

C.S. Lewis & Co. Publicists

Dear Editor/Producer,

When the medical profession came out soundly against dangerous hormone replacement therapy, female patients stopped taking HRT, but were given no alternatives. Until now.

In the newest groundbreaking book by well-known women's health expert SUSAN M. LARK, MD, *Dr. Susan Lark's Hormone Revolution* (Portola Press, \$28.95), Dr. Lark, along with Kimberly Day, shares with women of all ages her exciting and effective all-natural program on how to restore and balance their *own* hormones. Dr. Lark combines three decades of research, clinical experience, scientific findings, and her own time-tested treatments for restoring and balancing hormones naturally into one comprehensive tome.

Finally, women of all ages and hormonal stages have a definitive resource where they can find well-researched information about natural ways to restore hormone health and ease symptoms associated with hormone imbalance, from PMS and fibroids to hot flashes and insomnia. Dr. Lark's hormone balancing plan also prevents more serious conditions, including heart disease, osteoporosis, and breast cancer.

This comprehensive book presents an array of options that women can mix and match according to their personal preferences and unique hormonal profile, including foods and dietary strategies, nutritional supplements, herbs and botanicals, Chinese formulas, energy medicine therapies, exercises, stress-reduction techniques, and bio-chemically identical hormones.

Leave it to Dr. Lark, who has pioneered the use of natural treatments for women's health conditions for more than three decades, to solve what has become a true dilemma for many women—how to naturally restore and support their own hormonal health without having to use dangerous hormone replacement therapy.

Dr. Lark is an articulate, personable media pro who can discuss virtually any topic related to conventional medicine, alternative treatments, the latest women's health findings, and diet.

Please let me know if you'd like me to coordinate an interview.

Warm Regards,

Cathy Lewis

Dr. Susan Lark's Hormone Revolution

A New Way to Balance Your Own Hormones Naturally

When a woman's hormones are out of balance, she may experience symptoms ranging from PMS, fibroid tumors, and mood swings, to insomnia, elevated stress, and weight gain. Hormone imbalance also leads to serious conditions such as heart disease, osteoporosis, and breast cancer.

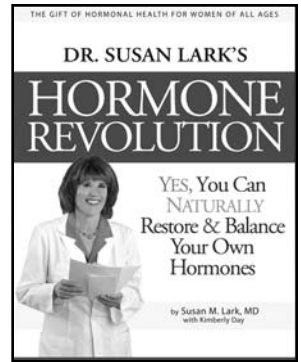
Women's health expert **SUSAN M. LARK, MD**, has long advocated a natural approach to hormonal health. Now, in her newest book, *Dr. Susan Lark's Hormone Revolution* (Portola Press, \$28.95), Dr. Lark has compiled three decades worth of research, clinical experience, and scientific findings into a single comprehensive guide that shows women of all ages how to customize a treatment plan to restore and balance their own hormones.

Dr. Lark explains how hormones are produced in the body; what the five major sex hormones do; which environmental, diet-related, and other factors cause hormones to get out of balance; and how to determine which of three hormonal "types" you are, so you can choose safe, effective, well-studied natural remedies to fit your unique hormonal profile, symptoms, and health goals.

She shows how to balance your own hormones with the use of herbs, foods, nutritional supplements, energy medicine therapies, diet, exercise, and stress management. Also discover how to:

- Get your hormone levels tested—and interpret the results
- Shop, cook, and eat for your unique hormonal type
- Design an exercise plan to fit your own hormonal needs
- Relieve symptoms using energy therapies, such as do-it-yourself acupuncture, colored light, and biofeedback
- Safely taper off HRT if you're now taking it
- Separate myths from truths about HRT, bio-chemically identical hormones, aging, libido, menopause, and more

Women have different health needs at 30 than they do at 80. This is the first resource that offers a comprehensive menu of solutions that all women can mix and match according to their goals, health concerns, stage of life, hormonal profile, and personal preferences. Included is an easy-to-use Resource Guide with sources for every test, supplement, therapeutic device, mail-order food, CD, DVD, and piece of exercise equipment mentioned in the book.



"Whether you are in your 30s and 40s and have fibroids, PMS, and perimenopause; are into your 50s and 60s and have hot flashes, insomnia, and low libido; or are in your 70s, 80s, or 90s and want to prevent senility, maintain good cognitive function, enjoy a strong heart and bones, and ease arthritis, my program will go a long way to help you."

—SUSAN M. LARK, MD

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About the Expert

SUSAN M. LARK, MD, is the foremost authority on clinical nutrition and preventive medicine for women's health, a sought-after speaker and educator, an innovative researcher and product developer, and author of *Dr. Susan Lark's Hormone Revolution* (Portola Press, \$28.95).

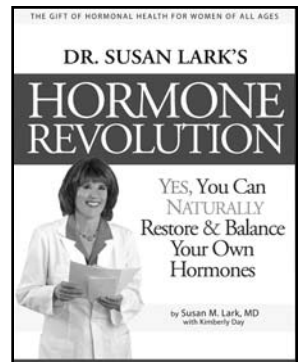
Throughout the past 30 years, Dr. Lark has pioneered the use of self-care treatments such as diet, nutrition, exercise, and stress management techniques in the field of women's health, and is recognized as a leading expert on the use of alternative therapies for hormone balance, menopause, perimenopause, fatigue, hypertension, and more.

Dr. Lark graduated from Northwestern University Medical School, and became board certified in Family Practice. In 1978, she founded one of the first clinics in the United States specializing in family practice, preventive medicine, and women's health care. Gradually, as more of her busy family practice in the San Francisco area became focused on her female patients and their specific health needs, she emphasized complementary and alternative health care as ways to greatly improve women's health. She also spent many years educating her peers, including other physicians, nurse practitioners, nurses, and physicians' assistants, so they could better integrate complementary medicine into their respective fields.

Dr. Lark served on the clinical faculty of Stanford University Medical School from 1981 through 1983, and taught women's health care in Stanford's Primary Care Associate Program in the Division of Family and Community Medicine for more than a decade, until 2002.

She has taught women's health care and complementary medicine to other health care professionals and consumers through institutions such as the California Academy of Family Physicians, North American Menopause Society, Stanford Research Institute, Kaiser Hospitals, Foundation for New Options, CorText Seminars for Continuing Medical Education, New Hope Communication, University of California Santa Barbara, and other organizations.

Dr. Lark has published 13 top selling books, including *Premenstrual Syndrome Self Help Book*; *Menopause Self Help Book*, and *The Estrogen Decision*, among others, and co-authored *The Chemistry of Success: Six Secrets of Peak Performance*. Her books have been translated into Chinese, Russian, French, German, Portuguese, and Spanish.



“Once you bring your hormones into optimal balance, you’ll have renewed energy, great skin and hair, optimal weight, mental focus, and improved overall health and well-being. In short, you will start feeling the way a person in balance feels—happier and in love with life.”

—SUSAN M. LARK, MD

— MORE —

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Since 2000, she has penned “Women’s Wellness Today” (formerly “The Lark Letter”), a critically acclaimed monthly women’s health newsletter, published by Healthy Directions, LLC.

At Dr. Lark’s popular website, www.drlark.com, she presents cutting-edge health information of interest to women, and a free bi-weekly electronic newsletter on a wide variety of women’s health topics. The site also offers a message board, healthful recipes, and products designed to enhance women’s wellness, from natural skin care and supplements developed exclusively for women, to products that promote stronger bones, sharper mental function, and better digestion. Dr. Lark has always made herself accessible by email to patients, readers, and her web community.

**How to Use Color
Therapy to Support
Health**

Red: for nervous-
ness, constipation

Orange: for appetite,
breathing, reproduc-
tion

Yellow: for diges-
tion, liver function

Green: for stabilizing
emotions

Blue: for blood pres-
sure

Violet: for sleep,
heart rate

Dr. Lark's Own Hormonal Journey

In her 60s, she has the body, skin, hair, and functions of a 30-year-old.

When people see the unretouched photo of Dr. Lark on the cover of her latest book, they can't believe they are looking at a woman who just turned 60. She has the same thick brown hair she had in her 20s and 30s. Her skin is bright and wrinkle free. Her body is toned and strong. What the photo doesn't show is that Dr. Lark is still enjoying healthy menstrual periods, and her bones, organs, and bodily functions are all those of a woman two or three decades younger. How she accomplished this is an inspiration to all women, regardless of their age or hormonal profile.

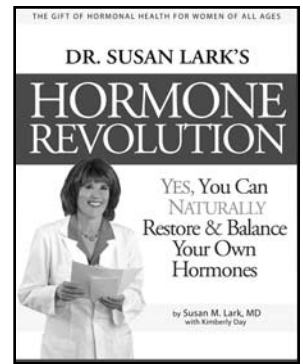
The story of Dr. Lark's own hormonal journey starts in her late teens, when she began to suffer from PMS symptoms, including food cravings, bloating, weight gain, extreme breast tenderness, oily skin and blemishes, excruciating menstrual cramps, irregular periods, and breast cysts. During medical school, the pain and nausea would be so extreme for one week every month that she had to leave her ward and lie down in the on-call room. To make matters worse, her moods fluctuated wildly, and she would frequently sneak away to cry, wondering how she would ever be able to complete her medical training. About that time, Dr. Lark was diagnosed with benign breast disease—the cysts in her breasts would become so large and tender once a month that she couldn't bear to bump against anything.

She tried virtually every medication available—mild tranquilizers for her moods, antispasmodics for the cramps, diuretics for her bloating—but nothing worked particularly well or for very long. Then, in 1974, during her internship, she read about doctors in Europe using high doses of vitamins to treat breast cysts. This initiated her own research into the effects of sex hormones on women's health and natural treatments to restore their balance.

Without a lot of guideposts to follow at the time, Dr. Lark created a nutritionally based plan, which included vitamin, mineral, and other nutritional supplements, and tested it on herself. She also employed exercise and stress reduction therapies she had been studying, including yoga, acupressure, meditation, and biofeedback. Her PMS disappeared, her periods became regular, and her breast disease vanished.

Around her mid-40s, when she skipped a couple of periods, Dr. Lark made some adjustments to see if she could reestablish her normal hormonal balance and bring her estrogen and progesterone back into balance. She started having healthy, normal periods once again.

—MORE—



“Less than one percent of women continue menstruating after age 59. The fact that I menstruated into my early 60s is quite rare and is likely due to the fact that I have been supporting and balancing my hormones with my own natural program since I first entered the field of medicine over 30 years ago. As a result, I have had a remarkable level of hormonal health.”

—SUSAN M. LARK, MD

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She maintained virtually perfect menstrual periods into her late 50s, when her mother became seriously ill. During this stressful period, Dr. Lark started suffering serious fatigue. As always, she went back to the drawing board and looked for a way to balance and support her hormones again. By instituting a few simple, yet very powerful changes to her program, she was thrilled to find that, over a period of months, her symptoms dramatically disappeared, and she could literally feel her own estrogen begin to “turn on” again.

Dr. Lark keeps producing enough of her own hormones that her energy is terrific. She is positive and joyful and has strong resistance to illness. Her hormonal program has allowed her to be extremely busy and productive in her work, and to enjoy a full life.

Her message to other women: Regardless of your age or hormonal stage in life, you can eliminate unpleasant symptoms, fend off serious illnesses and disease, and restore energy, vibrancy, and glowing health to your life just like she did—by using natural treatments to restore and then maintain balanced hormones.

“I’m very proud of the fact that I have never used any hormonal therapy, except for the very brief use of a progesterone mini-pill in my early 30s. I have always simply supported and balanced my own hormones naturally.”

—SUSAN M. LARK, MD

Segment Ideas / Interview Topics

Reversing Estrogen Dominance

A hormone-balancing program especially for younger women.

Common symptoms we associate with menstruating women—such as PMS, bloating, and mood swings—are *not* simply a fact of life. Dr. Lark says younger women can completely eliminate such unpleasant symptoms by moderating overproduction of estrogen using safe and natural approaches. Learn:

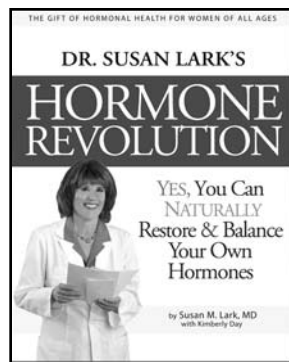
- How foods, including soy, bioflavonoids, and flaxseed, act as hormone mimics to help moderate estrogen production
- Nutritional supplements such as DIM, glucarate, and limonene that assist estrogen breakdown in the liver, gallbladder, and intestines
- How to use neurotransmitter precursors such as vitex, maca, and lutein to stimulate estrogen-balancing and estrogen-limiting progesterone
- How to safely use bio-identical natural progesterone to decrease the negative effects of estrogen-dominance
- New studies on the effectiveness of acupressure, acupuncture, and bio-feedback on PMS symptoms

Reversing Estrogen Deficiency

If you are in your mid-40s or older, you need this information.

Dr. Lark says menopause, also known as estrogen deficiency, often comes with a number of distressing symptoms—premature aging, among them. To help you enjoy vibrant health, energy, sexuality, and well-being through your eighth decade, learn:

- How to stimulate estrogen at the central nervous system level with glandulars
- How to use melatonin to help restore normal menstrual cycles, improve thyroid function, and relieve insomnia and depression
- Top foods such as wheat germ, nutrients such as PABA, and minerals such as boron that increase estrogen levels
- How to use estrogen substitutes provided by nature, such as black cohosh and red clover
- Where to find and how to use bio-chemically identical estrogen, especially estradiol
- Self-care stress-relieving techniques for menopausal women



Chinese Medicine Approach

To reverse estrogen deficiency, Chinese doctors prescribe yin boosters:

- *Royal jelly*—the food of the queen bee
- *Dong quai*—a tonic root
- *Saffron*—in tiny doses
- *Formula D-34*—a multi-herb blend

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Hormone Imbalance—Why Should You Care?

Learn what causes hormone imbalance and its impact on health.

When a woman's five major sex hormones—estrogen, progesterone, testosterone, pregnenolone, and DHEA—are not working together in balance, the brain and body chemistry, nervous system, and other functions of the body are not in equilibrium, and therefore produce a host of uncomfortable and sometimes dangerous symptoms. Dr. Lark discusses:

- Important signs that one or more of your hormone levels is low
- How low-fat or nutritionally imbalanced diets, stress, and lack of exercise can cause hormonal deficiencies
- How high stress, foods, and environmental products can lead to estrogen imbalances
- How to design a balancing plan custom-tailored to your own hormonal profile

The Promise of Pregnenolone

Exciting new findings about this performance-boosting hormone.

Most people have never heard of pregnenolone. Yet it is the most important of the five primary sex hormones, says Dr. Lark, and scientists are uncovering new information about its remarkable benefits every year. She discusses:

- How to tell if your pregnenolone is low, and how to boost it
- How healthy levels of pregnenolone can prevent autoimmune and inflammatory diseases in women
- New studies linking pregnenolone with improved memory
- How pregnenolone boosts mood and energy in women
- Recent research on the performance-boosting effects of pregnenolone for people working long hours under duress

How to Eat for Your Hormonal Type

Discover healing foods to balance your unique hormonal profile.

Dr. Lark says all women should be eating a Mediterranean-style diet that is modified to their particular hormonal profile, based on the pH of the food. Learn:

- Why estrogen-dominant and estrogen-slow processor women need more acidic, energizing, and spicier foods
- Why estrogen-fast processor women need foods that are more alkaline, calming, and expansive
- Three nutritional regimes that can benefit all women—high enzyme diet, healing glyconutrients, and green foods
- A five-step way to transition to eating for hormonal health
- Recipes, eating-out tips, and name-brand products for each of the three hormonal types

Xenoestrogens and Lower Sperm

A comprehensive study involving more than 14,947 men during the last 50 years found that the average sperm count had decreased by nearly half from the late 1930s to the early 1990s, a side effect of too much estrogen. Men's exposure to pollutants that have estrogen-like activity has greatly increased during this same period.

More Segment Ideas / Interview Topics

The Downside of Hormone Replacement Therapy

Find out the latest, most comprehensive findings on HRT.

Dr. Lark has long advocated the use of natural treatments to rebalance hormones over the use of HRT. Only recently has the conventional medical world come around to her point of view. However, many myths still persist. She discusses:

- Definitive truths about HRT's link to breast cancer and heart disease
- HRT's link to gall bladder disease and migraine headaches
- What bio-chemically identical hormones are, where to find them, and who should use them
- Best ways to restore healthy hormone levels naturally

Estrogen Toxicity

How diet, health, and environment are boosting our estrogen levels to unhealthy highs.

Did you know that we are being bombarded with substances that are causing imbalances in our estrogen levels? Dr. Lark says this topic has received short shrift. Learn:

- How most poultry and livestock—especially dairy cows—are still given estrogen compounds, which get passed along to consumers in meat and dairy products
- How caffeine and alcohol consumption can influence estrogen levels
- How common products—cosmetics, detergents, dishwashing liquids, and bug spray—contain xenoestrogens, or pollutants with estrogen-like effects
- Why microwaving foods in plastic, or using a plastic cup for hot beverages, affects estrogen levels

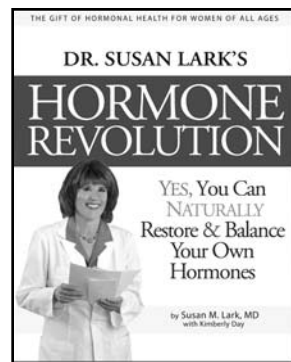
The Hysterectomy Decision

What you need to know before you opt for surgery.

If you have a complete hysterectomy, it will severely compromise your ability to produce hormones. Dr. Lark offers valuable advice for women facing this difficult decision. Learn:

- Why you should seek a second and third opinion before agreeing to surgery
- Why it's important to keep your ovaries intact, if possible
- Vitamins, minerals, and herbs that can help get your body ready to handle the stress of anesthesia and surgery
- Post-op self-care strategies to speed healing
- How to rebalance your hormones after a hysterectomy—with and without ovaries

— MORE —



The Truth about HRT:

- Increases a woman's risk of heart attack, stroke, and blood clots.
- Raises levels of C-reactive protein, a strong predictor of heart attack.
- Increases risk of invasive breast cancer.
- Increases likelihood of abnormal mammogram after only one year of use.
- Increases gallbladder disease by 40%.

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How to Use Energy Medicine Therapies to Balance Hormones

Five energy treatments and how they work.

Dr. Lark has been incorporating energy medicine therapies into her practice for many years. She cites studies and research showing how various treatments have been highly effective for treating hormonal imbalances in women. Learn:

- How acupuncture and acupressure are well-documented ways to relieve hormone-related symptoms
- Techniques to balance chakras and support hormonal health
- How colored light therapy is used to balance hormones
- The tremendous benefits of sound therapy, biofeedback, electromagnetic therapy, and bioelectric and energy medicine on a wide range of hormone-related conditions and symptoms

The Cosmetic Effects of Imbalanced Hormones

Learn how to improve skin, hair, nails, and even cellulite—naturally.

In younger women, wildly fluctuating hormone levels can cause puffy eyes, cellulite, and bloating. As women age, the cosmetic effects of hormone imbalances are even more dramatic: wrinkles; thinning, grey hair; facial hair; adult acne; and brittle nails, to name a few. Dr. Lark says such signs of aging can be remedied using natural treatments. She discusses:

- Great exercises for puffy eyes
- Do-it-yourself acupressure techniques for wrinkle reduction
- Dr. Lark's cellulite-buster strategies for women
- Natural botanicals that inhibit the growth of facial hair
- Six ways to reduce or erase age-spots
- How to halt hair loss with nutritional supplements
- How to promote hair growth and restore lustrous locks with essential oils
- Three steps to healthier nails

5 Steps to Transitioning to a Hormone-Balancing Diet

1. *Identify your problem foods.* Which foods are too acidic or alkaline for your type? (See chart, pp. 353–359.)
2. *Assess why you eat these foods.* Do you eat them to comfort or dull some emotion? Do you eat them because you've been told they're good for you?
3. *Prioritize foods for elimination.* List the foods you're willing to give up first, then in decreasing order, those you'll give up over time.
4. *Find healthy substitutions.* Keep a copy of food substitutes from page 386 handy.
5. *Track your progress.* Track your symptoms and each change you make so you can see real proof of progress.

More Segment Ideas / Interview Topics II

Dr. Lark's Program for Stress Reduction

Learn stress-busting strategies for every hormonal type.

Dr. Lark has been teaching stress-management techniques to her patients for years. When women get stress under control, they become calmer, more patient, and happier—and they regain a healthier hormonal balance. She discusses:

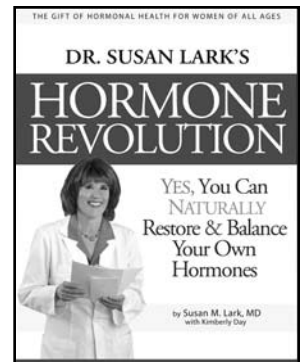
- Basic deep breathing and meditation techniques that reduce muscle tension, wake up your brain, and quickly relax you
- Customized affirmations and visualizations for each of the three hormonal types
- New studies on the power of prayer in healing
- How to express, appreciate, embrace, and meditate on love
- Why gratitude, forgiveness, and giving relieve stress
- How to generate positive physical and emotional energy through laughter and “practicing happiness”

Exercise Your Way to Great Hormone Health

Discover how to use exercise to help balance your hormones.

Dr. Lark says regular physical activity allows a discharge of physical, mental, and emotional tension, helping to prevent the accumulation of stress that can lead to a state of chronic anxiety and other health problems, including hormone imbalances. Learn:

- How walking (or running) a few minutes a day boosts production of DHEA, among other hormone-related benefits
- New studies on the link between exercise and lower rates of depression
- Which types of exercise are most beneficial for your hormonal type
- How estrogen-deficient women can reduce symptoms of menopause with exercise
- Four ways to stay injury free
- The health benefits of strength training, yoga, Pilates, Feldenkrais, and T'ai Chi



Exercise and Menopause

A study from the *Journal of Obstetrics and Gynecology* found that only 21.5% of postmenopausal women who exercised regularly experienced hot flashes, compared to 43.8% of women who were sedentary.

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Myths and Facts about Hormone Health

MYTH Testosterone is a male hormone associated with muscles and aggression—and isn't something that concerns women.

FACT Testosterone is a critical sex hormone in women that plays a key role in drive and assertiveness, and also supports energy, mental agility, mood, outlook on life, and libido. Testosterone produced in the right levels in women is as important for hormonal balance as the "feminine" hormones estrogen and progesterone.

MYTH After menopause, women stop producing eggs.

FACT Researchers at Massachusetts General Hospital in Boston have discovered that special stem cells, overlooked until now, allow a woman to continue to produce eggs throughout her life. This new discovery offers exciting possibilities for restoring hormonal levels naturally by using the body's own hormone-producing mechanisms.

MYTH Hormone replacement therapy prevents osteoporosis.

FACT A study from the *American Journal of Medicine* of 2,700 postmenopausal women on HRT found that HRT was no more effective in protecting subjects from osteoporosis than placebos. There are far safer—and more effective—ways to strengthen bones and prevent bone disease naturally.

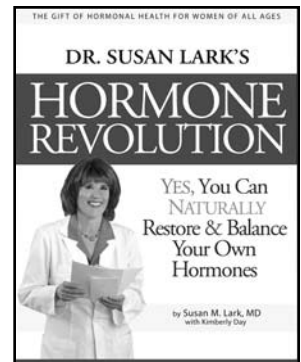
MYTH After a hysterectomy, a woman will go into menopause, and will stop producing hormones.

FACT If you have your uterus removed, but still have your ovaries, a hysterectomy will not necessarily trigger menopausal symptoms. Your body will continue to produce hormones, but in smaller amounts. To bolster the levels of hormones being produced by your ovaries and adrenal glands, you can try Dr. Lark's natural hormonal restoration program, or even bio-chemically identical hormones.

MYTH The cosmetic aging process speeds up after menopause.

FACT Most women accept the fact that when they stop menstruating, they will go grey, lose their hair, gain weight, get flabby muscles, have dry skin, and so on. These symptoms can be *prevented* and *reversed* through a conscious program of natural hormone restoration.

MYTH Soy is bad for women, and has been linked to breast cancer and hypothyroidism.



Caffeine and Estrogen

A 3-year study involving 728 white, postmenopausal females aged 42 to 90 found that 2-4 cups of coffee or 4 cans of caffeinated soda per day increased levels of the hormone estrogen.

— MORE —

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FACT Soy has received a bad rap. A careful look at the studies shows that soy foods—particularly in whole form as soy beans—are extremely beneficial to women’s health in a number of important ways. Soy contains a class of chemicals called isoflavones that are natural plant estrogens. Because they are very mild, they can help to restore optimal hormone balance in women who are both estrogen dominant and estrogen depleted. Soy isoflavones can be consumed as supplements, or can found in soy foods such as edamame, tempeh, tofu, and soy milk.

MYTH Menopausal symptoms are inevitable.

FACT Wrong! When your hormone levels are perfectly balanced, you can delay menopause or sail through it symptom free. Common symptoms such as loss of libido, hot flashes, night sweats, insomnia, and memory loss—as well as more serious conditions including osteoporosis and heart disease—are symptoms of hormonal imbalance, not menopause.

MYTH Biochemically identical hormones have been found to be harmful to women’s health.

FACT There are many ways to restore hormone balance naturally without taking hormones. However, for some women, including those who have had their ovaries surgically removed, biochemically identical hormones can offer a welcome alternative. These are prescribed by your physician from a compounding pharmacy, and include estriol, progesterone, testosterone, pregnenolone, and DHEA. When taken as directed, in the proper dosages, bioidentical hormones have been shown to have minimal side effects and multiple benefits.

MYTH Mood swings and hormones go hand in hand.

FACT It’s true that hormones play a key role in mood swings—whether associated with PMS in younger women or perimenopause in older women—because they affect the production of neurochemicals that rule mood. However, when hormones are balanced, a woman will feel calm and optimistic.

HRT Use in the U.S.

- In a 1996 study, of the 2,000-plus women prescribed HRT, 75% either ceased using the hormones entirely or significantly cut their original dosage within one year because of side effects. Most never informed their doctor.
- A separate study stated that there has never been a time in the U.S. when more than 35% of menopausal women have opted to use HRT.
- The most recent statistics show that HRT use has dropped substantially, with numbers as low as 8% percent in some parts of the country.

What's Your Hormonal Type?

Learn the three patterns of hormonal imbalance.

When you restore balance to your hormones, you will notice that your symptoms begin to recede and eventually disappear altogether. To custom-design a natural program for your own unique hormonal profile, it's important first to determine which type you are.

Type #1: Estrogen Dominance. This type is usually a woman who is younger and menstruating. She often produces too much estrogen, which has an expansive and growth-stimulating effect on the body, and too little progesterone, which is more contractive and has a growth-limiting effect.

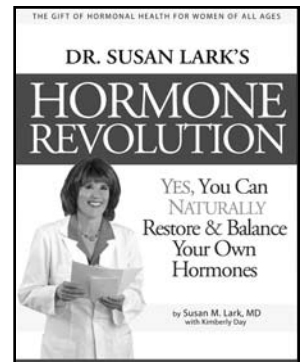
COMMON SYMPTOMS: PMS, menstrual cramps, irregular menstrual periods, heavy menstrual bleeding, bloating, oily skin and hair, fibroid tumors, endometriosis, and/or mood swings.

Type #2: Estrogen deficiency—fast processor. This type is a woman who is in menopause with too little estrogen. Her brain and body chemistry is imbalanced toward the more excitatory chemicals like dopamine, norepinephrine, and epinephrine that stimulate, speed up, and overheat her body processes and chemistry. She tends to show more of a deficiency in chemicals like serotonin, GABA, and taurine, which slow down or inhibit the body's chemical and physiological processes. In essence, she has too much "speed up" and not enough "slow down."

COMMON SYMPTOMS: Anxious, wiry, thin dry skin and tissues, hot flashes, night sweats, insomnia, vaginal dryness, sore joints, rheumatoid arthritis, increased risk for heart disease, breast cancer, and osteoporosis. See over, for more symptoms.

Type #3: Estrogen deficiency—slow processor. This type is a woman who is also in menopause, but has the opposite body type and temperament. The estrogen deficient—slow processor will often suffer from typical menopausal symptoms. However, because she tends more toward the production of inhibitory chemicals like serotonin, taurine, and GABA that calm and slow down the body, and is deficient in the stimulating and excitatory chemicals like dopamine and norepinephrine, she tends to lack energy, sex drive, mental acuity, and zest for life.

COMMON SYMPTOMS: Excess weight and more difficulty losing weight, fluid retention, thicker bones and connective tissue, thicker skin and hair, placid temperament, lack of energy, low libido, poor mental acuity, lack of zest for life, osteoarthritis, increased risk for breast cancer and heart disease. See over, for more symptoms.



Natural Treatments for Menopausal Skin Conditions

For thin, dry skin—
royal jelly

For wrinkles—
squalene

*For scaly skin conditions—*aloe vera

*For age spots—*beta carotene foods, vitamins A, C, and E

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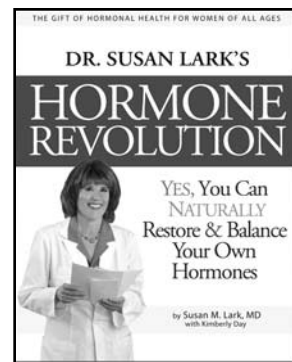
Is It Menopause?

Find out if you are estrogen deficient.

The following checklist can help you determine if you are in menopause—which means you are estrogen deficient. If you answered yes to four or more of these questions, you are very likely in menopause.

- ☐ My last period was 12 months or longer ago.
- ☐ My periods are lighter, less frequent, and of shorter duration (late perimenopause).
- ☐ I'm 46 or older.
- ☐ I'm having hot flashes.
- ☐ Intercourse is painful.
- ☐ My desire for sex has faded.
- ☐ I have difficulty achieving orgasm.
- ☐ I have frequent vaginal infections.
- ☐ I leak urine when I laugh, cough, sneeze, exercise, or wait too long to void.
- ☐ I've lost my zest for life.
- ☐ I have difficulty sleeping through the night.
- ☐ I'm frequently tired.
- ☐ I'm anxious and irritable.
- ☐ I forget small details.
- ☐ My skin is drier, thinner, and more wrinkled.
- ☐ My muscles are losing their tone.
- ☐ I'm gaining weight.
- ☐ My joints and/or muscles ache.
- ☐ I have itchy, crawly skin.
- ☐ I sometimes feel as if electric shocks were going through my body.

If you are concerned that this sounds like you, then the next step is to get your hormone levels tested.



Testing for Menopause

Until the 1990s, checking women's hormone levels had severe limitations. Now, there are saliva female hormone tests that are non-invasive and highly accurate. Order a home test kit, or ask your physician to order a profile for you. (See Resources Guide in book for recommended labs.) Doctor-ordered profiles are: (1) more extensive, and (2) often reimbursable by your insurance.

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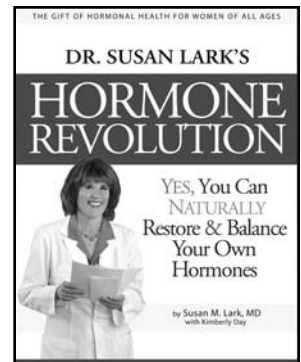
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Suggested Interview Questions

1. Is it really possible to restore hormone balance using natural treatments, without using hormone replacement therapy?
2. Why are hormones so important? Briefly explain the five major sex hormones, and the role each of them plays in a woman's health.
3. How do hormones get out of balance?
4. Where can a woman get her hormone levels tested?
5. What are the three hormonal "types" you identify in your book?
6. What are some specific natural treatments you'd recommend for younger women who are estrogen dominant, and who suffer from symptoms such as PMS, fibroids, breast tenderness, and monthly bloating?
7. What's the connection between sex hormones and neurotransmitters?
8. What are some natural ways to boost estrogen production in midlife and older women?
9. What is the optimal lifestyle for healthy hormones?
10. Explain how the pH content of foods affects health and hormone balance.
11. How does a woman eat for her hormonal type?
12. Can balancing your hormones help you lose weight?
13. What is energy medicine?
14. How do acupuncture and acupressure help to restore hormonal balance?
15. What are color therapy and colored light therapy, and how have they been used to help women suffering from hormone-related conditions?
16. What is vibration or frequency medicine? Give a few examples of how biofeedback, electromagnetic devices, and bioelectrical therapies can benefit women.
17. How does stress affect hormone levels, and how do hormone levels affect stress?
18. Can exercise have an impact on hormonal health?
19. What's the deal with bio-chemically identical hormones? Are they safe, and do you recommend them?
20. Why have most doctors been so slow to embrace natural hormone-balancing programs like yours?



Test Your Brain Chemicals

Did you know that state-of-the-art neurotransmitter testing is currently available and can accurately pinpoint your exact levels of these essential brain chemicals? If you suspect a moderate to severe neurotransmitter imbalance, it is a simple urine test that you can do at home, but has to be ordered by your health care provider. See p. 125.

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