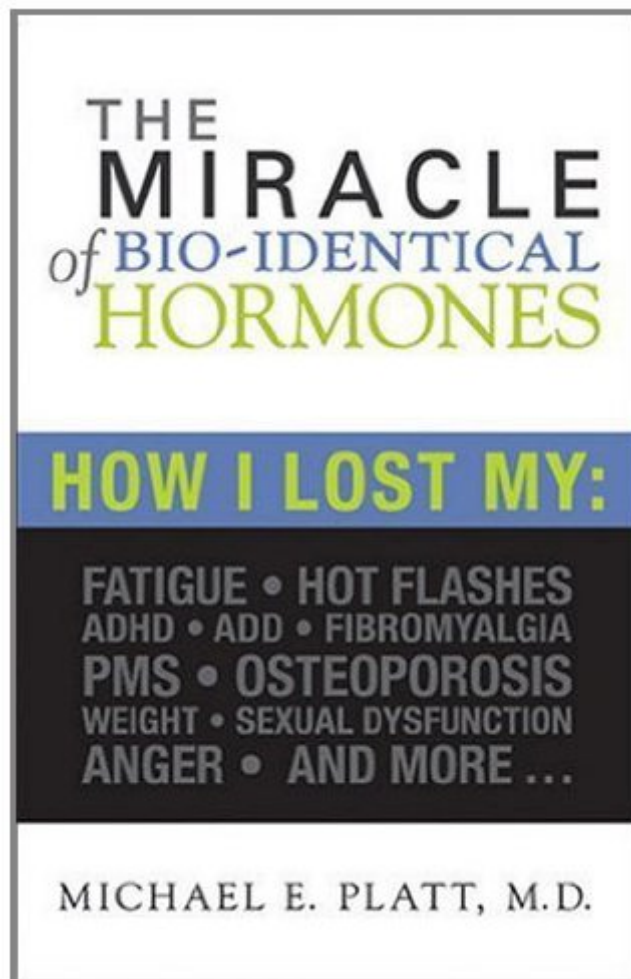




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# **The Miracle Of Bio-Identical Hormones: How I Lost My Fatigue, Hot Flashes, ADHD, ADD, Fibromyalgia, PMS, Osteoporosis, Weight, Sexual Dysfu**





## Synopsis

The 2nd edition of Michael E. Platt, M.D.'s ground-breaking health book, *The Miracle of Bio-Identical Hormones, How I Lost My...* fatigue, hot flashes, ADHD, ADD, fibromyalgia, PMS, osteoporosis, weight, sexual dysfunction, anger, migraines., provides many answers to common medical problems, and explains how balancing your hormones can contribute to your well-being and your long-term health. Outstanding praise has been received for this intelligently written book by wellness colleagues, book reviewers, and patients from around the world for its new ideas and unique perspective on hormones and preventive medicine. Dr. Platt explores how natural (non-synthetic) bio-identical hormones can have the power to heal many maladies often considered incurable. This is the most important health book published this year, or any year for that matter. It's an easy, fascinating, highly-informative, even life-changing read, states Barbara Morris, compounding pharmacist and author of *Put Old On Hold*. The book is also considered an excellent primer for compounding pharmacists and the wellness community.

## Book Information

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Alternative Therapies

## Customer Reviews

I got a copy of Dr. Platt's book by accident, but when I started reading it I (and my partner) saw

ourselves in the pages. It was really quite remarkable, as Dr. Platt seemed to be writing about us. The book gave us hope for renewed health, and on the basis of it, we scheduled an appointment with him on Jan 3, 2007 (we live in California). We have been following his program for less than a full week after driving back from Palm Desert, but the results have already been astonishing. My partner was sleeping 12-13 hours a day and was always exhausted; she is now sleeping 8 hours a day and waking up naturally, rested. For the last year we had to drug ourselves with benadryl and melatonin to sleep; now, with the progesterone cream, we are sleeping easily and well. We both have energy again, and the brain fog is starting to clear. My partner was so depressed she was literally suicidal, yet all the anti-depressants in the world were not helping. She is no longer taking anti-depressants, yet she is in a better mood than I have seen her in YEARS. She was struggling to work 3-4 hours a day, and she has put in FULL 8 HOUR DAYS every day this week. There is no explanation for this major change other than the fact that she has been taking the thyroid and hormone medications prescribed by Dr. Platt. She has also been getting very ill with respiratory illnesses every winter for her entire life -- especially the last few years -- and she is now -- in just a week! -- in better health than she has been in years. I know it sounds too good to be true, but it is true. I have already lost nearly 6 pounds in five days, and I haven't even been 100% compliant with cutting out refined carbs (I've been 95% compliant, my partner has been 100% compliant).

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Adrenal Reset Diet) Osteoporosis: How To Reverse Osteoporosis, Build Bone Density And Regain Your Life (Osteoporosis, Bone Density, Strong Bones, Healthy Bones, Osteoporosis Cure)  
Osteoporosis Diet: Osteoporosis Diet Guide To Preventing Osteoporosis And Improving Bone Strength By Adhering To The Osteoporosis Diet And Following The Osteoporosis Diet Nutritional Guidelines Osteoporosis: How To Treat Osteoporosis- How To Prevent Osteoporosis- Along With Nutrition, Diet And Exercise For Osteoporosis (Reverse or Prevent Bone ... Supplement Treatments & Exercise Routines) Hot Flashes, Hormones, and Your Health (Harvard Medical School Guides)  
Menopause: Manage Its Symptoms with the Blood Type Diet: The Individualized Plan for Preventing and Treating Hot Flashes, Loss of Libido, Mood Changes, Osteoporosis, and Related Conditions  
Herbal Hormone Handbook for Women: 41 Natural Remedies to Reset Hormones, Reduce Anxiety, Combat Fatigue and Control Weight (Herbs for Hormonal Balance, Weight Loss, Stress, Natural Healing) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome With The Adrenal Reset Diet. How To Reduce Stress, Anxiety And Boost Energy Levels And Overcome Adrenal ... Books, Adrenal Fatigue Diet, Adrenal Reset) Adrenal Fatigue: What Is Adrenal Fatigue And How To Reset Your Diet And Your Life (Adrenal Fatigue, Reduce Stress, Boost Energy,Diet) Frank Martin: A Bio-Bibliography (Bio-Bibliographies in Music) Bio Diesel Basics: A Simple Bio Diesel Handbook  
ADHD: Parenting a Child or Teen With Attention Deficit Disorder: Signs, Symptoms, Causes & Treatments (Treat ADHD & ADD Without Medication Books) Iluminacion para una fotografia impresionante / The Hot Shoe Diaries. Big Light From Small Flashes (Spanish Edition)

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