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The Miracle Of Bi-identical Hormones: How I Lost My : Fatigue,Hot Flashes, ADHD/ADD, Fibromyalgia, PMS, Osteoporosis, Weight, Sexual Dysfunction, Anger, Migraines...



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Synopsis

This book explains why we are not well and what can be done about it. This award-winning book is reader friendly and has drawn national and international praise because of its revolutionary ideas on natural hormone replacement. Many conditions felt to be incurable can be eliminated by treating the cause. This includes: fibromyalgia, depression, anger, ADHD, insomnia, migraines, PMS, road rage, alcoholism, diabetes, etc. The hormonal connection to weight problems is explored, plus other concerns such as: osteoporosis, asthma, stress incontinence, IBS, RLS, etc.

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Customer Reviews

This is a book every woman should read!!! It was a life changer for me. I couldn't imagine life without my bio-identical hormones!!!

I don't write reviews much, but I had to chime in on this one. This book is very easy to read & understand. It will be the best low cost investment you could spend to begin a life changing result in

your health. You will find it hard to put down. You should read it, then make sure all those you love and care about read it. This wellness specialist is a breath of fresh air. He is a "diamond in the rough" for sure! How many doctors have you visited that will sit down with you, side by side, & REALLY listen? (for 30-60 minutes at a time!) Dr Platt is passionate about wellness & will tirelessly search for the cause to your illness, instead of rushing to write you a prescription for a drug (to line their pockets) which will only mask your symptoms. When your hormones are out of balance, you feel it. You will be pleasantly surprised by all the "extra" wonderful benefits that come along with hormone balance. If you don't feel great, why are you putting up with it? Don't you want to know why you feel the way you do? Life it short. Take control of your own health. Nothing will happen if you do nothing. First, educate yourself & read the book, then do what I did several years ago & make an appointment with this specialist who is in a class of his own.(If you have a question, go to his website & ask it!) He has changed my life. I have much respect & admiration for one who I believe is "blazing a trail" with his sincere caring practice to uphold that oath of "Do No Harm"

I couldn't put this book down. It's a must read for all women, but applies to men and children too. It has moved me to want to start a movement for wellness medicine - we can't continue to let the drug companies and insurance companies dictate our health care. Dr. Platt made this an incredibly easy to understand book for someone without a medical background. Buy this book and then tell all your friends about it too!

Dr. Platt gives clinical evidence to Ray Peat's research. If you are interested in scientific articles that are well referenced, go to www.raypeat.com. Thank you Dr. Platt for sharing your work with us. I especially enjoyed the chapters about children. I noticed some promising changes in my six-year-old after giving her progesterone and raw dessicated thyroid.

Treating the root cause of so many hormone imbalance driven conditions is critical. Old school western medicine treats symptoms with synthetic drugs. Dr Platt's integrative holistic approach to wellness treats root cause. I Thank God for this book and for Dr Platt sharing his vast knowledge he attained over decades of practice.

great read and will change everything ever thought you new about hormones, birth control, and weight

Love it! Just like described by seller. Definitely recommend

It is the best book I have ever read on the subject!!! I could not put it down and I keep on going back to it all the time for consultation!!! It is like a guide for your good health!! I am following his advice and I am feeling great!!! Thank you Dr. Platt!!!

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