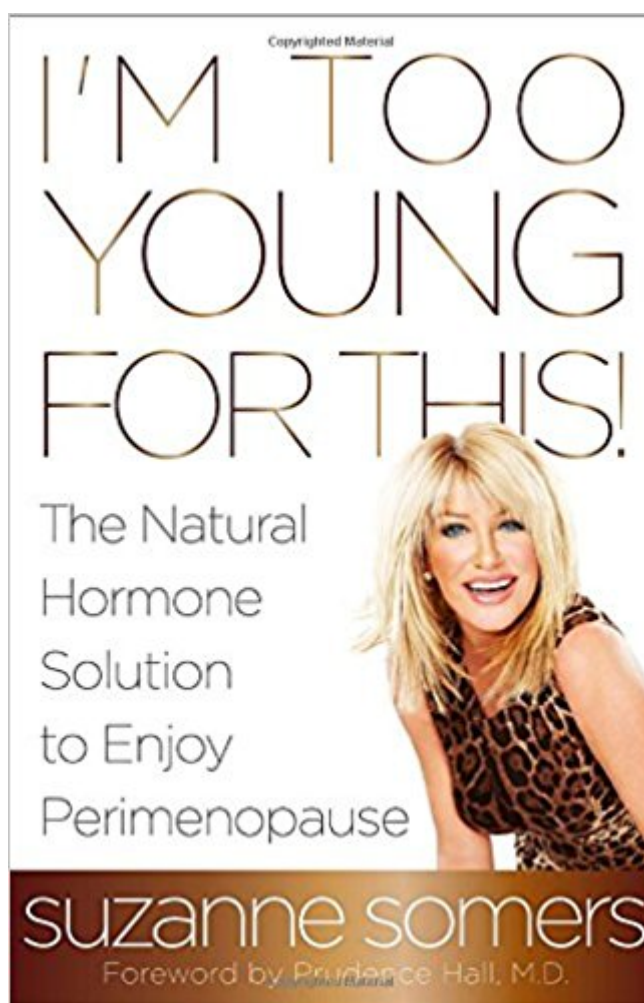


The book was found

I'm Too Young For This!: The Natural Hormone Solution To Enjoy Perimenopause



Synopsis

Why Wait to Feel Good Again? If you're in your thirties or forties, your body is changing, and so are your moods, sleep, health, and weight. Tired of being at the mercy of your hormones? Armed with the knowledge in this book, you don't have to be. Perimenopause can be enjoyable if you know what to do. I'm Too Young for This! details how you can get your body and mind back on track, safely and without drugs, including:- How our bodies transition hormonally from puberty through perimenopause. - The common complaints of perimenopause and hidden factors that may keep you symptomatic. - What are the minor and major hormones, and the important role they play in feeling good and staying vibrant and healthy. - What to eat including Perimenopausal Power Foods as well as other lifestyle shifts that are critical to your successful transition. - Cutting-edge research that proves the safety and efficacy of bioidentical hormone replacement (BHRT). - The Symptom Solver: a state-of-the-art guide to immediate relief for your hormonal complaints. Plus, how to find the right doctor as well as get your most frequently asked questions answered by expert hormone specialists. Your life is about to change for the better. You can feel great, be vibrant, healthy, thin, and sexy! This book shows you how.

Book Information

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Customer Reviews

"Emphasizes a common-sense approach to health as the first line of defense in controlling hormonal changes." --Publishers Weekly

SUZANNE SOMERS has been dubbed a health pioneer by the Wall Street Journal and thanked by Dr. Mehmet Oz for teaching people to be "crazy smart" about their health. She is the author of twenty-four books, including the #1 New York Times bestsellers *Sexy Forever*, *Knockout*, *Ageless*, *Suzanne Somers' Fast and Easy*, and *Get Skinny on Fabulous Food*, and the New York Times bestsellers *Bombshell*; *Breakthrough*; *Keeping Secrets*; *Eat Great, Lose Weight*; *Eat, Cheat, and Melt the Fat Away*; *Slim and Sexy Forever*; and *The Sexy Years*. Suzanne received an Emmy nomination for Outstanding Host in a Lifestyle/Travel Program for her weekly morning talk show *The Suzanne Show* on Lifetime.

This book really opened up my eyes to things about my body that I never thought of. She has a great way of getting the info across and I was able to stay interested in the topic and move through the book very quickly. This book is great for anyone entering this phase and even before....she explains why being natural during this time is safer and more healthy! A must read!

great book

Great health book.

When I started reading this book I had little if any knowledge of hormones and how they effect me. Little did I know I'm actually in menopause and have been for several years. Since reading this book I've had my hormone levels tested, I'm on a biogenetic hormone therapy treatment and am working towards finding balanced in my life!

this book was very imformative. I read it in a weekend. I am actually dealing with a lot of the issuses discussed in the book.highly recommend this read for anyone questioning symptoms they are having.

Wish I would have had this book 15 years ago when all the problems started. Refreshing to hear a movie star admit to the same everyday struggles the rest of us have. Most women would benefit greatly by reading this, starting in their late thirties!

Terrific info. Explains a lot of problems that occur after and during per-imenopause and how to avoid

these problems. Even useful info for my husband!! A must read for anyone near or in peri-menopause.

Great book

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