



The Estrogen Fix: The Breakthrough Guide to Being Healthy, Energized, and Hormonally Balanced (Paperback)

By Mache Seibel

Rodale Books,US, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. 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.



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