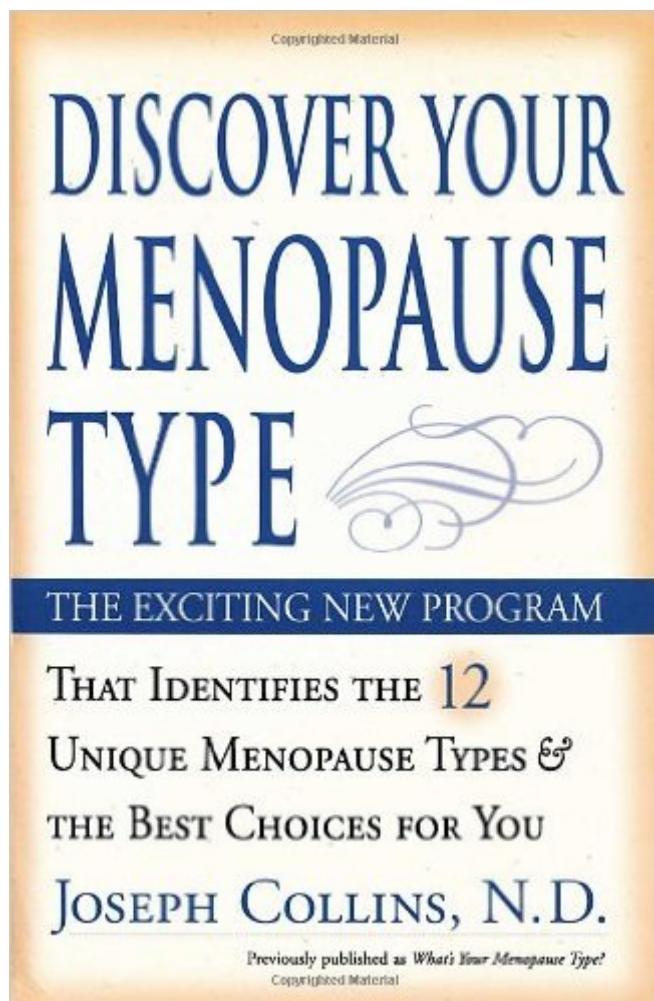


The book was found

# Discover Your Menopause Type



## **Synopsis**

Take Charge of Your Menopause! This groundbreaking book "the first to reveal 12 distinct menopause types and how best to treat each" gives you the information you need to take charge of this challenging and sensitive life stage. Inside, Dr. Joseph Collins demolishes the "one size fits all" philosophy of menopause treatment, revealing that there is no magic hormone or combination of hormones that can be indiscriminately prescribed to all women. Inside, you'll discover: **•** Natural & Conventional treatments that are best for you **•** Necessary nutrients for a healthy menopause **•** How to weigh the risks and benefits of Hormone-replacement therapy **•** And much, much more "At last, a well-referenced resource on the advantages of natural versus synthetic hormone-replacement therapy." **•** Dana Reed-Kane, Pharm.D., F.A.C.A., F.I.A.C.P. "Finally, a book that teaches the importance of balance and actually shows everyone what many women have suspected all along: There is more than one type of menopause." **•** Luana Stone, menopause patient

## **Book Information**

Paperback: 416 pages

Publisher: Harmony; 2nd ed. edition (March 2002)

Language: English

ISBN-10: 076153749X

ISBN-13: 978-0761537496

Product Dimensions: 5.5 x 0.8 x 8.5 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars **•** See all reviews (14 customer reviews)

Best Sellers Rank: #879,187 in Books (See Top 100 in Books) **•** #53 in **Books > Health, Fitness & Dieting > Women's Health > Menopause** **•** #2271 in **Books > Health, Fitness & Dieting > Women's Health > General** **•** #32146 in **Books > Parenting & Relationships**

## **Customer Reviews**

Other books may have more well known authors but this book is one of the best available on the topic. I say this as a physician assistant (PA) of 18 years experience and with 7 years of personal and professional experience dealing with menopausal and peri-menopausal issues. I recommend this book daily to my patients. I also highly recommend this book to any health professional who wants to learn about natural approaches to menopause as well as the use of bio-identical hormones. The author, Dr. Joe Collins, a naturopath, is a credit to the healing profession. He knows his topic inside and out and writes in a clear, reader-friendly manner. Not a lot of filler in this

book.Collins takes the reader through a comprehensive approach to peri-menopause and menopause, starting with nutrition and diet, and moving onto herbs, homeopathic remedies, glandulars, and finally bio-identical hormones. He has a great questionnaire that helps a woman figure out her areas of hormonal deficiencies and strengths.This book will provide the reader an excellent education regarding the pros and cons of synthetic vs. bio-identical hormones. Dr. Collins helps the reader to understand all the variations of menopausal symptoms and treatments. Althought this book is aimed at the layperson, I promise physicians who read this book that they will learn much they didn't know.This book is excellently researched, referenced and indexed, with bonus appendices lavishing even more details about each hormone.Thank you Dr. Collins for this top notch contribution to the well being of all women going through menopause.Anne Walch, MHS, PA-C[...]

I cannot praise this book highly enough for covering all the possible ways this transition can go awry and how women can be treated on an individual basis according to their needs as opposed to the "one size fits all" regimen offered by many doctors. I am not a physician's assistant and I refer you to the fine review provided by one below. I am just a woman who has been "mis" treated in the past and suffered from the terrible side effects of such. I am thrilled to find a book that can enlighten and empower women to seek the proper treatment for their particular menopausal imbalance. YOU GO, JOE!

Difficult to work through and the information given is only minimally useful if you are able to manage that daunting task. All roads lead to medical attention and if you bought this book, it was probably to escape that route to begin with.

I found the first half of book very interesting, it was very gripping and i felt i couldnt put the book down and then when it got to the testing part of book, i was totally lost. I found it very confusing and actually stopped reading at this point. Not what i thought it was going to be!!!!!!!

This book I swear saved my life and I've passed it on to so many women.EVERY WOMEN NEEDS THIS BOOK! Just knowing what I learned from this took a lot of stress away. Once you learn your "menopause type" you get a step by step instruction on which herbs and vitamins you are in need of and what will benefit you. All natural is the way to go. For me it was on the money and the changes were immediate like night & day. Thank you J Collins for making this book happen. LADIES BUY

THIS BOOK! We do not have to suffer from menopause anymore. This will give you back control.

I ordered the book because I wanted to sell their products. I was helped a few years back when I had a large number of hot flashes. When I felt better, I needed to learn how to help others. The book is a great read and eye opener. I recommend it to others.

This book outlines the different things that women experience beautifully that isn't told to them. How many of us think we are going crazy only to find we have to keep digging until we find out what took over our bodies! Great job Collins for understanding a woman's frustrating world! The math test is a bit confusing and mine came up different than the actual blood tests I got done but this book gave me a foundation to absorb what is going on to make an educated decision on how I could tackle my symptoms.

[Download to continue reading...](#)

Discover Your Menopause Type Read and Discover: Level 3: 600-Word Vocabulary Your Five Senses (Discover! - Oxford Read and Discover) The Menopause Thyroid Solution: Overcome Menopause by Solving Your Hidden Thyroid Problems The Menopause Makeover: The Ultimate Guide to Taking Control of Your Health and Beauty During Menopause The Menopause Bible: The Complete Practical Guide to Managing Your Menopause Language Culture Type: International Type Design in the Age of Unicode Final Fantasy Type-0 Side Story, Vol. 5: The Ice Reaper (Final Fantasy 0-Type) Final Fantasy Type-0 Side Story, Vol. 4: The Ice Reaper (Final Fantasy 0-Type) Medical Management of Type 2 Diabetes (Burant, Medical Management of Type 2 Diabetes) Essential Oils Beauty Secrets Reloaded: How To Make Beauty Products At Home for Skin, Hair & Body Care: A Step by Step Guide & 70 Simple Recipes for Any Skin Type and Hair Type Discover Your Psychic Type: Developing and Using Your Natural Intuition Menopause and the Mind: The Complete Guide to Coping with Memory Loss, Foggy Thinking, Verbal Confusion, and Other Cognitive Effects of Perimenopause and Menopause Soul Music: Discover Your Personality Type so YOU can lead a life of Happiness and Success Do What You Are: Discover the Perfect Career for You Through the Secrets of Personality Type Menopause: Your Management Your Way ... Now and for the Rest of Your Life AMC Discover Cape Cod: AMC's Guide To The Best Hiking, Biking, And Paddling (Appalachian Mountain Club: Discover Cape Cod) Discover Acadia National Park: AMC's Guide To The Best Hiking, Biking, And Paddling (AMC Discover Series) Discover the Adirondacks: AMC's Guide To The Best Hiking, Biking, And Paddling (AMC Discover Series) Kids Discover Music (Easy Reader): Children's Easy Reader Picture Book with 11 Bright, Large Photos

and Simple Captions (Kids Discover Easy Readers 2) Discover Bicycles: Level 3 Reader (Discover Reading)

[Dmca](#)