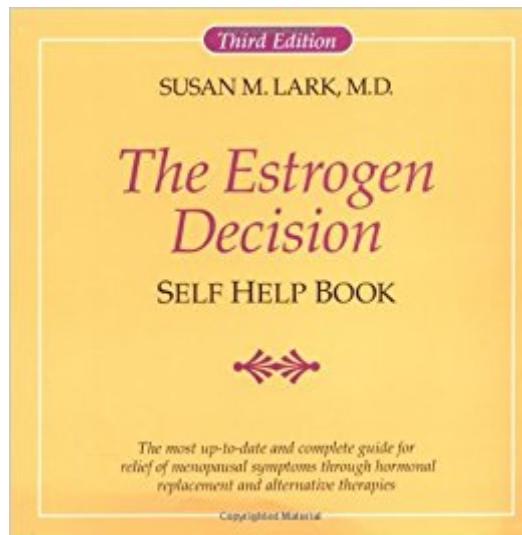


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# The Estrogen Decision: Self Help Book



## **Synopsis**

Millions of women in America are making the estrogen decision every day. But recent conflicting data has made the choices more complicated. Hormone replacement therapy, or HRT, has been hurled into the eye of a controversial medical and media hurricane. Dr. Susan Lark has unraveled fact from fiction and presents the confused reader with clear information, weighing the obvious benefits against both the immediate and long-term side effects. Because each woman is physiologically unique, there is no right or wrong choice. But by presenting all the options, Dr. Lark can help the reader make an informed health care decision.

## **Book Information**

Paperback: 320 pages

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Product Dimensions: 8.5 x 8.6 x 0.8 inches

Shipping Weight: 1.5 pounds

Average Customer Review: 4.0 out of 5 starsÂ  [See all reviewsÂ](#) (2 customer reviews)

Best Sellers Rank: #1,464,966 in Books (See Top 100 in Books) #102 inÂ  Books > Health, Fitness & Dieting > Women's Health > Menopause #3599 inÂ  Books > Health, Fitness & Dieting > Women's Health > General #97225 inÂ  Books > Medical Books

## **Customer Reviews**

Well written and to the point, this book ably explains what women need to know about available options for dealing with menopause-related symptoms and conditions. I particularly liked the meal-planning and recipe section. I normally don't even read this part of a book, but this one is different. The recipes are very creative in the way they incorporate healthful ingredients such as flax meal and tofu. The one area in which I found the book lacking--and the reason I didn't rate it as 5 stars--was its failure to even mention Natural Hormone Replacement Therapy (as espoused by Jonathan Wright, M.D.).

I have found most of Dr. Lark's books to be professionally thorough and have turned to them numerous times. This time, however, I was a bit disappointed. She is too tentative in her exploration/explanation of alternative or natural nutritional supplements to see us through

menopause. I am in the perimenopausal stage and have referred to my favorite site, iHerb, for alternatives. Based on iHerb's information, I have started on a Black Cohosh blend and a wild yam cream that is helping. Stay away from DHEA, but go with the other, natural phytoestrogens that iHerb offers and check out other books that are a bit braver in their endorsement of these alternatives.

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