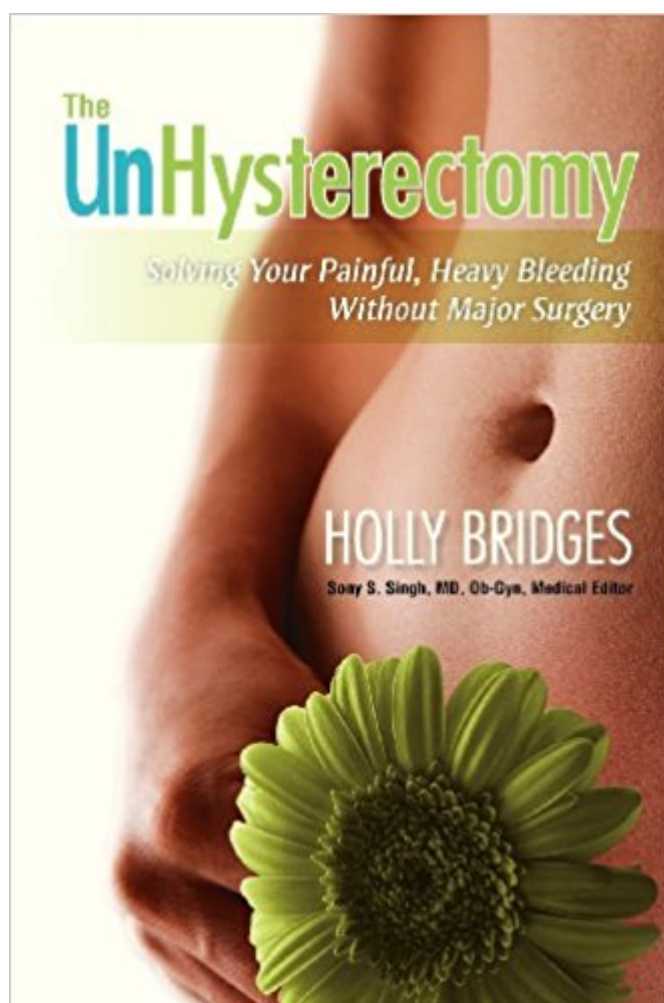


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# The UnHysterectomy: Solving Your Painful, Heavy Bleeding Without Major Surgery



## Synopsis

Got fibroids? Got endometriosis? Got heavy menstrual bleeding? Looking for hysterectomy alternatives? The UnHysterectomy can help. Written by fibroid survivor and award-winning journalist Holly Bridges, and edited by world-renowned gynecologist Dr. Sony Singh, MD, Ob-Gyn, The UnHysterectomy will help you solve your heavy menstrual bleeding and help you stop heavy periods that are sucking the very life out of you every month. In fact, Holly wrote this book about hysterectomy alternatives because she wanted other women to benefit from her struggle to find an alternative to hysterectomy. Alternatives to hysterectomy are not easy to find yet The UnHysterectomy, which is part self-help, part investigative journalism, reveals at least 10 hysterectomy alternatives and the shocking truth about why 650,000 North American women undergo hysterectomy every year when alternatives to hysterectomy exist for conditions like heavy menstrual bleeding, excessive menstrual bleeding, fibroids and endometriosis. Holly avoided a hysterectomy by doing her homework and looking for a surgeon who could solve her heavy menstrual bleeding without removing her uterus. Under the editorial guidance of her own gynecologist, Dr. Sony Singh, Holly has created an insightful, empowering, step-by-step roadmap for women seeking relief from excessive menstrual bleeding. The UnHysterectomy is written by a woman for women. The insight, analysis and advice inside The UnHysterectomy is not available anywhere else - even on Google! Plus, it is 100 percent doctor-approved! Inside The UnHysterectomy, you will discover:

- Why hysterectomy is the most overprescribed, unnecessary surgery in Canada and the United States and all too often prescribed as the only solution to heavy menstrual bleeding
- Why most gynecologists are untrained and unwilling to offer alternatives
- Insight from 13 world-renowned gynecologists, including Dr. Jennifer Ashton of The Dr. Oz Show and The Doctors
- 10 medical and surgical hysterectomy alternatives for fibroids and endometriosis that will solve or reduce your excessive menstrual bleeding while preserving your reproductive organs
- The link between ovary removal, heart disease and lung cancer and ground-breaking genetic research that may one day lead to a cure for heavy menstrual bleeding.

What women are saying about The UnHysterectomy "I am thankful for you every day. As you know last August I was getting ready to have a full hysterectomy. Reading your book gave me the courage to say 'no' and persist in my quest to find help for the blood bath I have every month, something as women we never talk about." - Kristina "From the first moment I started reading The UnHysterectomy, I became very emotional and I started to cry. I thought I was completely alone and that no other woman could possibly be going through the hell I was." - Mazal "Reading your book, I had tears streaming down my face - seeing that someone actually

understands AND has solutions!" - ZoÃfÃ« Information is power. Order The UnHysterectomy now and discover what hundreds of women around the world have learned to stop their heavy menstrual bleeding without major, invasive surgery!

## Book Information

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## Customer Reviews

Holly Bridges is a an award-winning journalist with 30 years experience as a radio and television reporter, anchor, talk show personality and award-winning writer. About the medical editor Dr. Sony S. Singh is a world-renowned gynecologist specializing in minimally invasive gynecology. He is the Director of Minimally Invasive Gynecology at the Shirley E. Greenberg Women's Health Centre at The Ottawa Hospital, is an Assistant Professor of Obstetrics and Gynecology at The University of Ottawa. Dr. Singh is renowned for his surgical expertise in removing deep infiltrative endometriosis through minimally invasive means and is a leading expert in minimally invasive alternatives to hysterectomy, such as hysteroscopic and laparoscopic myomectomy and hysteroscopic endometrial ablation. Dr. Singh is also the Executive Director of the Canadian Society of Minimally Invasive Gynecology, an affiliate society of the American Association of Gynecologic Laparoscopists.

I am a 47-year-old female going through menopause. I have been having problems with my menstrual cycle. I figured I was going through "the change." Periods scattered all over the place that last up to eight days. Every month I suffer from painful, extremely heavy periods with large clots. I

wanted to see if this was "normal" so I picked up this book, *The Unhysterectomy: Solving Your Painful, Heavy Bleeding Without Major Surgery*. At first I thought the book would be boring and filled with medical terms that I would not understand. I was pleasantly surprised that it immediately captured my attention! The author, Holly Bridges, writes so well you feel as if you are talking to her face to face. She uses humor, interesting words, writes in terms that women can understand and has extensively done her research. I like the fact that she states "every word in this book has been reviewed for accuracy by medical contributors" which include doctors, most specifically Sony S. Singh, MD, Ob-Gyn. The author shares her interesting story and she does not give up. Other women share their personal stories as well. (You may see yourself in one or more of these stories.) She encourages women to get the help they need from physicians to help solve their female problems without drastic surgery. I highly recommend *The Unhysterectomy: Solving Your Painful, Heavy Bleeding Without Major Surgery* to each and every woman. Empower yourself with the knowledge that surgery is not the last resort. In your lifetime if you do not experience these painful problems, you are sure to have a close person in your life that will need your help with regards to this subject. You can share the information you have learned from this book with her. Even better, you can suggest this extremely helpful book to her.

I'm so sorry for the title of this book. I had passed over it again and again because I knew I WANTED a hysterectomy. If it hadn't been for this book and the motivation it provided.. I would have lost my husband and a 3rd job due to "Flooding." Yes I know all types of people will read this review, men and women, and I honestly don't care. Flooding is flooding and if you don't know what I am talking about than this book isn't for you. Thank you Holly... you saved my life.

This is a great resource for any woman going through perimenopause. It's been a book I turn to again and again. It contains information that is not commonly written about, yet the experiences within are so commonly experienced by women approaching menopause. I'm facing a decision about hysterectomy, and this book has helped empower me. I now know that so much of what I've been going through is normal for a woman in perimenopause. I never would have known, even from talking to doctors, that my experience is not only normal but shared by many, many other women in my age group. Thank you to Holly Bridges for writing this book. I hope it helps many other women.

The title sounds like "Anti-Hysterectomy" but the book is nice and unbiased, and is for hysterectomies with a true medical need and a truly informed consent. Knowing what's going on for

the treatment of heavy bleeding is helpful personally, but it's also an issue for every woman so we can organize solidarity as vulnerable patients in the medical arena or in any other setting. Thank you so much for writing this book!

This book is such a great read for any women, but especially those who have struggled with female issues. I myself have struggled with adenomyosis. I went to four doctors within an 8 month period and they all said something different. I finally found a specialist to help me. But, every single one of them recommended a hysterectomy. I am not a fan of having surgery, so I was happy this book came along. It reaffirmed my decision not to have a hysterectomy. Read this book. You won't be disappointed.

I too was going through some horrible issues myself. Holly softened the blow for me through reading her book as well as having her respond to emails. Unfortunately for me this didn't come out sooner. Time can be so important. As can education. It is important for women with like issues to communicate and Holly has given us that forum with her book. We can sit down and read a story that is so similar to what many of us are going through. This book is a platform and a support group for so many women. It is worth the read.

A real wealth of info. There are more to hysterectomies than you likely know. If you are considering one there are many other options and this book looks at them all. Added resources for further research. Minimally invasive methods for Fibroids and Endometriosis are out there before you decide on major surgery.

This book offers well-researched and practical advice in an easy to read format. The information presented is invaluable in assisting women make informed decisions. I brought this book with me to my doctors' appointments and will pass it on to friends. I am very grateful to Holly Bridges and Dr. Singh for challenging the established and out-dated medical practices regarding women's reproductive health. It is long overdue! Thank you!

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