

Introduction

Why I Wrote This Book

Are you confused and frustrated about therapies for your menopause?

Are you uncertain about the safety of medical and hormonal therapies?

Are you unsettled about your doctor's lack of knowledge of natural therapies,
or lack of enthusiasm for you to try them?

Are you getting different opinions that confuse you?

You are not alone! I see patients every day who can't find the answers they are searching for to help them be comfortable with their menopause.

The answers may be simpler than you think.

If you are one of those women, you are experiencing dramatic changes in yourself and your body at your perimenopause and menopause time. Hot flashes, night sweats, insomnia, increasing weight, fatigue, joint pains, skin wrinkling, hair loss, and perhaps even a dramatic loss of your passion for intimacy—does this sound familiar? Are you wondering if you will ever look and feel “yourself” ever again?

To further confuse matters, you see actresses, models, and TV personalities your age looking and feeling vigorous. Some are promoting products and therapies that they swear have made all the difference in their menopause. You wonder, “Could these be right for me?”

The research you've done on the internet, the informal polls you've taken of your friends and family, and even your chiropractor all have different opinions about what you should do, and they are probably recommending a wide variety of products for you to take.

If you are like many of your peers, your doctors are only adding to your confusion. Your gynecologist suggests standard hormones, but you wonder about their safety. Your internist or family physician is concerned about hormone therapies and recommends different drug therapies like anti-depressants. You read about new and natural bioidentical hormones, and wonder how or if they are different, and why isn't your doctor recommending them?

*Does any of this sound familiar?
Why has this become so confusing?*

When Professor Albert Einstein, the famous physicist, was asked why he gave the same physics exam two years in a row, he responded: "The answers have changed!" His answer is true of the ever-evolving understanding of menopause, too.

Your menopause is not your mother's menopause. It is not even your sister's. So much more is known today about all aspects of the menopause than even just a few years ago, and our knowledge and understanding will continue to grow as more and more research is conducted.

You may be surprised to learn that most doctors, even OB/GYN's, weren't trained about menopause. Even in the best OB/GYN residencies, menopause gets little formal attention. It isn't that your doctor doesn't care. Unfortunately, many medical offices in general are simply too busy in today's HMO style of practice to spend adequate time staying current with the most up-to-date understanding of menopause and therapies. Sadly, it seems that too few practitioners have the time to really address your menopause issues.

Part of the reason you are overwhelmed with opinions and therapeutic options for menopause is that this prevailing confusion is the perfect setting for entrepreneurs! They get your attention because you are still looking for solutions, and the people and places you've traditionally turned to for answers aren't providing clear ones!

WHY I WROTE THIS BOOK...

Every day, women just like you come into my office who are overwhelmed with information, confused about their therapeutic options, and don't know who they can trust anymore to help them get through the menopause transition. Often times they've tried a few options without finding relief, or they've found relief, but then heard something on the news that scared them and don't know what to do. So many menopausal and perimenopausal women are seeking someone, anyone, who can be their open-minded partner while they try to navigate their way through these changes.

Giving help to menopausal and perimenopausal women has been my passion for 25 years. I have the knowledge and expertise to help you! In addition to a Ph.D. in chemistry, I am a trained gynecologist, natural therapist, a nationally certified menopause practitioner. I believe in the mind-body-spirit approach. I have

over 25 years' experience in helping women like you manage their menopause successfully, naturally, and safely.

As you read this book you will:

- Learn what the safest and most effective options are from both medical and natural therapies.
- Learn the real facts about bioidentical hormones.
- Eliminate confusion and frustration about the many available products and therapies.
- Get pointers on how to choose and work with the perfect medical provider for you.
- Want to take action and make these the best years of your life!

We can do this together by going through the 7 steps to effectively and successfully make yours "The Perfect Menopause." These 7 steps are designed to help you:

1. Completely understand your menopause.
2. Determine what your treatment goals are.
3. Manage your hot flashes, night sweats, fatigue, aches, and cognitive issues.
4. Stop the weight gain and release excess weight.
5. Manage dryness, both inside and out.
6. Make dramatic improvements in your sexual desire.
7. Have a better night's sleep every night.

LET ME BE YOUR SECOND OPINION!

I wrote this book to help you understand your options. **Let me be your second opinion!** In every chapter of this book you'll find a wealth of information that will answer your questions and provide a framework for you to take action. Read this book, evaluate how this information relates to you, and then use it. Take control of this time of your life. Use the information in this book to assess your needs, options, and goals, and then share what you've learned with your medical provider. Select one who will help you choose an appropriate plan of action, and make yours "The Perfect Menopause."