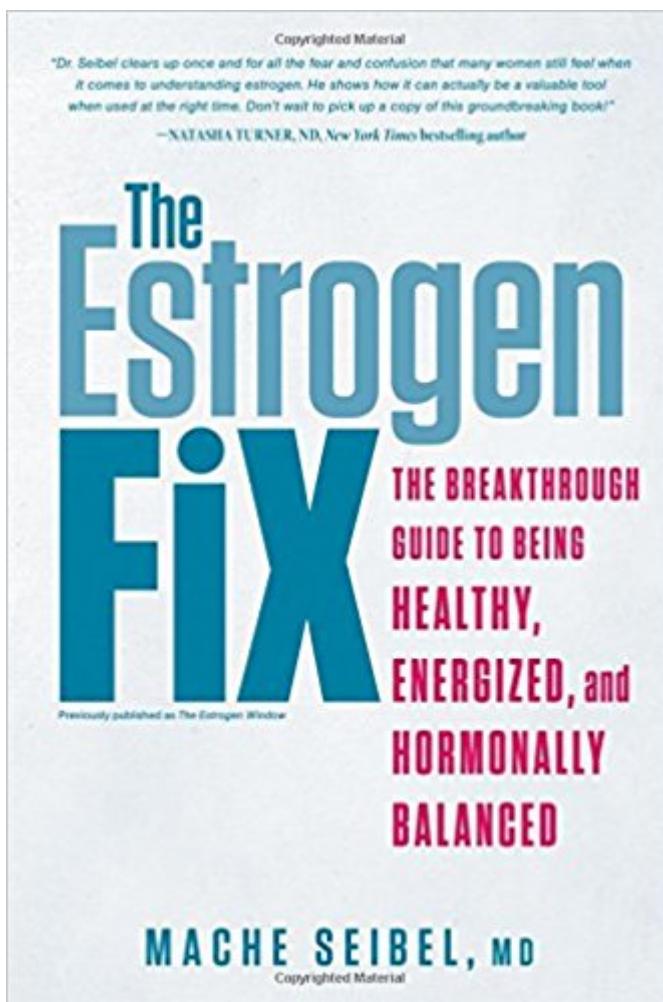


The book was found

# The Estrogen Fix: The Breakthrough Guide To Being Healthy, Energized, And Hormonally Balanced



## Synopsis

With groundbreaking research and an exciting new theory that will change the way women look at hormone replacement therapy for years of substantially improved health, happiness, and quality of life, *The Estrogen Fix* is a must-have book for every woman over 40. Dr. Mache Seibel, one of the leading doctors in women's health and menopause, proves that every woman has an ideal time to more safely begin estrogen replacement. When administered at this time, referred to as "the estrogen window," estrogen can lower your risk for breast cancer, heart disease, Alzheimer's, diabetes, osteoporosis, and more while minimizing your symptoms. Offering hope, expertise, and concrete solutions to a rectifiable problem, *The Estrogen Fix* is the definitive book on hormonal health for women. If estrogen has you confused or worried, if you are toughing it out because it seems too complicated to figure it out, if your doctors are reluctant to treat you and your symptoms are making your life a challenge, this book is for you.

## Book Information

Paperback: 256 pages

Publisher: Rodale Books (September 19, 2017)

Language: English

ISBN-10: 1635650127

ISBN-13: 978-1635650129

Product Dimensions: 5.9 x 0.9 x 8.3 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #424,948 in Books (See Top 100 in Books) #19 in Books > Health, Fitness & Dieting > Women's Health > Menopause #72 in Books > Health, Fitness & Dieting > Aging > Medical Conditions & Diseases #123 in Books > Self-Help > Mid-Life

## Customer Reviews

Mache Seibel, MD, is one of America's leading experts on women's wellness and menopause. A distinguished alumnus of the University of Texas Medical Branch, he is a member of the Harvard Medical School faculty. He is the editor of *The Hot Years*; *My Menopause Magazine*, which won a Web Health Award; and is the creator of *MenopauseQuiz.com*, a 2-minute online quiz that tells women the impact of menopause on their lives. Dr. Seibel contributes to *BottomLine.com* and *The Huffington Post*, and appears regularly on national media including PBS, NPR, MSNBC, Today, and *Inside Edition*. Dr. Seibel lives in Boston.

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

The Estrogen Fix: The Breakthrough Guide to Being Healthy, Energized, and Hormonally Balanced  
The Estrogen Window: The Breakthrough Guide to Being Healthy, Energized, and Hormonally  
Balanced--through Perimenopause, Menopause, and Beyond Low Calorie & Fat: Healthy Breakfast  
Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies,  
Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Sleep Smarter: Evening  
Habits And Sleeping Tips To Get More Energized, Productive And Healthy The Next Day What  
Customers Want: Using Outcome-Driven Innovation to Create Breakthrough Products and Services:  
Using Outcome-Driven Innovation to Create Breakthrough ... (Marketing/Sales/Advertising &  
Promotion) Credit Repair: 10 Proven Steps to Fix, Repair, and Raise Your Credit Score (Fix Your  
Credit Score) How Innovation Really Works: Using the Trillion-Dollar R&D Fix to Drive Growth:  
Using the Trillion-Dollar R&D Fix to Drive Growth (Business Books) Transformative Nutrition: The  
Ultimate Guide to Healthy and Balanced Living The Hormone Cure: Reclaim Balance, Sleep and  
Sex Drive; Lose Weight; Feel Focused, Vital, and Energized Naturally with the Gottfried Protocol  
The CUSP Method: Your Guide to Balanced Portions & a Healthy Life Stretching to Stay Young:  
Simple Workouts to Keep You Flexible, Energized, and Pain Free Green Smoothies: Alkaline Green  
Smoothie Recipes to Detox, Lose Weight, and Feel Energized Your Strengths Blueprint: How to be  
Engaged, Energized, and Happy at Work Secrets about Bioidentical Hormones to Lose Fat and  
Prevent Cancer, Heart Disease, Menopause, and Andropause, by Optimizing Adrenals, Thyroid,  
Estrogen, Progesterone, Testosterone, and Growth Hormone! Prayer: The +77 Most Powerful  
Morning Prayers to Start Your Day Energized: Christian Prayer Series, Book 1 Wheat Free: Diet for  
Beginners - Lose Weight Quickly, Achieve Optimal Health & Feel Energized with Gluten Free  
Recipes for Celiac Disease & Paleo Free ... diet, natural weight loss, baking recipes) Anti  
Inflammation: The 10 Day Inflammation Reduction Miracle: Beat Swelling, Lose Weight, Get  
Energized, Cure Pain, Optimal Nutrition for the Reduction of Inflammation Coconut Oil & YOU: 10+  
Recipes For A Beautiful, Healthier, Leaner, More Energized YOU! Weight Loss, Youthful Skin,  
Beautiful Hair, Anti-Aging, Increase ... Psoriasis, Increase Energy & Brain Power) Mindful Eating: A  
Healthy, Balanced and Compassionate Way To Stop Overeating, How To Lose Weight and Get a  
Real Taste of Life by Eating Mindfully Yoga for Your Mind and Body: A Teenage Practice for a  
Healthy, Balanced Life

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help