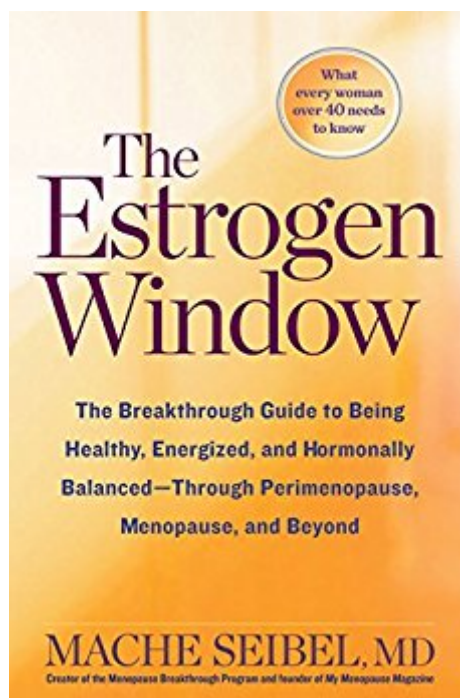




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# The Estrogen Window: The Breakthrough Guide To Being Healthy, Energized, And Hormonally Balanced--through Perimenopause, Menopause, And Beyond



## 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 Alzheimer's 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 it's 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.

## Book Information

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## Customer Reviews

I truly wish I had been able to read this book 10 years ago, it would have changed my life - my bone density, my well being and my post menopausal health. Dr. Seibel has written a momentous book

for women - the best and apparently only resource for understanding hormones and the role hormones play in women's heart, breast, bone and mental well being. Hormone replacement decisions have been and continue to be made by women and their doctors with decades old inaccurate medical information. This is a tragedy for menopausal women of today who are vibrant, healthy, active and focused on making the most of their lives after menopause. Dr. Seibel provides clear explanations and analyses of the anxieties and fears connected to hormone replacement use. His extensive experience and insight provides the basis for the very critical decisions every woman needs to make regarding her health and future after menopause. I urge you to read Dr. Siebel's book. Whatever you decide, you will have invested in knowing the latest and best information in a timely way. I wish I had known during my estrogen window.

I am 47 and I am in peri-menopause. I can connect with sooo many of the symptoms already! I think this is a good read for all women so you know what to expect or look for when you enter this stage of life. Educate yourself so that you can make better informed decisions about your body and your long term health. There is a lot of repetition in the beginning of the book, but hang in there. Also have a highlighter ready so you can easily refer back to those things that apply to you.

This is a comprehensive, research based resource for people seeking an understanding of what is happening to their bodies and the bodies of those they love. It offers clear explanations of complicated biological systems and empowers women to make informed decisions about their bodies during this life-altering phase of womanhood.

This is a great book and much needed for many women who was caught up in the error of 2002 till now! Thanks

This book really helped in my decision with taking or not taking an estrogen/progesterone supplement. Especially since there can be a lot of controversy (these days) with the reality of menopause. I also found it hard finding literature and/or an (in-network) specialist in the medical industry that works with older women and menopause and this book really helped directing me in my search.

This is a perfect ready for women in their late 40's, answers for those in their late 50's. If you want to be informed BEFORE, its great information

Highly recommend. This book is a must read for all women. Dr. Seibel sheds light on the truth behind the Women's Health Initiative and tells the truth about the benefits of estrogen. Information every woman needs.

Very good information. I did not find anything about osteoarthritis and wonder if the recommended window for osteoporosis would apply the same.

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