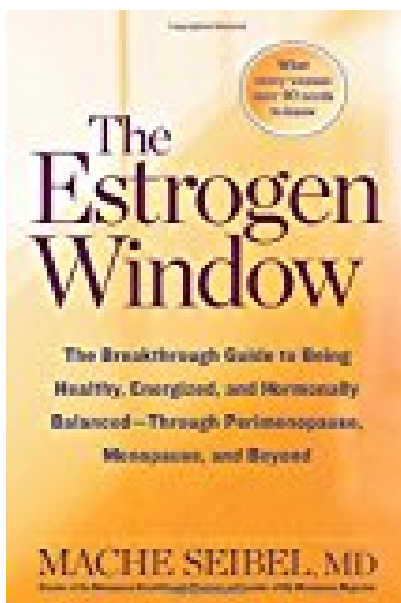


The Estrogen Window The Breakthrough Guide to Being Healthy Energized and Hormonally Balanced- -Through Perimenopause Menopause and Beyond



BOOK DETAILS

- Author : Mache Seibel
- Pages : 256 Pages
- Publisher : Rodale Books
- Language : English
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BOOK SYNOPSIS

In *The Estrogen Window*, Dr. Mache Seibel, international health expert and leading authority on women's wellness and menopause, presents groundbreaking research that explains how every woman has a window of opportunity to begin estrogen replacement. If begun at the right time, estrogen can lower the risk of breast cancer, heart disease, and Alzheimers disease, while minimizing menopausal symptoms such as hot flashes, night sweats, mood swings, lower libido, fractured sleep, brain fog, irritability, and weight gain. You'll discover which estrogens and progestogens are the safest and how long to take them, in addition to when your estrogen window closes and its too late to take estrogen. You'll also gain insight about alternatives to estrogen and how to talk with your healthcare provider about what is best for you. *The Estrogen Window* will eliminate your confusion, calm your fears, and help make you a partner with your healthcare provider.

THE ESTROGEN WINDOW THE BREAKTHROUGH GUIDE TO BEING HEALTHY ENERGIZED AND HORMONALLY BALANCED--THROUGH PERIMENOPAUSE MENOPAUSE AND BEYOND

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