



Dr. John Lee's Hormone Balance Made Simple: The Essential How-to Guide to Symptoms, Dosage, Timing, and More

John R. Lee , Virginia Hopkins

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From the bestselling authors of the classic "What Your Doctor May NOT Tell You" books about menopause and pre-menopause comes an easy-to-use guide on balancing hormone levels safely and naturally.

Dr. John Lee will help you answer key questions like:

Are my symptoms caused by a hormonal imbalance?

Which hormones do I need to regain hormone balance?

How do I use hormones for optimal health and balance?

Plus, learn how and when to use estrogen, testosterone and progesterone cream, in simple, effective language. If you want the ABCs of using natural hormones, this book is for you.

Dr. John Lee's Hormone Balance Made Simple: The Essential How-to Guide to Symptoms, Dosage, Timing, and More Details

Date : Published August 23rd 2006 by Grand Central Life & Style

ISBN : 9780446694384

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Format : Paperback 208 pages

Genre : Health, Nonfiction

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From Reader Review Dr. John Lee's Hormone Balance Made Simple: The Essential How-to Guide to Symptoms, Dosage, Timing, and More for online ebook

Yasmin Shiraz says

Learned a lot... I think all women should learn about their hormones. This book helps to give you good info on staying in balance.

Diane Patterson says

Nice write up of the various hormones we have to keep track of as we get older. Spoiler: aging sucks, but I guess it's better than the alternative.

Carla Baker-boner says

Good resource when used in conjunction with Dr. Lee's other books. This is a quick- reference, resource book. If you want the why and more precise how, read the other books.

Monica says

Dr John Lee was ahead of his time when he said decades ago that synthetic hormones in conventional HRT cause breast cancer and stroke in women. He advocated bioidentical hormones esp progesterone and many women have benefitted.

A good read from a courageous and wise man.

Anja says

Finally a book on how to balance hormone levels naturally. I have great respect for Dr. Lee. He spells it out for women in a way that is easy to understand. It seems that a lot of doctors don't know enough about the subject and just disregard hormone levels. This book explains how to notice imbalances and how to treat them. Highly recommend to anybody who thinks they might suffer from an imbalance.

Ligaya Blough says

The title of the book says it all

This book is both comprehensive and simple enough to understand. It clearly describes how, when, and why to use hormonal supplements. It also describes the value of nutrition and adequate rest to maintaining a healthy, happy body. I highly recommend this book for anyone seeking good health and wants to keep that good health going through adulthood as a foundation to a healthy aging process.

Kimberly says

Desk reference in my den. Most helpful.

Debbie Wells says

This is my favorite of all of Dr. John Lee's books. I have a copy in my car and one in my office as well. So necessary for separating the wheat from the chaff, when it comes to learn what you need to know about estrogen dominance!

Liza says

This book is a quick, informative read that not only gives the nuts and bolts about hormone balance, but also all-around healthy living.

Nathalie Melvin says

So glad this book was recommended to me!

Lisa says

As someone just beginning to navigate the mysterious world of hormone replacement, I am very grateful to have the information in this book. The basics of how hormones work in the body were clearly explained, and I learned quite a bit that my own doctor--who believes in and uses bioidentical hormones herself--did not fully explain to me. I feel like I will be much better informed and able to make intelligent decisions as a result.

Laurell Dowling says

The book was an easy read. Very informative. It contains a basic overview of how hormones work in your body. I started to read "What your doctor will not tell you about Menopause". This book is more technical than this book but it is a good place to start. I liked the section on Hormone Balance Test. The self test gives you a good place to start understanding some of the changes going on as you age. I recommend this book.

Lindsey says

This really is a simple and concise look at balancing hormones. Quick to read and I learned so much.

skhart1964gmail.com says**Excellent and very informative**

My girlfriend recommended I read Dr. Lee's books. I started with this one and found it very informative. Planning to start next one today. A MUST READ for any woman experiencing menopausal symptoms and especially if her current Dr is clueless.

Neeter L says

This book is an over view of Dr. John Lee's other books, but is an easy read and references back to his other books.
