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The Female Body Blueprint: A Guide to Understanding Hormones and Thyroid Health (Paperback)

By Josh Rubin, Jeanne Rubin

Archangel Ink, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Hormones Gone Haywire? There is a crisis in women's health today. The average age for puberty has dropped abruptly to 10 years of age. Endometriosis, one of the top three causes of female infertility, affects more than 5.5 million women. 75 of all women suffer with some premenstrual syndrome symptoms. 80 of all women have uterine fibroids (which lead to 170,000-300,000 hysterectomies annually). And dysmenorrhea-menstrual pain that interferes with day-to-day activities-affects approximately 40-70 of women of reproductive age. If you've visited your doctor for any of these reasons, it's likely you've been given birth control pills to even things out or hormone replacement therapy. But is this really a solution? The Solution Isn't More Birth Control Pills It's likely that hormonal treatments will only mask the symptoms, if not make things worse. So what is the solution? Is PMS to be normal and expected every month? Is infertility unable to be treated without invasive therapies? Are hot flashes simply a symptom of getting older? Luckily, the answer is no to...



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