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What Your Doctor May Not

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What Your Doctor May Not Tell You About (TM): Menopause: The Breakthrough Book on Natural Progesterone Paperback – May 1, 1996. by John R. Lee (Author), Virginia Hopkins (Author) 4.6 out of 5 stars 300 ratings.

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– 'What Your Doctor May Not Tell You About Fibromyalgia (Warner, 1999), also by Dr. St. Amand and Claudia Craig Marek, has netted over 120,000 copies and has a monthly reorder rate of 3,000 copies.

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What Your Doctor May Not Tell You About Breast Cancer . NOW IN PAPERBACK! How Hormone Balance Can Help Save Your Life by John R. Lee, M.D., David Zava, Ph.D. and Virginia Hopkins. Warner Books 2002 (410 Pages) Another pioneering book by John R. Lee, M.D. that really gets to the bottom of why women get breast cancer and how to prevent it.

What Your Doctor May Not Tell You About Breast Cancer

A user-friendly guide by the authors of the classic bestsellers What Your Doctor May Not Tell You About Menopause and What Your Doctor May Not Tell You About Premenopause, Dr. John Lee and Virginia Hopkins.

Official Website of John R. Lee, M.D., Expert in ...

What Your Doctor May Not Know About Bone Density Measurement What Does Bone Density Really Mean Use Height as a Baseline Techniques for Measuring Bone Mineral Density. Chapter 14 Women and Cardiovascular Disease. Estrogen and Heart Disease Progesterone and Heart Disease

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Loss of libido. Tender or lumpy breasts. Fibroids and endometriosis. Cold hands and feet. Very heavy or light periods. Or other symptoms like infertility, memory loss, and migraines.

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What Your Doctor May Not Tell You about Premenopause ...

What your doctor may not mention could matter to your health. By David Freeman. From the WebMD Archives. Patients often have trouble talking to their doctors. It can be hard to get the words out ...

What Your Doctor May Have Trouble Telling You

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Continued Doctor's Visits and Insurance. Once you're diagnosed with RA, you may need to see your rheumatologist every 3 months for exams and bloodwork at first, or schedule drug infusions ...

RA: What Doctors Might Not Tell You - webmd.com

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What Your Doctor May Not Tell You About Breast Cancer

John Lee is author of the best-selling What Your Doctor May Not Tell You About Fibromyalgia.

Arguing that giving estrogen replacement therapy to women after menopause is medically the wrong thing to do, Lee suggests that natural progesterone can prevent most of the unpleasant side effects of menopause, including osteoporosis and weight gain.

Each year, over 40,000 women in the U.S. die from breast cancer. With statistics rising, conventional methods of treatment are simply not working, and in some cases may even be harmful. Now, Drs. Lee and Zava explain the potentially life-saving facts, such as: likely sources for the increase in breast cancer, including environment, excessive estrogen, progesterone imbalance, diet, and the dangers associated with traditional hormone replacement methods. Readers will learn strategies for lowering their risk and preventing this devastating disease through a revolutionary hormone balance program.

Coronary heart disease has long been the number one killer in this country, and for decades, we have been told about five basic risk factors: elevated cholesterol, high blood pressure, diabetes, obesity, and smoking. But the truth is that heart disease is much more complex-- with close to 400 risk factors! In this innovative guide, Dr. Mark Houston helps readers discover the causes of heart disease, how to prevent and treat its debilitating effects via nutrition, nutritional supplements, exercise, weight management, and lays to rest to various myths (cholesterol is not the primary cause) based on scientific studies and medical publications. Readers will also learn how to indentify the risk factors most likely to endager them and construct an arsenal of non-pharmacological preventitive strategies that can counteract this most deadly disease.

This is an essential guide for parents about vaccinations. Dr. Stephanie Cave explains their pros and cons and the book provides information to help parents make a knowledgeable, responsible choice about vaccinating their children.

What Your Doctor May Not Tell You About Fibromyalgia is the only protocol that actually treat the condition, reduces drug dependency, and offer an actual cure. Most patients with fibromyalgia are on as astonishing array of medications--sometimes taking over 10 different medications and supplements a day to treat symptoms ranging from muscle pain and fatigue to hypoglycemia, IBS, and chronic

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candidiasis--and they still can't control their pain. This fourth edition of the book goes deeper into understanding the disease and the early intervention options that are available. With special attention paid to fatigue and pain management protocols, Dr. St. Armand goes into great detail about the big issues surrounding fibromyalgia today, including: A close look at supplements, including CBS oil--an unregulated market without the same scientific rigor as most medications Guaifenesin as a drug that does work, eliminating symptoms and restoring normal life to an astonishing 90 percent of the fibromyalgia sufferers A discussion of pharmaceuticals in treatment, and why "medical Band-Aids" won't treat the disease changes in disease protocol discussion of pharmaceuticals in treatment

Depression is a serious illness that can often have detrimental effects on one's personal and professional life -but it doesn't have to. With proper treatment, one can conquer this mental monster and lead a fulfilling and productive life. What's more, expensive prescription drugs with sometimes debilitating side effects may very well not be the answer. In this breakthrough programme, Dr Michael Schachter offers his proven protocol to treat depression naturally by rebalancing and repairing out of sync and inefficient neurotransmitters in the brain. Readers are guided towards relief through potent, safe natural supplements that directly affect brain chemistry. Combining more traditional treatments with new proven remedies, Dr Schachter's programme reveals: the right amino acids that can help balance brain chemistry; how to easily and effectively control the amount of serotonin, dopamine, and glutamine in the brain - without drugs; the importance of Omega-3 intake and the role of mercury and fluoride toxicity can play in depression and much more. Dr Schachter leaves no stone unturned on the path to treating depression safely, effectively and naturally.

Breast cancer is on the increase in the West and, despite governments spending billions on research and new treatments, your chances of survival are roughly the same today as they were 50 years ago. This controversial book exposes the failings of conventional treatments of breast cancers and offers a revolutionary programme for lowering the risk of breast cancer, significantly improving your chances of recovering from this disease, and preventing a reoccurrence. Topics include: teenagers taking the pill are 600 per cent more likely to get breast cancer; biopsies, mammograms and chemotherapy often do more damage than good; 80 per cent of breast cancers are brought on by environmental factors, such as diet and exposure to toxins and pollutants; natural progesterone helps prevent and treat breast cancer; and explains that 30 minutes of moderate exercise a day may save your life.

This guide aims to explode the myths and misinformation about circumcision in an accessible, easy-to-read format. After describing the anatomy of the penis, the book explains the procedure, describes the

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risks associated and debunks the six most common reasons doctors will give when recommending it.

Fibroid tumors are the leading reason why more than 500,000 American women have hysterectomies each year.

With the exception of only the common cold, Irritable Bowel Syndrome (IBS) accounts for more work and school absences than any other illness. But drugs aren't always the best option - as Dr. Ash learn from experience. He has developed a program that helps relieve symptoms without drugs - and has applied his knowledge to the treatment of IBS, helping thousands of patients. In this groundbreaking treatment plan Dr. Ash reveals his drug-free approach to relieving the symptoms of IBS, using vitamin C, bioflavonoids, and other herbs and nutrients that help the body to heal itself. He also discusses the role of food allergies; the need for adequate diagnostic tests; and environmental factors, such as stress.

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