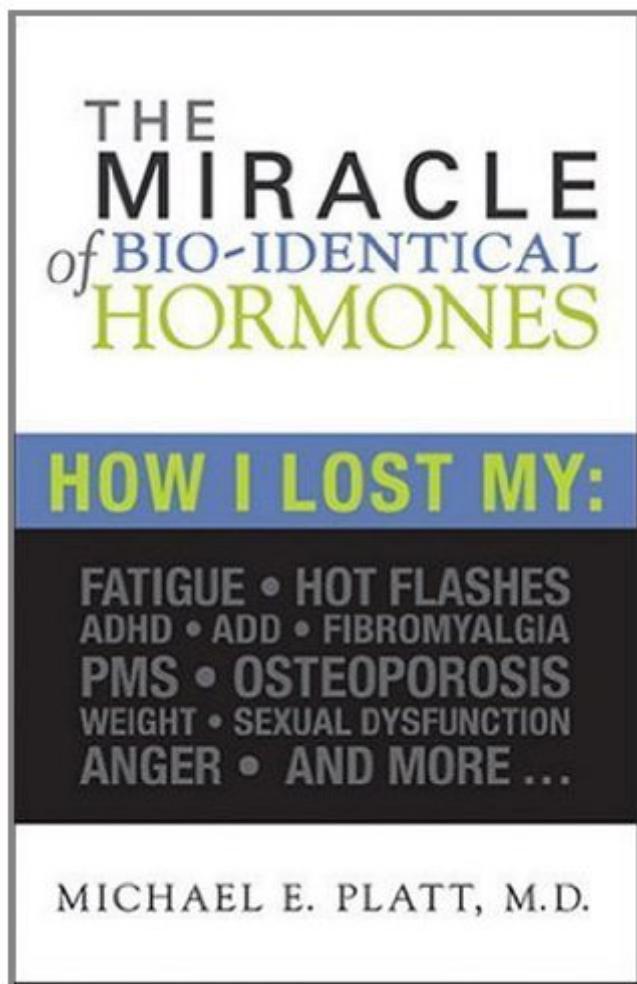


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The Miracle Of Bio-Identical Hormones: How I Lost My Fatigue, Hot Flashes, ADHD, ADD, Fibromyalgia, PMS, Osteoporosis, Weight, Sexual Dysfu



Synopsis

The 2nd edition of Michael E. Platt, M.D.'s ground-breaking health book, The Miracle of Bio-Identical Hormones, How I Lost My... fatigue, hot flashes, ADHD, ADD, fibromyalgia, PMS, osteoporosis, weight, sexual dysfunction, anger, migraines., provides many answers to common medical problems, and explains how balancing your hormones can contribute to your well-being and your long-term health. Outstanding praise has been received for this intelligently written book by wellness colleagues, book reviewers, and patients from around the world for its new ideas and unique perspective on hormones and preventive medicine. Dr. Platt explores how natural (non-synthetic) bio-identical hormones can have the power to heal many maladies often considered incurable. This is the most important health book published this year, or any year for that matter. It's an easy, fascinating, highly-informative, even life-changing read, states Barbara Morris, compounding pharmacist and author of Put Old On Hold. The book is also considered an excellent primer for compounding pharmacists and the wellness community.

Book Information

File Size: 600 KB

Print Length: 219 pages

Publisher: Clancy Lane Publishing; 2 edition (July 16, 2007)

Publication Date: July 16, 2007

Language: English

ASIN: B001N2ZWL6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #552,493 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #77

inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #1369

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Women's Health

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Alternative Therapies

Customer Reviews

I got a copy of Dr. Platt's book by accident, but when I started reading it I (and my partner) saw

ourselves in the pages. It was really quite remarkable, as Dr. Platt seemed to be writing about us. The book gave us hope for renewed health, and on the basis of it, we scheduled an appointment with him on Jan 3, 2007 (we live in California). We have been following his program for less than a full week after driving back from Palm Desert, but the results have already been astonishing. My partner was sleeping 12-13 hours a day and was always exhausted; she is now sleeping 8 hours a day and waking up naturally, rested. For the last year we had to drug ourselves with benadryl and melatonin to sleep; now, with the progesterone cream, we are sleeping easily and well. We both have energy again, and the brain fog is starting to clear. My partner was so depressed she was literally suicidal, yet all the anti-depressants in the world were not helping. She is no longer taking anti-depressants, yet she is in a better mood than I have seen her in YEARS. She was struggling to work 3-4 hours a day, and she has put in FULL 8 HOUR DAYS every day this week. There is no explanation for this major change other than the fact that she has been taking the thyroid and hormone medications prescribed by Dr. Platt. She has also been getting very ill with respiratory illnesses every winter for her entire life -- especially the last few years -- and she is now -- in just a week! -- in better health than she has been in years. I know it sounds too good to be true, but it is true. I have already lost nearly 6 pounds in five days, and I haven't even been 100% compliant with cutting out refined carbs (I've been 95% compliant, my partner has been 100% compliant).

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The Miracle of Bio-Identical Hormones: How I Lost My Fatigue, Hot Flashes, ADHD, ADD, Fibromyalgia, PMS, Osteoporosis, Weight, Sexual Dysfu Osteoporosis: Osteoporosis Guide To Reducing Osteoporosis Pain And Symptoms Related To Osteoporosis Including Strategies For Managing Osteoporosis, Living ... Osteoporosis (Osteoporosis Prevention) Self-help Treatment for Chronic Fatigue Syndrome, M.E, Fibromyalgia and Adrenal Fatigue: The Sensitive's Solution: FREE Support Group (Chronic Fatigue Syndrome, M.E, Fibromyalgia, Chronic Fatigue) ADHD: Stories Of Those With Attention Deficit Hyperactivity Disorder And How They Overcame It (Adhd Children, Adhd adult, Adhd parenting, Adhd without ... Adhd advantage, adhd effect on marriage) ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) Adrenal Fatigue: Goodbye - Adrenal Fatigue! The Ultimate Solution For - Adrenal Fatigue & Adrenal Burnout: Adrenal Diet - Hormone Reset - Balance Hormones ... Reset, Addison's Disease, Low Libido) Gut: The Key to Ultimate Health - SIBO, IBS & Fatigue (GAPS, Candida, Chronic Fatigue, Fibromyalgia, Adrenal Fatigue, SIBO, Parasites) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet,

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