascular morbidity and mortality. Cellular and molecular mechanisms have also been documented. Senescence at the cellular level involves alterations in Ca²⁺ signaling and down regulation of anti-aging proteins. Both endothelial and smooth muscle cells change their number, morphology, function and their regenerative ability. Aging is also associated with a gradual loss of antioxidant defense mechanisms, a proinflammatory shift in the cytokine expression profile and a production of reactive oxygen species such as superoxide (O₂⁻) that promotes the breakdown of nitric oxide. Nitric oxide and O₂⁻ interact to form peroxynitrite known to nitrosylate proteins affecting their physiological function. However, vascular wall proteins may also suffer from other potentially deleterious modifications as glycation (Maillard reaction) and glyco-oxidative reactions with increasing age, which could be linked to the age-associated changes in vascular function. Various strategies have shown benefit in preventing, delaying or attenuating vascular aging. For instance, a healthy lifestyle including low fat diet and/or exercise have a favorable effect. Nevertheless, it yet remains to be fully demonstrated whether vascular aging can be pharmacologically prevented. This Research Topic is intended to bring together research efforts to understand the causes and consequences of vascular aging and propose new therapeutic strategies for the management of vascular senescence.

An exercise program designed to be safe and beneficial for those with osteoporosis—and those trying to prevent it. Often, people think they've simply strained their backs or overdone it during exercise—but in reality, small fractures have occurred. In some cases, many tiny fractures can develop before a person sees a doctor about increasing back pain. The more tiny fractures that accumulate, the greater the deformity of the spine. Karena Thek Lineback's goal is to make sure this does not happen to you. Her four-part plan consists of: Safe movement for exercise and everyday living Postural awareness Diet Medication In this book, you'll find safe movement guidelines and an entire exercise program of Osteo Pilates designed to be safe for those with osteoporosis, to help you greatly reduce your risk of injury or debilitating fracture. You'll also find the nuts and bolts of osteoporosis information necessary to combat this crippling condition. You'll learn what causes osteoporosis (perhaps you have a habit that is decreasing your bone density right now!); the effect menopause has on bone density; what dietary habits will help improve bone density; and which medications are available for increasing bone density. There is much you can do to prevent osteoporosis and to decrease the negative effects low bone density can have on your life and well-being. Osteo Pilates tells you what to do, and how.

Answers questions about hot flashes, hormone replacement therapy, and more for women who are entering menopause

Provides practical advice to help successfully manage diabetes and reduce the risk of serious complications, discussing monitoring blood sugar, developing an eating plan, achieving a healthy weight, and diabetes in children.

Are you at risk for osteoporosis? This debilitating bone disease affects an estimated 1 in 5 women and 1 in 20 men over age 50, and results in millions of broken bones every year. Although there are several effective therapies that can help prevent osteoporosis, most come with potentially serious side effects and health risks. In this book you'll discover a safe, natural alternative that's been scientifically proven to help prevent the bone loss that leads to osteoporosis: ipriflavone. Inside you'll learn: • How ipriflavone may safely and effectively prevent osteoporosis—and may even help rebuild weakened bone • How ipriflavone compares to conventional medical treatments • What other lifestyle changes you can make to keep your bones strong • And much more!

A guide to medicine available in pill form describes how the medicine should be taken, what happens if a dose is missed, interactions, warning signs while on the drug, potential side effects, and where it can safely be kept.

Balancing your hormones can save your marriage, as well as your husband's life.

Feel great, look great, lose weight, and have better sex! Discover groundbreaking scientific secrets about bioidentical hormones unknown to most people, including most physicians. Use the guidance of hundreds of anti-aging physicians and researchers to minimize and reverse aging. Learn how hormonal and metabolic disturbances make you sick and fat. Change your life and feel young again with the Wiley protocol. Mimic the cyclic monthly hormones of a healthy 20-year old. Understand imbalances in insulin, adrenal, thyroid, growth hormone, and sex hormones. Find out how hormones become deficient and unbalanced, especially during menopause and andropause. Replace missing hormones AND minimize your cancer risk. Use this book to work with a forward-thinking, knowledgeable physician in your area who will prescribe ALL of the bioidentical hormones that you need in the dosages and rhythms needed. No other book available presents hormonal optimization in such a comprehensive and integrated manner.

Women and Health is a comprehensive reference that addresses health issues affecting women of all ages — from adolescence through maturity. It goes far beyond other books on this topic, which

concentrate only on reproductive health, and has a truly international perspective. It covers key issues ranging from osteoporosis to breast cancer and other cancers, domestic violence, sexually transmitted diseases, occupational hazards, eating disorders, heart disease and other chronic illnesses, substance abuse, and societal and behavioral influences on health. In this second edition of *Women and Health*, chapters thoughtfully explore the current state of women's health and health care, including the influences of sex and gender on the occurrence of a wide variety of diseases and conditions. All chapters have been extensively updated and emphasize the epidemiology of the condition — the etiology, occurrence, primary and secondary prevention (screening), risk factors, surveillance, changing trends over time, and critical analysis of the diagnostic and treatment options and controversies. Treatment sections in each chapter have been expanded to create a stronger dialogue between epidemiologists and women's health practitioners. Saves researchers and clinicians time in quickly accessing the very latest details on a broad range of women's health issues, as opposed to searching through thousands of journal articles Provides a common language for epidemiologists, public health practitioners, and women's health specialists to discuss the behavioral, cultural, and biological determinants of women's health Researchers and medical specialists will learn how the gender-specific risks and features of one organ system's diseases affect the health of other organ systems For example: Hormone replacement therapy used to treat imbalance within the endocrine system is also being used to prevent and treat cardiovascular disease; Drugs developed for type 2 diabetes are now being used in chemoprevention Orientes the non-gerontologist about the importance of considering the entire life cycle of women within research designs and treatment plans Professors teaching courses in women's health will use slides and additional materials to structure lectures/courses; students will use slides as a unique resource to study for exams

Each year, over 40,000 women in the U.S. die from breast cancer. With statistics rising, conventional methods of treatment are simply not working, and in some cases may even be harmful. Now, Drs. Lee and Zava explain the potentially life-saving facts, such as: likely sources for the increase in breast cancer, including environment, excessive estrogen, progesterone imbalance, diet, and the dangers associated with traditional hormone replacement methods. Readers will learn strategies for lowering their risk and preventing this devastating disease through a revolutionary hormone balance program. With clarity and compassion, Dr. Love helps the 40 million women entering menopause sort through all the choices they face. She explains how to cope with short-term symptoms (hot flashes, night sweats, mood swings, etc.) and addresses such long-term concerns as osteoporosis, heart disease, breast cancer, and endometrial cancer. Dr. Love also discusses: lifestyle changes (diet, exercise, stress management), alternatives (including herbs and homeopathic remedies), other medications, and the pros and cons of hormone therapy. A new Introduction discusses the controversies raised by the hardcover publication.

Do you get up in the morning and hit the floor eager to tackle your day, or do you get up and just hit the floor? Today's women live with a lot of physical and emotional stress. Imagine how well you can serve God and others when you learn how to live healthy, prevent disease, and have energy that soars. This book is filled with much needed information and practical advice that will help you... see your body as a temple take charge of your health better understand your hormones, other body systems, and how they interrelate learn about our toxic environment and what to do to combat this problem learn how you are robbed of vital cellular energy from lectromagnetic fields and how pulsating magnetic resonance therapy can help make wise decisions with your money when it comes to your health and purchasing supplements All while inspiring you to use your life experiences for spiritual growth, service and encouragement to others, and develop a hope within for eternity.

"Designed as an informational resource for patients, *Your Pregnancy and Childbirth: Month to Month* Seventh Edition sets forth current information and clinical opinions on subjects related to women's health and reproduction. *Your pregnancy and Childbirth: Month to Month* is a resource for informational purposes. Topics include getting ready for pregnancy choosing an obstetric care provider what to expect during each month of pregnancy exercise during pregnancy work and travel during pregnancy pain relief during childbirth labor and delivery cesarean delivery postpartum care and taking care of the baby after birth, birth control after pregnancy"--

This is a high-level, clinical reference by world-class specialists on the efficacy of hormone replacement therapy for the primary prevention of cardiovascular risk in postmenopausal women. Specific chapters cover pulsed estrogen therapy with Aerodiol and cardiovascular risk assessment in postmenopausal hormone replacement therapies such as Livial (tibolone). This volume is based on the formal presentations and subsequent discussions that took place at the International Menopause Society specially convened Expert Workshop on Hormone Replacement Therapy and Cardiovascular Disease, London, UK, October 13-16, 2000.

A breakthrough 20-step program that reduces breast cancer risk and gives you the latest information on new therapies Written by the host of the PBS special "Reducing Your Breast Cancer Risk," this book outlines the 20 proven steps women can take to significantly lower breast cancer risk, and shatters generally-accepted myths about breast cancer and hormone replacement therapy. With information on supplements that can bolster your breast cancer suppression genes, antioxidants that can protect breasts from damage, and household chemicals that silently increase risk, *The Breast Cancer Prevention Plan* is essential reading.

Established for more than thirty years as one of the world's most widely read gynecology texts, *Clinical Gynecologic Endocrinology and Infertility* is now in its Eighth Edition. In a clear, user-friendly style enhanced by abundant illustrations, algorithms, and tables, the book provides a complete explanation of the female endocrine system and its disorders and offers practical guidance on evaluation and treatment of female endocrine problems and infertility. Major sections cover reproductive physiology, clinical endocrinology, contraception and infertility. This edition has a modern full-color design. A companion website includes the fully searchable text, image bank and links to PubMed references. Many of us experience signs and symptoms of hormonal imbalance every day. Do you have trouble dragging yourself out of bed in the morning? Ever have an uncontrollable sugar craving at 3 p.m.? Chronic headaches? Lack of energy? Do you get stressed just sitting in your office? Our bodies are wired to send us signals when something isn't right, but often we're too busy to hear them. Compounding the problem is a lack of understanding about the consequences if these symptoms are left unaddressed. Without hormonal balances, we are more likely to succumb to many diseases and illnesses. *The Hormone Diet* lays out a foolproof plan to balance your life, one hormone at a time. But it is more than just a diet book. Along with advice for weight loss, Dr. Natasha Turner provided recommendations for anti-inflammatory detox, nutritional supplements, exercise, sleep, stress management, toxin-free skin care, and natural hormone replacement combined with a diet plan—all incorporated into a 3-step wellness program focused on the essentials of hormone balance for lasting health.

This definitive review of the effects of hormones on the skin provides essential information on all aspects of HRT related to the skin specific to dermatology and women's health

practices. Topics covered include: collagen changes in the skin, the extracellular matrix, the psychosexual role of the skin at the climacteric, transdermal and corticosteroid therapy, capillary blood flow in the skin and hair and HRT.

An easy-to-follow anti-aging program draws on the principles of natural hormone replacement to promote a healthier, younger-looking skin, weight control, muscle tone, enhanced energy and sexual function, better sleep habits, balanced moods, better memory, and more. Reprint.

Find fast answers to inform your daily diagnosis and treatment decisions! Ferri's Clinical Advisor 2021 uses the popular "5 books in 1" format to deliver vast amounts of information in a clinically relevant, user-friendly manner. This bestselling reference has been significantly updated to provide you with easy access to answers on 1,000 common medical conditions, including diseases and disorders, differential diagnoses, clinical algorithms, laboratory tests, and clinical practice guidelines—all carefully reviewed by experts in key clinical fields. Extensive algorithms, along with hundreds of new figures and tables, ensure that you stay current with today's medical practice. Contains significant updates throughout, covering all aspects of current diagnosis and treatment. Features 27 all-new topics including chronic rhinosinusitis, subclinical brain infarction, reflux-cough syndrome, radiation pneumonitis, catatonia, end-stage renal disease, and genitourinary syndrome of menopause, among others. Includes new appendices covering common herbs in integrated medicine and herbal activities against pain and chronic diseases; palliative care; and preoperative evaluation. Offers online access to Patient Teaching Guides in both English and Spanish.

In the tradition of *Silent Spring* and *The Sixth Extinction*, an urgent, meticulously researched, and groundbreaking book about the ways in which chemicals in the modern environment are changing—and endangering—human sexuality and fertility on the grandest scale, from renowned epidemiologist Shanna Swan. In 2017, author Shanna Swan and her team of researchers completed a major study. They found that over the past four decades, sperm levels among men in Western countries have dropped by more than 50 percent. They came to this conclusion after examining 185 studies involving close to 45,000 healthy men. The result sent shockwaves around the globe—but the story didn't end there. It turns out our sexual development is changing in broader ways, for both men and women and even other species, and that the modern world is on pace to become an infertile one. How and why could this happen? What is hijacking our fertility and our health? *Count Down* unpacks these questions, revealing what Swan and other researchers have learned about how both lifestyle and chemical exposures are affecting our fertility, sexual development—potentially including the increase in gender fluidity—and general health as a species. Engagingly explaining the science and repercussions of these worldwide threats and providing simple and practical guidelines for effectively avoiding chemical goods (from water bottles to shaving cream) both as individuals and societies, *Count Down* is at once an urgent wake-up call, an illuminating read, and a vital tool for the protection of our future.

- Balanced hormones are critical for vibrant health. - This applies both to your own hormones or those prescribed. - Science is now saying it's safe to take hormones for some women. - For some women it's safer to take hormones, even for a few years, than to not to take them at all. For the first time find out - - How balanced hormones can decrease the risk of heart disease, diabetes, being overweight, getting hospitalized, getting wrinkled, low sex drive, insomnia, exhaustion, even safeguard breasts. - Learn about the protective side of estrogen & the dangerous side of folic acid. - About the environment and progesterone resistance. - Learn the safety of soy before or after a diagnosis of breast cancer. - Hear about sedentary versus athletically fit food. - Which 7 foods you must eat to keep hormones safe, and which 7 you must avoid. - Learn which nutrients keep hormones safe and which ones put us more at risk of disease. This is an entertaining page turning book on the science behind hormones and foods. Learn about the truth about soy and breasts, how melatonin and vitamin D are estrogen's good buddy and how women's bodies yearn and synergize with fish oil. Discover a new understanding of estrogen and how it can make anti-cancer substances in your body if you eat right and take the optimal supplements at the appropriate times. Learn about the good estrogen dominance. Laugh and learn at the same time with Lindsey, a scholar at a science driven think tank on estrogens, a nutritionist, and a breast cancer survivor.

The latest information about estrogen, the body's enlivening powerhouse hormone. Why is estrogen crucial—and so misunderstood? How do I know if my estrogen level is “normal”? What is the best treatment for a hormonal imbalance? How does estrogen impact my reproductive cycle? Is hormone replacement therapy right for me? Is it only useful at menopause? How can I be my best, healthiest self now and in the future? Understanding estrogen—its function and interplay with all your other hormones and body systems—is key to a healthy, vibrant life. But far too many women remain unaware of the benefits of estrogen, and how it can be supplemented in natural, bioidentical form. This book, written by an expert in the field of OB-GYN and integrative medicine, offers an authoritative yet accessible approach to hormonal health. In *The Good News About Estrogen*, Dr. Uzzi Reiss draws upon the most up-to-date scientific research, as well as women's stories from his decades of practice, to explain: - How hormones—and your levels of estrogen—change over time, and what you can do to achieve balance naturally or with hormone replacement therapy (HRT). - The good news about estrogen—how it can enhance energy, sexuality, and memory; alleviate premenstrual syndrome (PMS) or the side effects of menopause; help fight weight gain, anxiety, depression, and more. - Bioidentical hormones—why they are safe and crucial to your well-being at any age or stage, and how to choose which treatment plan is right for you. - How your everyday habits—what you eat, drink, wear, and breathe—can affect hormonal health, and which small lifestyle changes can make a big difference. - Nutrition and exercise—learn how each works hand-in-hand with hormones and can help you to achieve maximum physical and emotional fitness, promote bone health, prevent cardiovascular disease, and boost brain power.

This book explores in depth the relation between physical activity and cancer control, including primary prevention, coping with treatments, recovery after treatments, long-term survivorship, secondary prevention, and survival. The first part of the book presents the most recent research on the impact of physical activity in preventing a range of cancers. In the second part, the

association between physical activity and cancer survivorship is addressed. The effects of physical activity on supportive care endpoints (e.g., quality of life, fatigue, physical functioning) and disease endpoints (e.g., biomarkers, recurrence, survival) are carefully analyzed. In addition, the determinants of physical activity in cancer survivors are discussed, and behavior change strategies for increasing physical activity in cancer survivors are appraised. The final part of the book is devoted to special topics, including the relation of physical activity to pediatric cancer survivorship and to palliative cancer care.

ESTROGEN CAN CHANGE YOUR LIFE HRT (hormone replacement therapy) is the most effective way to challenge the physical changes that occur at menopause. When it is taken correctly, it is not only safe but it can actually protect you against health risks. Not every woman needs HRT but if you do, there's no reason to be afraid of it. In this book, extensively revised to highlight the latest findings, one of the country's top authorities on women's health clearly explains menopause and gives you the facts you need to make a decision that could change your life--whether or not to take HRT. In this authoritative and accessible guide, you will find out how HRT can: banish all of the common and uncommon menopausal symptoms from hot flashes and insomnia to crawling skin save your sex life from extinction reduce your chances of developing Alzheimer's disease cut in half the death rate from heart attacks and strokes prevent brittle bones and broken hips keep your skin younger, your muscles firmer, and your teeth stronger lower your cholesterol level improve your everyday memory Estrogen also discusses alternatives--from vitamin E, red clover, and soy to Fosamax and Raloxifene--and provides the real facts about HRT's possible link to breast cancer. Knowing the facts is the first step toward making an informed decision about your future. If you are a woman over forty, you owe it to yourself to read this book.

For anyone who treats postmenopausal women, this latest edition of Rogerio Lobo's classic work combines the best from two well-known references: *Menopause*, and the second edition of *Treatment of the Postmenopausal Woman*. By adding significant discussions of the basic science behind menopause, it is possible to objectively assess the clinical value and limitations of current approaches to treatment and provide a basis and rationale for strategies that will result in better individualized and specialized care. Not only does the third edition discuss diagnosis and treatment of menopause but it covers biological, anatomical, physiological, pathobiological, and pharmacological aspects as well bringing together, in one source, all of the information needed to understand and treat postmenopausal conditions. Over 50% new material representing the vast amount of information available since the Women's Health Initiative (WHI) clinical trials were completed making this the most up-to-date reference on postmenopausal women Includes several new sections on comparisons between clinical trials and observational data, urology, and pelvic support Each section is preceded by a preface to put the area into context with many chapters having suggested treatment regimens

Comprehensive diet and recipe book to help endometriosis Over 250 anti-inflammatory healing recipes to help reduce your symptoms of endometriosis The aim of the advice and the recipes in this book is to help: Reduce inflammation Reduce pain of endometriosis Reduce estrogen Balance hormones Help to heal your gut Support your immune system Balance blood sugar levels Increase energy levels The book provides guidance why certain food groups are omitted from your diet and how they can trigger your symptoms. Advice is given regarding hormones and diet, how to balance estrogens through diet, details of specific supplements that can help with pain and inflammation, as well as tips and recipes for alternatives for dairy, sugar and gluten. This comprehensive book covers all your dietary needs including healing drinks, filling soups, creative salad options, nourishing main meals, quick and easy pasta dishes, sweet dishes using sugar alternatives, baking recipes using gluten free alternatives, tasty dips & spreads, sauces to broaden your recipe ideas - all being compiled to give you tasty nutritious options that will not aggravate your symptoms of endometriosis By the time you have digested the book you will be left with no doubt of what you can safely eat and what you are advised not eat - but not left having to eat a bland and boring diet. Research to the benefits of diet to help endometriosis is gaining ground as well as feedback from those who have followed the diet with success. The ultimate aim of the diet for endometriosis is to help minimize the symptoms and reduce the impact this disease has on your life.

Confront menopause symptoms such as weight gain, mood swings, and low sex drive with clear advice from a trusted source.

Mayo Clinic The Menopause Solution is the definitive guide to making your life change a positive one. Drawing on the latest information, leading women's health expert Dr. Stephanie Faubion covers common questions, lifestyle strategies, and treatment options.

Unlike other books, *Mayo Clinic The Menopause Solution* is comprehensive, easy to navigate, and authoritative.

Features include:

- A complete look at what happens to your body before, during, and after menopause.
- Up-to-date information on over-the-counter medications, nutritional supplements, and hormone therapy
- Sidebars, lists, and summaries to make finding information a cinch

Dr. Faubion knows that what works for one woman doesn't necessarily work for another. In approachable terms, she presents a balanced, unbiased overview of what to expect in midlife and beyond. You'll find accurate information on perimenopause, premature menopause, menopause symptoms, long-term effects of estrogen loss, and a wide variety of therapies to enhance health.

Professional, accessible, and essential for any woman entering menopause, *Mayo Clinic The Menopause Solution* offers everything you need to take charge of your own health and get the

best care from your doctor.

Minimize the symptoms of perimenopause and menopause naturally through a sustainable, enjoyable eating plan, physical activity, and other beneficial lifestyle habits “My friends and well-respected colleagues have written The Menopause Diet Plan to help you feel healthier, happier, and more confident during this change in your life.”—Maye Musk, MS, RDN, and author of *A Woman Makes a Plan* Menopause is uncharted territory for women, and it can be difficult to know how to ease the effects of hormonal changes that can often start in your 40s. With honesty and optimism, The Menopause Diet Plan encourages a positive, fad-free approach to managing your physical and emotional health during perimenopause and menopause. It highlights current scientific knowledge about the best diet and lifestyle choices to manage your weight; keep your heart, brain, and bones healthy; and decrease the risk for cancer and other chronic conditions. It also offers natural strategies to help diminish hot flashes, manage sleep difficulties and mood swings, improve energy, and more. The Menopause Diet Plan takes a unique approach to eating before, during, and after menopause. Registered dietitians Hillary Wright and Elizabeth Ward provide a customizable, plant-based eating plan that is rich in protein, fiber, and other beneficial nutrients, moderate in carbohydrates, and low in saturated fat, sodium, and added sugars. Balancing evidence-based advice with real-life circumstances and personal experience, it combines the best of the world's healthiest diets with the latest nutrition research for women in the menopause transition. Recipes such as Peanut Butter Smoothie, Chicken Italiano, and Chocolate Oatmeal Energy Balls make it easier to eat delicious, satisfying foods that nourish your body. With a comprehensive approach to better health, The Menopause Diet Plan helps women take charge of their well-being and live life to the fullest.

Safe Estrogen Reduce Your Breast Cancer Risk by 90%

THE WISDOM OF BIOIDENTICAL HORMONES lies in knowing when and how to use them. This book will help you determine which methods of bioidentical hormone replacement therapy (BHRT), if any, may work best for YOU, no matter how old you are, whether you are in menopause, perimenopause, or even younger. To really feel at your best, you may or may not need bioidentical hormone replacement. Read this book and find out what you can do to optimize your hormones before making a bioidentical hormone intervention. Discover how replacing deficient hormones with bioidentical hormones (that are exactly the same as those your body makes) may improve your health, your mood, your thinking, and your relationship. Are bioidentical hormones safe? Do they cause cancer? Are there side effects? When should you begin to use them? What tests are needed? How can you find a doctor who will prescribe the bioidentical hormones that will work best for you? Get this book and learn the answers to all of these questions.

40 million women are in hormone hell. They have been told not to take oestrogen, by their doctors, or they may get breast cancer. Yet without oestrogen they have sleeplessness, fatigue, brain fog, depression, sexual dysfunction, and are miserable. What NO ONE is telling them is there exists a safer form of estrogen that controls menopausal symptoms WITHOUT increasing the risk of Breast Cancer. 100 million women live in fear of hearing those horrible words YOU HAVE BREAST CANCER For 200,000 women that nightmare will come true this year! Nearly every woman has had a friend or family member that has suffered through that hell, and they know it all too well. Yet when they go to their doctors and ask what can be done to prevent getting breast cancer they get a blank stare or worse are told they should have their breasts amputated! What they are NOT told is that there are proven, inexpensive, and easy steps they can take NOW that can reduce their Breast Cancer risk by 90% or MORE!

With groundbreaking research and an exciting new theory that will change the way women look at hormone replacement therapy for years of substantially improved health, happiness, and quality of life, *The Estrogen Fix* is a must-have book for every woman over 40. Dr. Mache Seibel, one of the leading doctors in women's health and menopause, proves that every woman has an ideal time to more safely begin estrogen replacement. When administered at this time, referred to as "the estrogen window," estrogen can lower your risk for breast cancer, heart disease, Alzheimer's, diabetes, osteoporosis, and more while minimizing your symptoms. Offering hope, expertise, and concrete solutions to a rectifiable problem, *The Estrogen Fix* is the definitive book on hormonal health for women. If estrogen has you confused or worried, if you are toughing it out because it seems too complicated to figure it out, if your doctors are reluctant to treat you and your symptoms are making your life a challenge, this book is for you.

Explains the safety and effectiveness of ERT--estrogen replacement therapy--in reducing the incidence of both uterine and breast cancer and the risk of heart attacks and osteoporosis while alleviating postmenopausal problems

What do I do now? Why am I still so tired? Am I really cured? How do I reduce my risk of recurrence? Is it safe for me to get pregnant? How do I get rid of the hot flashes so I can sleep? This fully revised and updated second edition contains crucial information about these issues and more—including the revolutionary medical advances in follow-up testing, ongoing treatments, and recovery. With answers for everything from how to deal with hair loss and weight gain to finding online support groups and understanding healthy foods and supplements, *Living Well Beyond Breast Cancer* contains a greater depth and breadth of information in its enhanced chapters—plus all-new chapters that cover current treatment options and preventative tips for those at high risk for developing breast cancer. Enhanced Chapters: • Tests: Peer, Poke, and Prod • After Mastectomy: Re-creating a Breast with or Without Surgery • Intimacy, Sex, and Your Love Life: Relieving Discomfort and Increasing Libido • A Child in Your Future: Fertility, Pregnancy, and Adoption • Reducing Your Risk: Living Well All-New Information: • Pre-Survivors: Risks and Prevention • Thinking and Remembering: Clearing the Fog and Sharpening Your Mind • Bone Health: Weakness Explained and Strengthening Exercises • Sleep: Restoration and Renewal With this book as your guide, you'll have the tools not just to live beyond breast cancer, but to live well and well beyond this challenge in your life!

Never before has a book so clearly detailed how exercise can reduce the risk for and recurrence of breast cancer, and how women can incorporate a safe and effective exercise program into their lives to fight against the disease. In clear, accessible language, the expert authors explain: *How to ascertain your breast cancer risk factors *What you can do NOW to prevent Breast Cancer *Detailed diet and exercise programs that will keep you healthy and can save your life *How to detect breast cancer early *Your best lifestyle choices for surviving--and thriving--after diagnosis, and practical steps to maximize your chances of the cancer never coming back. Want to prevent breast cancer or keep it from coming back? With *Breast Fitness*, Dr. Anne McTiernan, Dr. Julie Gralow, and Dr. Lisa Talbott present the only comprehensive, illustrated guide to the new-found connection between exercise and fighting breast cancer, and what you

can do to maximize your chances of living your life breast cancer-free.

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