



# **What Your Doctor May Not Tell You About(TM): Premenopause: Balance Your Hormones and Your Life from Thirty to Fifty**

*John R. Lee, Jesse Hanley, Virginia Hopkins*

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I'm too Young for Menopause-So Why Do I Feel Like this? You could be experiencing unexplained weight gain...fatigue...mood swings...loss of libido...fibroids...tender or lumpy breasts...endometriosis...PMS...infertility...memory loss...migraines...very heavy or light periods...cold hands and feet...or a combination of these symptoms. You may have been told they're "nothing," or stress, or even menopause-and offered surgery, antidepressants, or prescription hormones. But the startling truth is that you may be suffering from premenopause syndrome-and there are simple, safe solutions. When John Lee wrote the groundbreaking What Your Doctor May Not Tell You About Menopause, younger women started asking if natural progesterone could help them, too. In this book Dr. Lee, with women's health expert Jesse Hanley, M.D., brings you a revolutionary nonprescription "Balance Program" to restore your gynecological health, energy, and sex drive-and even slow the aging process before menopause, and beyond.

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**Eric Freeman:**

Have you spare time for the day? What do you do when you have much more or little spare time? That's why, you can choose the suitable activity with regard to spend your time. Any person spent their very own spare time to take a go walking, shopping, or went to typically the Mall. How about open as well as read a book titled What Your Doctor May Not Tell You About(TM): Premenopause: Balance Your Hormones and Your Life from Thirty to Fifty? Maybe it is for being best activity for you. You know beside you can spend your time with your favorite's book, you can cleverer than before. Do you agree with its opinion or you have different opinion?

**James Peterson:**

Reading a guide tends to be new life style on this era globalization. With studying you can get a lot of information that will give you benefit in your life. With book everyone in this world could share their idea. Publications can also inspire a lot of people. A lot of author can inspire their very own reader with their story or perhaps their experience. Not only the storyline that share in the books. But also they write about the ability about something that you need example of this. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that you can get now. The authors these days always try to improve their talent in writing, they also doing some research before they write to the book. One of them is this What Your Doctor May Not Tell You About(TM): Premenopause: Balance Your Hormones and Your Life from Thirty to Fifty.

**Martina White:**

The particular book What Your Doctor May Not Tell You About(TM): Premenopause: Balance Your Hormones and Your Life from Thirty to Fifty has a lot of information on it. So when you read this book you can get a lot of help. The book was authored by the very famous author. The writer makes some research just before write this book. This specific book very easy to read you can obtain the point easily after reading this article book.

**Victor McDowell:**

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