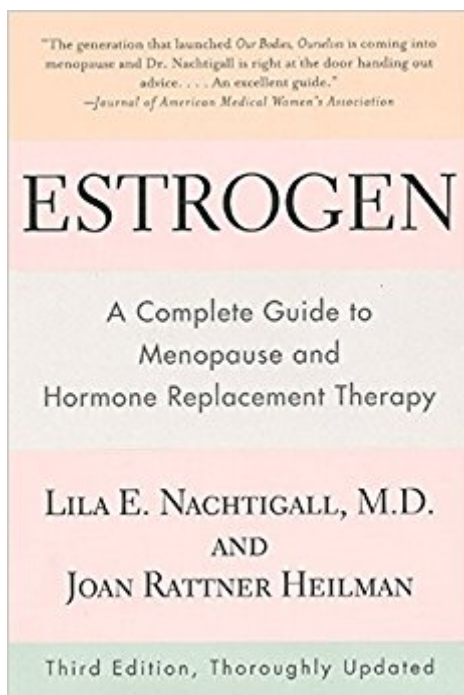


The book was found

Estrogen, 3rd Edition



Synopsis

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.

Book Information

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Customer Reviews

"The generation that launched *Our Bodies, Ourselves* is coming into menopause and Dr. Nachtigall is right at the door handing out advice.... An excellent guide." -- Journal of American Medical

Women's Association

Lila E. Nachtigall, M.D., is professor of Obstetrics and Gynecology at New York University School of Medicine and director of the Women's Wellness Center at NYU Medical Center. She has worked in the field of clinical research on HRT for the last thirty years. Joan Rattner Heilman is a highly respected health writer, with more than a dozen books and hundreds of newspaper and magazine articles to her credit. She is the former women's editor of a national magazine.

This book is very enlightening regarding the benefits of estrogen therapy. Although it is several years old, I'm sure most of the information is applicable. It really educated me about the fact that there are estrogen receptors everywhere in the body, and when the ovaries stop producing estrogen, your body goes through some major changes.

ok

Dr. Lila Nachtigall is currently listed, under investigation, along with the pharmaceutical company Wyeth for their collaboration in ghosting writing articles. The said company drafted outlines and self-wrote favorable reviews, including on a drug called Prempo- a hormone replacement (consisting of estrogen and progestins) that has been linked to causing breast cancer. Wyeth would then procure authors to sign off on their prefabricated works to be published in journals and studies. (sidenote: The FDA now mandates that Prempo now carry cancer warning labels) According to the New York Times (December 12, 2008): [D]ocuments show, Dr. Lila E. Nachtigall, a New York University professor and director of its Women's Wellness Center, was recruited by Wyeth as author of a 1999 journal article extolling hormone treatment after the manuscript had already been drafted. Dr. Nachtigall, reached by telephone Friday afternoon, said she had written all of the approximately 1,000 articles and three books she has had published. Asked about the Wyeth documents, she said, "If they came up with the idea or gave me an outline or something, I don't remember that at all." Dr. Nachtigall, who is still practicing at age 75, added: "It kind of makes me laugh that with what goes on in the Senate, the senator's worried that something's ghostwritten. I mean, give me a break." [Her credibility as a physician reflects upon works under her publication.

I'm sorry, but I think the misinformation in this book is an absolute sin! Dr. Nachtigall continues to emphasize unproven benefits of estrogen therapy, is elusive about the nature or even NAMES of

the studies she quotes, and continually undermines the growing concern about the hormone's link to breast cancer. It may have been reasonable to assume at one time that estrogen was good for the heart because cholesterol levels were indeed improved, but the other potential benefits she emphasizes lack even more evidence, such as youthful skin and Alzheimer's. Lila also got one thing blatantly wrong in this book (whether intentional or from just lack of knowledge): that the breast cancers in postmenopausal women are nearly always estrogen receptor negative and for premenopausal women they are always ER+. Plus estrogen, to her, would be necessary to shrink these ER- tumors in postmenopausal women. Another thing the good doctor does not specify in this book is the "nature" of Premarin. She says it's from "natural sources," without any denotation that it comes from the urine of pregnant mares. Fortunately, Dr. Nachtigall was recently outed, both on television and in Barbara Seaman's new book **THE GREATEST EXPERIMENT EVER PERFORMED ON WOMEN** as being a paid lecturer and writer on estrogen's unproven benefits. I'm sure the Women's Health Network and other doctors such as Susan Love and Chris Northrup are fully aware of Nachtigall's ties to the pharmaceutical industry and of her endless ploy to prove estrogen does prevent heart disease, but I do hope some expert out there is working to get this package of clear lies off of the shelves!! Women deserve now, more than ever, to be getting the facts and to realize that estrogen "replacement" therapy is in fact not replacement at all, but rather an invitation for a life-threatening health incident! Menopause is not a disease. Hormone therapy does not make a postmenopausal woman premenopausal. It makes absolutely no sense for a woman to believe that her body does not have the wisdom to know what it is doing come midlife. I would have rated Dr. N's HRT-endorsement a zero but unfortunately, that is not an option here! :)

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Estrogen, 3rd Edition
The Estrogen Window: The Breakthrough Guide to Being Healthy, Energized, and Hormonally Balanced--through Perimenopause, Menopause, and Beyond
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Building Bone Vitality: A Revolutionary Diet Plan to Prevent Bone Loss and Reverse Osteoporosis--Without Dairy Foods, Calcium, Estrogen, or Drugs
Better Bones, Better Body : Beyond Estrogen and Calcium
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!
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
Menopause and Estrogen: Natural Alternatives to Hormone Replacement

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