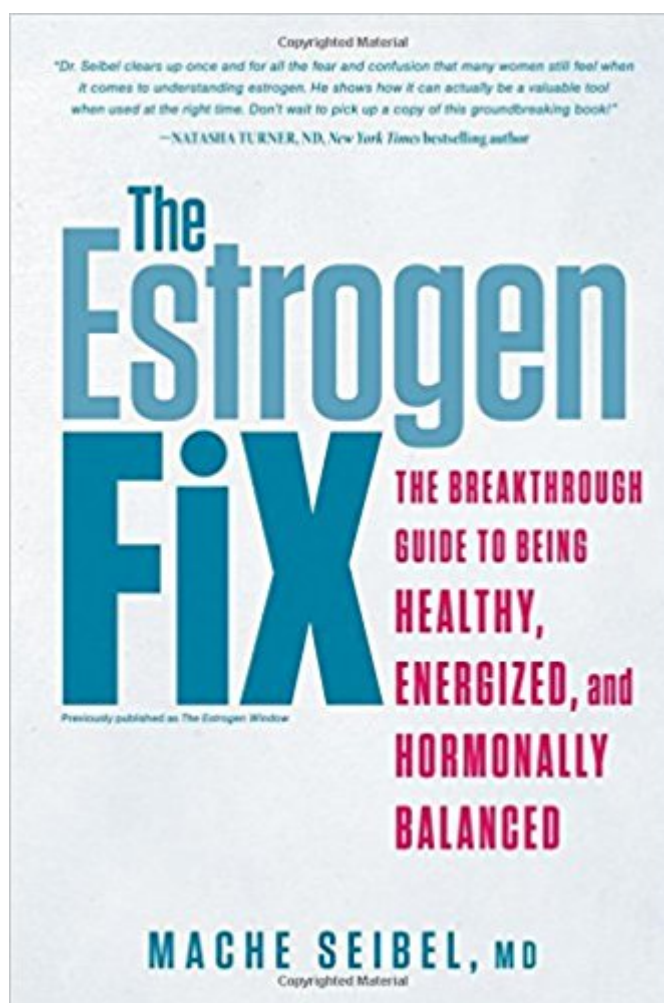


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The Estrogen Fix: The Breakthrough Guide To Being Healthy, Energized, And Hormonally Balanced



Synopsis

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.

Book Information

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Customer Reviews

Mache Seibel, MD, is one of America's leading experts on women's wellness and menopause. A distinguished alumnus of the University of Texas Medical Branch, he is a member of the Harvard Medical School faculty. He is the editor of *The Hot Years*; *My Menopause Magazine*, which won a Web Health Award; and is the creator of *MenopauseQuiz.com*, a 2-minute online quiz that tells women the impact of menopause on their lives. Dr. Seibel contributes to *BottomLine.com* and *The Huffington Post*, and appears regularly on national media including PBS, NPR, MSNBC, Today, and Inside Edition. Dr. Seibel lives in Boston.

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