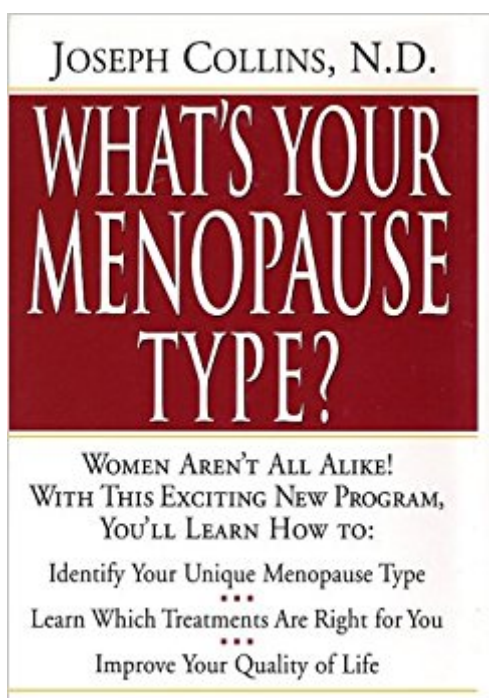


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# What's Your Menopause Type? The Revolutionary Program To Restore Balance And Reduce Discomforts Of Menopause



## Synopsis

Since all women experience menopause differently, shouldn't there be more than one treatment? For decades, it was estrogen that was supposedly the ultimate cure-all for "the change." Recently, progesterone has been touted as the most effective menopause treatment. Dr. Joseph Collins reveals there is no magic hormone or combination of hormones that can be indiscriminately prescribed to all women. In fact, he has identified 12 different types of menopause, each requiring a treatment that is as unique as the women experiencing it. In *What's Your Menopause Type?* you'll discover Dr. Collin's revolutionary program designed to help you take charge of this life stage. Using a revealing questionnaire, he shows you how to determine your own menopause type and then prescribes the best nutritional, herbal, glandular, or hormonal treatment for your unique symptoms. He also provides everything you need to know to better understand this stage of life such as:

- Which natural and conventional treatments are best for you
- and which to avoid
- How to weigh the risks and benefits of hormone-replacement therapy
- A complete description of hormones and their effects on your body
- Advice on how to order hormone tests
- Suggestions for choosing a "hormone educated" doctor
- And much, much more!

With the help of Dr. Collins and this empowering book, you can take charge of menopause and get on with your life! At last, a well-referenced resource for pharmacists, other health-care professionals, and women on the advantages of natural vs. synthetic hormone-replacement therapy. An invaluable resource for those interested in customized natural hormone-replacement therapy. This book is the ammunition that many need to prove the value of natural hormone replacement."

- Dana Reed-Kane, Pharm.D., F.A.C.A, F.I.A.C.P. "Provides much-needed information that will allow millions of women to work with their doctors to effectively solve the problems associated with menopause."
- Richard C. Heitsch, M.D. "A valuable tool for anyone researching menopause."
- James E. Paoletti, R.Ph. "Finally, a book that teaches the importance of balance and actually shows everyone what many women have suspected all along: There is more than one type of menopause."
- Luana Stone, menopause patient

## Book Information

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## Customer Reviews

### The Revolutionary New Approach to Menopause

Since all women experience menopause differently, shouldn't there be more than one treatment? For decades, it was estrogen that was supposedly the ultimate cure-all for "the change." Recently, progesterone has been touted as the most effective menopause treatment. Dr. Joseph Collins reveals there is no magic hormone or combination of hormones that can be indiscriminately prescribed to all women. In fact, he has identified 12 different types of menopause, each requiring a treatment that is as unique as the women experiencing it. In *What's Your Menopause Type?* you'll discover Dr. Collin's revolutionary program designed to help you take charge of this life stage. Using a revealing questionnaire, he shows you how to determine your own menopause type and then prescribes the best nutritional, herbal, glandular, or hormonal treatment for your unique symptoms. He also provides everything you need to know to better understand this stage of life such as:

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the importance of balance and actually shows everyone what many women have suspected all along: There is more than one type of menopause." —Luana Stone, menopause patient

Helps one to understand the manifestations of this change of life and to narrow down the possibilities for treating this challenge.

It is about time that a book that is easy to understand and follow does not pigeonhole women into a one treatment for all philosophy for menopause. This book showed me how to treat myself as unique women as all women are unique in the menopausal stage. I will use it to inform family and friends of this new way of treating menopause.

Buy extra copies because you will want to give this book to your relatives, co workers, best friends and every health care practitioner you consult with! The information Dr. Collins shares in his book is bound to revolutionize the traditional health care of the menopausal woman. Dr. Collins presents such a common sense, all encompassing view of hormonal changes that one wonders why it has taken so long for someone to put all the pieces together. There have been books that focus only upon estrogen, those that only teach us about progesterone and others that emphasize testosterone. This is a book that takes the holistic approach by examining each of these hormones. Dr. Collins describes different improperly balanced combinations of the three hormone levels, their respective menopausal symptoms and long term health risks. (It is also interesting to learn about the merits of saliva testing as the means of measuring these hormone levels.) The idea of twelve menopause types is refreshing evidence that someone finally understands how and why women are not all alike. Dr. Collins makes it easy to understand just why some menopausal women may feel depressed and apathetic, while some may be anxious and irritable; or why some may experience terrible hot flashes and others not only never experience a single hot flash, but also even have cold hands and feet. The text, charts, Glossary and Resource List simplify the task of designing a menopause care plan (which he encourages women do with the supervision of a health care practitioner). Dr. Collins also shares information that solves the mystery of why particular supplements we read about or see advertised for menopause may resolve symptoms for some women, do nothing for others or even make symptoms worse for yet other women. The in-depth, very well referenced information Dr. Collins gives about vitamins, minerals, herbs, glandulars, homeopathics and HRT is for the most part, not common knowledge. It is evident that his years of experience as a naturopathic physician and extensive involvement with hormone testing

laboratories were necessary prerequisites to author a book of this magnitude. I highly recommend, *What's Your Menopause Type?* In fact, if you are entering perimenopause stop whatever you are doing and read this book now! It is bound to result in a much smoother passage through your "Change of Life"!

I am a practicing Naturopathic Physician. Dr Collins, has provided me with a great tool to further my understanding of the complexity of menopause. I have had cases that have not responded to what was a reasonable treatment plan. After reading "What's your menopause type" I now have a new insight into those patients and their needs. To have the "types" defined and put into categories lends to a greater understanding for the practitioner. The "menopause Type Questionnaire", combined with the laboratory hormone levels is very useful information that should help everyone who is working with this transitional time in a woman's life. The information on the nutrition and supplements is excellent. I applaud Dr Collins for his commitment and dedication to an area of medicine that is in great need of more information and understanding. If you are a practitioner who deals with menopausal patients, I strongly suggest you read and understand what Dr Collins has to say. If you are not a practitioner but would like a better understanding of menopause, this is a good read.

I have read the books - all the good ones I thought; I've researched the treatments; I've talked (& talked...) to several physicians, to other women - nothing has even come close to this book. This makes sense! We are all so unique - biologically, psychologically, chemically; why would our passage through menopause not be unique as well? Of course it is! Well written, logical & filled with simple yet revolutionary new alternatives to use immediately for the irritation, anxiety, memory-lapses, hot flashes, night sweats, you-name-it... that you're experiencing, the book gives you some control over what you're experiencing. I knew I was doing something wrong (though I was trying almost everything!), but didn't know what. Now the pieces fit! Beg, borrow or steal if you have to, but get a copy for your home library; you'll refer to it again & again.

While reading "What's Your Menopause Type?", one can feel the heart felt compassion of the author. His writing is down to earth, easy to understand, and the resource information is invaluable. This book enables you to take control of your own life. Dr. Collins has finally put to rest the old myth that menopause is the same for all women. I would suggest that every man read this book, especially to help them understand their loved ones. As well as having valuable information on nutrition, herbs and hormones, he gives the reader access to a web site that will enable them to find

physicians and pharmacists that are commented to treating each menopausal woman. I know I will keep this book in my library as a valuable resource, and I would like to personally thank Dr. Collins for his sensitivity with respect to woman and menopause.

Thank you, thank you, thank you! Finally a book that gets rid of the hit-or-miss, one-size-fits-all, try-anything-that-might-work-to-get-relief approach to treating peri-menopause and menopause. Progesterone cream just wasn't doing anything for me.....and rightly so....from taking the test in the book, I learned that progesterone is NOT what I need. I also didn't recognise some of my symptoms as being menopausal until I read about my specific type. Now I have a better understanding of why I have been so miserable these last 2 1/2 years and I have the tools to get better! I bought the book two days ago, started an herbal formula program today, and I already feel better. Every woman over 40 needs this book!

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