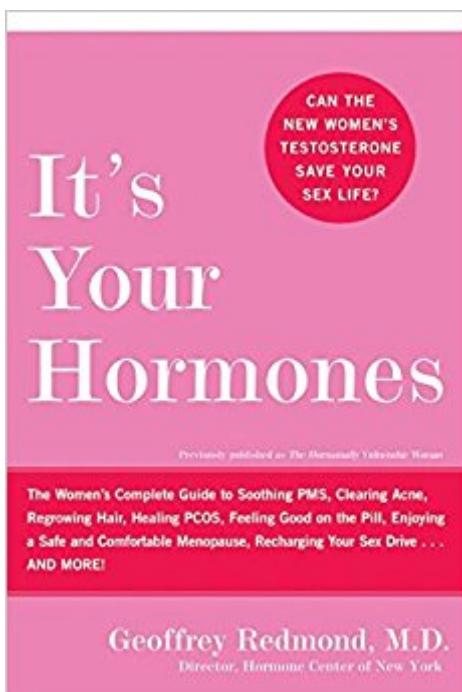


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# It's Your Hormones: The Women's Complete Guide To Soothing PMS, Clearing Acne, Regrowing Hair, Healing PCOS, Feeling Good On The Pill, Enjoying A Safe ... Recharging Your Sex Drive ... And More!



## Synopsis

From the renowned director of the Hormone Center of New York: complete cutting-edge medical and alternative strategies for living happily with your hormones—including how to enhance your sex life safely with testosterone. According to Geoffrey Redmond, M.D., a majority of the 42 million American women between the ages of 35 and 55 suffer from vulnerability to their own hormones. Appearance, feelings—and even sex drive—may be affected.

Symptoms include thinning hair, persistent acne, mood swings, low energy, loss of pleasure in sex, weight gain, irregular periods, and migraines. While the media has emphasized the problems of menopause, Dr. Redmond explains that many women experience hormonal miseries even in their thirties. Lab tests are often normal because the problem is not the hormones themselves but how a woman's body reacts to them. Healthy, active women suddenly find that once quiescent hormones are ruling their lives. Because their problems are often dismissed as trivial, women who are hormonally vulnerable are frequently thwarted in their quest for help. Too often they are brushed off with remarks such as, "Your tests are normal; there's nothing wrong with you." This is tragic because, as Dr. Redmond demonstrates, hormonal balance can nearly always be restored with the treatments he details, which include individualized use of prescription medications, herbal supplements, lifestyle changes, and even spiritual practices. Many women have heard that testosterone can help sex drive, but most have not been warned about the damage that careless testosterone therapy can cause on skin and hair. In this book, Dr. Redmond, an internationally recognized authority on testosterone in women, explains the only safe ways to use testosterone. With informative sidebars, quizzes, and personal stories of women who have overcome hormone vulnerability, this helpful book will empower you to find treatments for your hormone problems that are tailored to fit your own body, biochemistry, symptoms, and lifestyle.

## Book Information

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## Customer Reviews

"Avuncular, worldly, humane and open, Redmond is just the sort of guide women will appreciate as they negotiate their way through the startling and often unpleasant terrain of hormonal vulnerability."

Geoffrey Redmond, M.D., is the founder and director of the Hormone Center of New York, a Manhattan clinic dedicated to helping women who suffer from hormone-related problems. An endocrinologist with more than twenty years of experience, he has authored more than one hundred medical and research publications. He received his medical training at Columbia University College of Physicians and Surgeons and Rockefeller University, and he lives in New York City.

This is really a fantastic book that has all the information you need to know regarding a woman's body, from puberty to post menopause. I found great relief in finding out the reasons for my scalp hair loss and how to remedy it. I recommend reading All of this book, and not just choosing the chapters that interest you, because the information you gather from this book will enable you to pass this on to other women and young girls you know, who are going through some of these issues. I took my time and read this book slowly and took notes on everything that I thought applied to me, recommended blood work, prescriptions, etc. Then, I made an appointment with a local Endocrinologist (specialized in PCOS as I thought I had this based on the book) and went in to see her with all my notes. She was very helpful and worked with my requests, plus had suggestions of her own. Now I am on the slow road to recovery. Hallelujah!

This book was incredibly helpful in explaining what is happening with hormone levels in women's hair loss as well as what to do about it. I checked this book out from the library about 4 years back when I noticed a thinning patch on the top of my head. Armed with the information in this book, I went to a dermatologist who worked out a treatment regime. For several years now, I have been taking spironolactone 200mg daily, yasmin birth control, and using minoxidil foam 5% daily. Not only did my hair thinning stop, I have experienced re-growth to the point where my hair is almost back to normal and there is no noticeable thin area. Preparing for menopause, I decided to purchase my

own copy of the book as I will probably need to change to an estrogen replacement other than birth control pills if I want to keep hair-loss at bay. Dr. Redmond is quite sympathetic on the subject and clearly understands how devastating this issue can be on a woman's self-esteem. He discusses all possible treatments in-depth and completely. When I first read the book several years ago, I did some parallel research (as I am a healthcare professional) through the medical literature which substantiated his recommendations and made me comfortable taking a higher dose of spironolactone. Dr. Redmond is skilled at writing for the layperson and easily cuts through medical jargon to give you clear and concise information. I have not read the book in its entirety and can't speak for the other hormonal issues that he writes about although he strikes me as highly experienced in women's hormonal issues and completely competent. In short, I feel that one can trust the information in this book.

As a teenager I had what one may call "perfect skin." I may have had one pimple here or there, but they never lasted long and they were very small. However, when I turned 25 it was like my world turned upside down. I began to get cystic acne **EVERY MONTH** the same time **EVERY MONTH**. I didn't realize this until I started to track my symptoms and realized it appeared to be synced up to my menstrual cycle. This was very stressful for me because 1) had never dealt with acne before, let alone cystic acne, 2) I felt awkward because I am an adult and have the mentality that I should be over the "acne stage" in my life, and 3) the acne that I did develop started to leave scars on my face . . . like seriously . . . bad ones. When I turned 26 I started to notice more hair in my shower drain than usual. At first I chalked this up to be a "seasonal shed" even though I didn't really believe in that sort of thing. However, when I noticed that the excessive shedding did not stop **AFTER 2 YEARS!** I started to think I was crazy until my hair dresser made a comment about my hair thinning and my husband complaining that the shower drain is getting backed up as well as the vacuum cleaner. At that point I thought, "Okay, that's it! I'm going to see a doctor." I initially thought I had a Thyroid issue because there is a history of Thyroid issues on my maternal side of the family. But when my blood results indicated I was in "perfect health" and that everything was "normal" I was totally stumped. SO . . . I dealt with this. UNTIL I started to notice that I was actually thinning out so much that my scalp was **VERY VISIBLE** on my temples, especially when I wore a ponytail. Then I started to do some research and came across this book. **THIS BOOK VALIDATED AND NORMALIZED EVERYTHING I'M GOING THROUGH!** I was able to put a name (hormone sensitivity) to the symptoms I was having and it made **PERFECT** sense! I went to my doctor and shared what I had learned as a result of doing my own research and reading this book. My PCP

agreed that my acne and hair loss is hormonal and put me on the appropriate medications to help. So I want to say THANK YOU to Geoffrey Redmond for making me feel human again and for helping me gain more self-confidence and a sense of control over my life. If your story sounds similar to mine, I highly recommend this book. It very well could change your life!

MUST HAVE book for women suffering from hair loss!!! I was hitting roadblocks at every turn, and couldn't find a doctor that took my problem seriously. This book educated me with powerful information that I used during my exhaustive search for a local doctor to treat my condition. Dr. Allison Arthur of Sand Lake Dermatology in Orlando, FL is that doctor. She is highly skilled, compassionate and her medical treatment plan coincides with the tenets of this book. After 4 years of pessimistic and dismissive responses from other doctors, I am experiencing encouraging results! I wish that I had found this book sooner.

I saw 7 Doctors in Florida for hair loss, none of which could help me and didn't even really acknowledge my issue. I did hear a variety of responses, diet, iron, biotin. after I read this book I made an appointment and received the help I was looking for! Not a day goes by that I'm not thankful for his expertise. And yes my hair stopped falling out and looks great!

Haven't finished it but I've learned quite a lot already. Easy to understand.

Same book, new title. Rip off.

There is so much valuable data in this book other health and wellness issues that are streamlined into concise solutions and answers that many women are looking for.

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Know About Women's Hormones: Your Guide to Natural Hormone Treatments for PMS, Menopause, Osteoporosis, PCOS, and More 100 Tips For Hair Loss: How to Deal With Hair Loss and Assist Your Hair Growth (hair loss, hair growth, alopecia, grow hair, baldness, balding) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) The Men's Hair Book: A Male's Guide To Hair Care, Hair Styles, Hair Grooming, Hair Products and Rocking It All Without The Baloney Hair Loss: How it Happens and How to Fix It (Hair Loss, beauty and fashion, hair, loss, aging parents, hair growth, healthy hair) Hair Loss Cure: Everything You Need to Know About Hair Loss, Hair Loss Prevention, Hair Re-growth and Hair Loss Treatments (Hairloss treatment) Sex Starved Marriage: Sex in Marriage: 31 Best Demonstrated Sex Positions Every Married Couple Should Try To Spice Up Their Sex Life (Scream, harder and longer, Sex positions, Sex Tips, Sex Guide) The Red Pill: Man-Woman Sex life (red pill,rational man,redpill,sex drugs,sexual health,sexuality,sexual medicine,medical help) Okay, So I Don't Have a Headache: What I learned (and what all women need to know) about PMS, hormones, stress, diet, menopause--and sex Diet and Women's Hormones: How Eating Plants Can Control Your Risk of PCOS, Breast Cancer, and More! (Natural Disease Prevention Book 1) Hormone Diet: The Hormone Reset Diet, Balance Hormones, Recharging Health and Losing Weight Effortlessly! BONUS Hormone Reset Diet Recipes! (adrenal fatigue diet, adrenal fatigue, Hair Loss Explained - Natural Solutions for Hair Loss and Premature Balding: (Natural Hair Care, Hair Loss, Scalp Treatments, Balding, Cure, Going Bald, Remedies) Hair Loss: 5 Easy Steps To Stop and Prevent Hair Loss (hair loss, hair care, bald, beauty care, personal hygiene, natural health remedies, personal health care) Hair Loss Solutions for Men: How to Cheat Hair Loss for Life (Hair Loss Solutions: How to Cheat Hair Loss for Life Book 1) HEALING AFFIRMATIONS & HARP: Soothing and Scientifically Sound Positive Affirmations for Self-Healing (AWARD-WINNING CD/Booklet) (Relax Into Healing Series) PCOS Diet for the Newly Diagnosed: Your All-In-One Guide to Eliminating PCOS Symptoms with the Insulin Resistance Diet

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