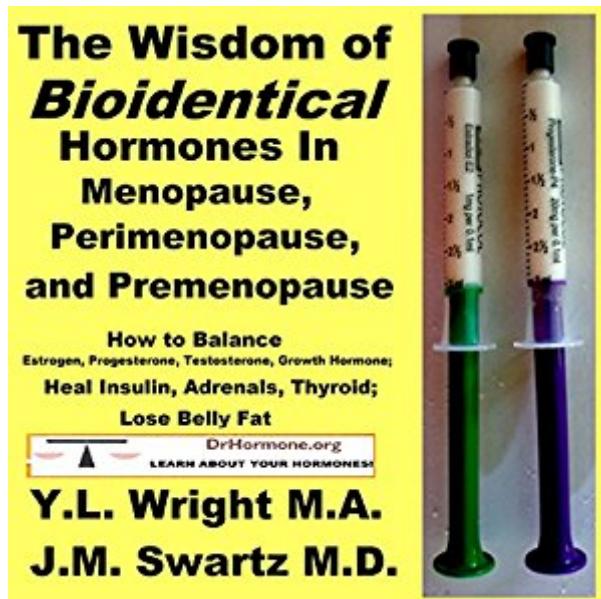


The book was found

# The Wisdom Of Bioidentical Hormones In Menopause, Perimenopause, And Premenopause: How To Balance Estrogen, Progesterone, Testosterone, Growth Hormone; Heal Insulin, Adrenals, Thyroid; Lose Belly Fat



## **Synopsis**

How to Balance Estrogen, Progesterone, Testosterone, Growth Hormone; Heal Insulin, Adrenals, Thyroid; Lose Belly Fat Trust me - I've been in menopause and it was not fun. It wasn't just hot flashes. I experienced a total collapse of my health. As my ovaries stopped producing vital hormones, every system in my body rebelled. I had every symptom of menopause - including loss of sex drive, depression, weight gain, cataracts, breaking bones - you name it. I was even diagnosed with a serious heart condition and a deadly skin cancer. I felt hopeless, angry, and confused. Luckily, I got a second chance at leading a healthy life. I began years of intense study with the smartest bioidentical hormone replacement experts on the planet. I developed a plan to heal my hormones and completely regain my health. I followed my plan. It worked. And now I want to help you do the same. The Wisdom of Bioidentical Hormones lies in knowing when and how to use them. This audiobook 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. Listen to 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. Get this book and learn the answers to all of these questions: 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?

## **Book Information**

Audible Audio Edition

Listening Length: 4 hours and 45 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Y.L. Wright, MA and J.M. Swartz, MD

Audible.com Release Date: April 13, 2015

Language: English

ASIN: B00W345MPO

Best Sellers Rank: #145 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid Conditions #425 in Books > Audible Audiobooks > Health, Mind & Body > Health

## Customer Reviews

Answers all your questions and then some

Serena

This book gives good information and insight into BHRT. I appreciated all the checklists for each hormonal deficiency. Keep in mind BHRT is not a do it yourself project, as Ms. Wright continually reminds us throughout this book. The next step is finding a good doctor.

Good book.

Completely comprehensive hormone manual for women of all ages .Invaluable information !!

[Download to continue reading...](#)

The Wisdom of Bioidentical Hormones in Menopause, Perimenopause, and Premenopause: How to Balance Estrogen, Progesterone, Testosterone, Growth Hormone; Heal Insulin, Adrenals, Thyroid; Lose Belly Fat 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! Men's Hormones Made Easy: How to Treat Low Testosterone, Low Growth Hormone, Erectile Dysfunction, BPH, Andropause, Insulin Resistance, Adrenal Fatigue, Thyroid, Osteoporosis, High Estrogen, and DHT: Bioidentical Hormones, Book 8 Fat Loss Secrets That Really Work!: Balance Your Hormones: Insulin, Estrogen, Progesterone, Testosterone, Thyroid, Cortisol, and DHEA Men's Hormones Made Easy!: How to Treat Low Testosterone, Low Growth Hormone, Erectile Dysfunction, BPH, Andropause, Insulin Resistance, Adrenal Fatigue, Thyroid, Osteoporosis, High Estrogen, and DHT! Thyroid Diet: Easy Guide to Managing Thyroid Symptoms, Losing Weight, Increasing Your Metabolism (Thyroid, Thyroidism, Thyroid Diet, Thyroid Health, Thyroid ... Thyroid Diet Plan, Thyroid Solution) Flat Belly Diet: The 14 Day Challenge - Flat Belly Diet Cookbook: Flat Belly Diet for Women, Flat Belly Diet for Men, Flat Belly Recipes, Eat ... Belly, Flat Belly, Flat Belly Diet (Volume 1) Hormone Reset Diet: The Ultimate Cure to Balance Your Hormones and Lose Weight (Hormone Therapy, Hormone Cure, Hormone Secret) BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1)

Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Thyroid Diet: A Guide For Using The Thyroid Diet to Manage Thyroid Symptoms, Increase Metabolism and Lose Weight (dieting, weight loss, thyroid, hyperthyroidism, ... hyperthyroidism diet, thyroid diet plan,) Hormone Diet: The Hormone Reset Diet, Balance Hormones, Recharging Health and Losing Weight Effortlessly! BONUS Hormone Reset Diet Recipes! (adrenal fatigue diet, adrenal fatigue, Herbal Remedies: Adaptogens: Herbs For - Adrenals, Thyroid, Hormone Balance & Much More! The Estrogen Window: The Breakthrough Guide to Being Healthy, Energized, and Hormonally Balanced--through Perimenopause, Menopause, and Beyond Program 120 Male Handbook B: A Referenced Guide to Testosterone, Thyroid, HGH Human Growth Hormone, High Blood Pressure, Hypertension, Impotence, Osteoporosis, ... Medicine Patient Handbooks for Males) Hormones, Health, and Happiness: A Natural Medical Formula for Rediscovering Youth with Bioidentical Hormones DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) The Menopause Thyroid Solution: Overcome Menopause by Solving Your Hidden Thyroid Problems Iodine: Thyroid: The Hidden Chemical at the Center of Your Health and Well-being (Thyroid, Hashimoto's, Thyroid Deficiency, Thyroid Diet) Thyroid Diet: Thyroid Diet Guide To Understanding Hypothyroidism And Treating Hypothyroidism With Thyroid Diet Strategies For Losing Weight With An Underactive ... Diet For Underactive Thyroid)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)