



The Estrogen Window: The Breakthrough Guide to Being Healthy, Energized, and Hormonally Balanced--through Perimenopause, Menopause, and Beyond

By Mache Seibel



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In *The Estrogen Window*, Dr. Mache Seibel, international health expert and leading authority on women's wellness and menopause, presents groundbreaking research that explains how every woman has a window of opportunity to begin estrogen replacement.

If begun at the right time, estrogen can lower the risk of breast cancer, heart disease, and Alzheimer's disease, while minimizing menopausal symptoms such as hot flashes, night sweats, mood swings, lower libido, fractured sleep, brain fog, irritability, and weight gain. You'll discover which estrogens and progestogens are the safest and how long to take them, in addition to when your estrogen window closes and it's too late to take estrogen. You'll also gain insight about alternatives to estrogen and how to talk with your healthcare provider about what is best for you.

The Estrogen Window will eliminate your confusion, calm your fears, and help make you a partner with your healthcare provider.

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Editorial Review

Review

"The Estrogen Window offers an easy-to-read explanation that removes the confusion regarding how to safely take estrogen." --Sara Gottfried, MD, author of The Hormone Reset Diet

About the Author

Mache Seibel, MD, is one of America's leading experts on women's health and menopause. He served on the Harvard Medical school faculty for twenty years and is the editor of My Menopause magazine, which won a 2013 Web Health Award. Dr. Seibel appears regularly on Today, Inside Edition, and PBS.

Todd McLaren was involved in radio for more than twenty years in cities on both coasts. He left broadcasting for a full-time career in voice-overs, where he has been heard on more than 5,000 TV and radio commercials, as well as TV promos, narrations for documentaries on such networks as A&E and the History Channel, and films.

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Livia Wilder:

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when you are finished looking at it, like winning a casino game. Do you want to try this extraordinary wasting spare time activity?

Chris Walker:

The book untitled The Estrogen Window: The Breakthrough Guide to Being Healthy, Energized, and Hormonally Balanced--through Perimenopause, Menopause, and Beyond contain a lot of information on that. The writer explains her idea with easy technique. The language is very straightforward all the people, so do not really worry, you can easy to read that. The book was compiled by famous author. The author gives you in the new period of time of literary works. You can actually read this book because you can keep reading your smart phone, or device, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site and order it. Have a nice read.

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