

# suzanne somers hormone therapy

Suzanne Somers Hormone Therapy: Exploring the Controversy and Benefits

suzanne somers hormone therapy has become a widely discussed topic, especially among women seeking relief from menopausal symptoms and those interested in anti-aging treatments. Suzanne Somers, an actress and wellness advocate, has been a vocal proponent of bioidentical hormone replacement therapy (BHRT) for decades, sparking conversations and debates about its safety, effectiveness, and role in women's health. Her journey with hormone therapy has influenced many to explore alternative options beyond traditional hormone replacement therapies.

In this article, we'll dive deep into what Suzanne Somers hormone therapy entails, why it has gained so much attention, and what you should know if you're considering this approach to hormonal balance.

## Understanding Suzanne Somers Hormone Therapy

Suzanne Somers is best known for her advocacy of bioidentical hormones—compounds that are chemically identical to the hormones naturally produced by the human body. Unlike synthetic hormones commonly prescribed by conventional medicine, bioidentical hormones are often derived from plant sources and tailored to individual needs. Somers promotes this therapy as a more natural and safer alternative to conventional hormone replacement therapy (HRT).

## What is Bioidentical Hormone Replacement Therapy?

Bioidentical hormone replacement therapy (BHRT) involves using hormones such as estrogen, progesterone, and testosterone that match the molecular structure of those found in the human body. These hormones can be administered in various forms, including creams, gels, patches, pellets, and

pills.

The appeal of BHRT lies in its personalized approach. Practitioners often perform saliva or blood tests to measure hormone levels and customize dosages accordingly. Suzanne Somers has emphasized this individualized care, suggesting that it can help alleviate symptoms like hot flashes, mood swings, fatigue, and decreased libido often experienced during menopause or hormonal imbalance.

## **Why Did Suzanne Somers Become a Prominent Advocate?**

Suzanne Somers began exploring hormone therapy after facing her own struggles with menopausal symptoms and health challenges, including breast cancer. She sought alternative treatments that aligned with her holistic and natural health beliefs. Her bestselling books, such as "Ageless" and "TOX-SICK," outline her experiences and provide guidance on hormone balancing, detoxification, and lifestyle changes.

Her advocacy has popularized BHRT among women who feel underserved by traditional medicine or wary of synthetic hormone risks. However, her endorsement has also sparked controversy within the medical community, with some experts cautioning about the lack of large-scale studies confirming long-term safety.

## **The Science Behind Bioidentical Hormones**

To appreciate the nuances of Suzanne Somers hormone therapy, it's important to understand the science behind bioidentical hormones.

## **How Do Bioidentical Hormones Work?**

Bioidentical hormones interact with the body's hormone receptors in the same way natural hormones do. For example, bioidentical estradiol replaces the estrogen that declines during menopause, helping to restore hormonal balance. The goal is to mimic the body's natural hormone rhythms and quantities as closely as possible.

Many women report improvements in symptoms such as:

- Reduced hot flashes and night sweats
- Improved sleep quality
- Enhanced mood and mental clarity
- Increased energy levels
- Better skin elasticity and appearance

## **Differences Between Bioidentical and Synthetic Hormones**

Traditional hormone replacement therapy often uses synthetic hormones or animal-derived hormones, which may not precisely match the body's own hormones. This can lead to different effects and side effects. Bioidentical hormones, being structurally identical, are argued to have fewer adverse effects and better tolerability.

However, it's important to note that not all bioidentical hormones are created equal. Some are compounded in pharmacies without FDA oversight, raising concerns about quality control and dosing accuracy.

# Criticisms and Controversies Surrounding Suzanne Somers

## Hormone Therapy

While Suzanne Somers hormone therapy has passionate supporters, it also faces criticism from medical professionals and regulatory bodies.

## Safety Concerns and Medical Skepticism

The mainstream medical community often points out that there is insufficient evidence from large, randomized controlled trials to conclusively prove the long-term safety of bioidentical hormone therapy. The FDA has issued warnings about compounded BHRT products, and some experts stress that hormone therapy—bioidentical or not—carries risks such as blood clots, stroke, and certain cancers.

Some critics argue that Suzanne Somers oversimplifies complex medical issues and promotes treatments without fully acknowledging possible dangers. Nonetheless, many women report positive experiences and improved quality of life while using BHRT under medical supervision.

## Regulatory Challenges and Quality Control

One of the main issues with Suzanne Somers hormone therapy, particularly the compounded versions, is the lack of standardized regulation. Unlike pharmaceutical drugs, compounded hormone creams or pellets may vary in hormone concentration, leading to inconsistent dosing.

This variability makes it crucial to work with knowledgeable healthcare providers who use reputable compounding pharmacies and monitor hormone levels regularly.

# How to Approach Suzanne Somers Hormone Therapy Safely

If you're considering Suzanne Somers hormone therapy or any form of bioidentical hormone replacement, taking a cautious, informed approach is key.

## Consult a Qualified Healthcare Provider

Not all doctors are familiar with bioidentical hormones, so seek out practitioners who specialize in integrative or functional medicine and have experience with BHRT. They can provide comprehensive hormone testing and tailor a therapy plan suited to your unique hormonal profile.

## Monitor Hormone Levels Regularly

Because hormone levels can fluctuate and treatment needs may change over time, regular monitoring is essential. Saliva, urine, or blood tests can help ensure that hormone levels stay within a safe and effective range.

## Combine Hormone Therapy with Lifestyle Changes

Suzanne Somers emphasizes that hormone therapy works best when combined with a healthy lifestyle, including:

- Balanced nutrition rich in whole foods
- Regular physical exercise

- Stress management techniques such as meditation or yoga
- Adequate sleep hygiene

This holistic approach can enhance the benefits of hormone therapy and contribute to overall well-being.

## **Personal Experiences and Impact of Suzanne Somers Hormone Therapy**

Many women who have followed Suzanne Somers' hormone therapy protocols report a renewed sense of vitality and relief from menopausal discomfort. Testimonials often highlight increased energy, improved mood, and better sleep quality.

At the same time, some users caution that hormone therapy is not a one-size-fits-all solution. Individual responses vary widely, reinforcing the necessity of personalized treatment plans and medical oversight.

## **Empowerment Through Education**

One of Suzanne Somers' most significant contributions is her emphasis on educating women about their bodies and hormones. By demystifying hormone replacement and encouraging women to advocate for their health, she has helped many feel empowered to explore options beyond traditional medicine.

Her books and public appearances continue to spark dialogue on women's health, hormonal balance,

and natural approaches to aging.

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Suzanne Somers hormone therapy represents a fascinating intersection of science, personal experience, and wellness advocacy. While it may not be suitable for everyone, it has undeniably opened doors for many women seeking alternative ways to manage hormonal changes and improve quality of life. If you're intrigued by bioidentical hormones, take the time to research thoroughly, consult trusted healthcare professionals, and consider how this therapy might fit into your broader health journey.

## **Frequently Asked Questions**

### **Who is Suzanne Somers and what is her connection to hormone therapy?**

Suzanne Somers is an American actress and author who became well-known for advocating bioidentical hormone replacement therapy (BHRT) as a natural alternative to conventional hormone treatments.

### **What type of hormone therapy does Suzanne Somers promote?**

Suzanne Somers promotes bioidentical hormone replacement therapy (BHRT), which uses hormones chemically identical to those produced by the human body, aiming to alleviate symptoms of menopause and aging.

### **Why is Suzanne Somers' hormone therapy approach considered controversial?**

Her approach is controversial because some medical experts question the safety and efficacy of

bioidentical hormones, citing a lack of large-scale clinical trials and potential risks similar to conventional hormone therapies.

## **What books has Suzanne Somers written about hormone therapy?**

Suzanne Somers has authored several books including 'Ageless: The Naked Truth About Bioidentical Hormones' where she discusses the benefits and her personal experiences with hormone therapy.

## **What are the claimed benefits of Suzanne Somers' hormone therapy method?**

She claims that her bioidentical hormone therapy helps reduce menopause symptoms, improves energy, enhances mood, supports weight loss, and promotes overall anti-aging effects.

## **Are there any risks associated with Suzanne Somers' hormone therapy recommendations?**

Yes, despite claims of safety, hormone therapy—including bioidentical hormones—can carry risks such as increased chances of blood clots, stroke, and certain cancers, so medical supervision is essential.

## **How can someone interested in Suzanne Somers' hormone therapy learn more or start treatment?**

Interested individuals should consult with a qualified healthcare provider who specializes in hormone therapy to discuss personalized options, conduct appropriate testing, and ensure safe treatment aligned with Suzanne Somers' bioidentical hormone protocols.

## **Additional Resources**

Suzanne Somers Hormone Therapy: An In-Depth Exploration of Its Impact and Controversies

**suzanne somers hormone therapy** has become a widely discussed topic in the realm of alternative health treatments, particularly for menopausal women seeking relief through bioidentical hormone replacement therapy (BHRT). Suzanne Somers, an actress and wellness advocate, has long championed hormone therapy as a natural and effective solution to combat the symptoms associated with menopause, aging, and hormonal imbalances. Her outspoken promotion has sparked both interest and skepticism, making it essential to analyze the therapy's scientific basis, benefits, and potential risks.

## **The Rise of Suzanne Somers Hormone Therapy**

Suzanne Somers first gained public attention not only for her acting career but also for her advocacy of holistic health approaches. Her endorsement of bioidentical hormone therapy brought this treatment into mainstream conversations. Unlike conventional hormone replacement therapy (HRT), which often uses synthetic hormones, Somers' approach emphasizes the use of hormones chemically identical to those the human body produces naturally.

The popularity of Somers' hormone therapy stems from her personal experiences. She has openly discussed how BHRT alleviated her menopausal symptoms such as hot flashes, mood swings, and weight gain. This anecdotal success story resonated with many women seeking alternatives to traditional hormone treatments, which have faced criticism over associated risks like breast cancer and cardiovascular issues.

## **Understanding Bioidentical Hormone Replacement Therapy (BHRT)**

Bioidentical hormones are compounds derived from plant estrogens that are molecularly identical to human hormones like estrogen, progesterone, and testosterone. The premise of BHRT is to restore hormonal balance in a way that mimics the body's natural hormone production, potentially minimizing side effects.

Somers' hormone therapy often involves customized hormone formulations tailored to an individual's specific hormone levels, determined through saliva or blood testing. This personalized approach contrasts with the "one-size-fits-all" methodology sometimes seen in conventional HRT.

## Benefits and Claims Associated with Suzanne Somers Hormone Therapy

Supporters of Suzanne Somers hormone therapy argue that BHRT offers several advantages:

- **Symptom Relief:** Many women report reduced hot flashes, improved sleep, and enhanced mood stability.
- **Improved Energy and Vitality:** Users often claim increased energy levels and better overall well-being.
- **Natural and Customized Treatment:** The tailored nature of BHRT aims to address individual hormonal needs without synthetic additives.
- **Potential Bone Health Benefits:** Hormone therapy can help maintain bone density, reducing the risk of osteoporosis.

Suzanne Somers has also linked hormone therapy to anti-aging effects, suggesting that balanced hormones can improve skin elasticity, cognitive function, and sexual health. These claims contribute to the therapy's appeal, especially among women seeking a more natural and holistic approach to aging.

## Scientific Evidence and Medical Perspectives

While there is growing interest in BHRT, the scientific community remains divided. Some studies indicate that bioidentical hormones may have a safety profile similar to conventional HRT when used appropriately. However, comprehensive long-term data are limited, and the FDA has not approved compounded BHRT treatments, which are common in Somers' approach.

Major medical organizations such as the North American Menopause Society (NAMS) acknowledge that BHRT can be effective but caution patients to consult healthcare professionals and rely on standardized hormone therapies when possible. Critics argue that customized hormone formulations lack rigorous testing, which could lead to inconsistent dosing and unanticipated side effects.

## Potential Risks and Controversies

Despite its popularity, Suzanne Somers hormone therapy is not without controversy. Some of the concerns include:

- **Lack of FDA Approval:** Many BHRT products are compounded individually and not subject to FDA regulation, raising questions about purity and dosage accuracy.
- **Risk of Cancer:** Like traditional HRT, hormone therapy may increase the risk of hormone-sensitive cancers such as breast and endometrial cancer, though research on BHRT specifically remains inconclusive.
- **Cardiovascular Risks:** Hormone replacement has been linked to an elevated risk of blood clots and stroke in some populations.
- **Misleading Marketing:** Some critics argue that celebrity endorsements, including Somers',

oversimplify the complexities and potential dangers of hormone therapy.

Furthermore, the reliance on saliva testing for hormone levels is debated, as hormone concentrations fluctuate throughout the day and saliva tests may not provide accurate assessments compared to blood tests.

## **Comparison with Conventional Hormone Replacement Therapy**

Conventional HRT typically involves standardized doses of synthetic or animal-derived hormones prescribed in pill, patch, or cream form. These therapies have undergone extensive clinical trials and are FDA-approved, providing a clearer safety profile for practitioners and patients.

In contrast, Suzanne Somers hormone therapy emphasizes natural, bioidentical hormones tailored to individual needs, often through compounding pharmacies. While this personalization can be beneficial, it also introduces variability and less regulatory oversight.

Healthcare providers generally recommend conventional HRT as a first-line treatment, reserving BHRT for patients who do not tolerate or respond well to traditional therapies. Both approaches require careful monitoring to minimize risks and optimize benefits.

## **Integrating Suzanne Somers Hormone Therapy into a Holistic Health Plan**

Suzanne Somers' advocacy extends beyond hormone therapy, promoting lifestyle changes that complement hormonal balance. These include:

- Nutritious diet rich in phytoestrogens and antioxidants
- Regular physical activity to maintain bone density and cardiovascular health
- Stress management techniques such as yoga and meditation
- Sleep hygiene to support hormonal regulation

Her holistic approach reflects a broader trend in menopausal care that integrates hormone therapy with wellness strategies to enhance quality of life.

## Patient Experiences and Real-World Outcomes

Many women who have undergone Suzanne Somers hormone therapy report significant improvements in menopausal symptoms and overall vitality. Testimonials often highlight enhanced mood, reduced hot flashes, and better sleep quality. However, experiences vary widely, and some users have reported side effects such as bloating, breast tenderness, or mood swings.

Healthcare providers emphasize the importance of individualized care and ongoing evaluation to ensure that hormone therapy, whether bioidentical or conventional, remains safe and effective over time.

The dialogue around Suzanne Somers hormone therapy exemplifies the complexities of hormone replacement in modern medicine—balancing innovation, patient empowerment, and rigorous scientific scrutiny.

As awareness continues to grow, women are encouraged to engage in informed discussions with medical professionals, weigh the benefits and risks carefully, and consider all treatment options in the context of their unique health profiles.

## **Suzanne Somers Hormone Therapy**

**suzanne somers hormone therapy: Hormone Therapy** Katherine Sherif, 2013-05-14  
Hormone Therapy: A Clinical Handbook provides a comprehensive overview on hormone replacement therapy, with a range of key features that differentiate it from other titles on the topic. This concise, handy title presents an interdisciplinary approach to the subject, acknowledging that sex hormones affect more than reproductive organs and hot flushes for a deeper understanding of how hormones function. The authors provide a breadth and depth of practical prescribing experience, including many helpful tables and algorithms as well as directions for prescribing hormone therapy in the most effective and safest ways possible. Targeted and easy to read, Hormone Therapy: A Clinical Handbook offers all clinicians the state-of-the-art information they need to prescribe hormone therapy and hormone replacement therapy.

**suzanne somers hormone therapy: The Miracle of Bio-identical Hormones** Michael E. Platt, 2007 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.

**suzanne somers hormone therapy: Hormonal Intelligence: How Hormones Shape Health and Well-being** Olena Berezovska, 2025-03-22 Hormonal Intelligence is a comprehensive guide to understanding how hormones influence every aspect of human health — physically, emotionally, and mentally. Drawing on decades of clinical experience and scientific research, Dr. Olena Berezovska walks readers through the intricate workings of the endocrine system, explaining how hormones are produced and regulated and how imbalances can affect everything from menstruation and pregnancy to mood, skin, and sexual health. She addresses common myths, misconceptions, and modern trends in hormone-related diagnostics and treatment with clarity and compassion, offering reliable, evidence-based insights for healthcare professionals and curious readers alike. Beyond textbook definitions, this book explores how hormones interact with lifestyle, nutrition, stress, and aging. From childhood to menopause, from love to depression and cancer risk, Hormonal Intelligence offers an accessible and nuanced understanding of the silent chemical messengers that govern well-being. Every chapter is firmly grounded in real-world relevance, helping readers understand the practical implications of their hormonal health.

**suzanne somers hormone therapy: Sex: The Natural Way** Stephen Holt MD DSc, 2012-05-30  
The Experts Agree: Holt on: Sex: The Natural Way is a roadmap for adults Naina Sachdev photo Thoughtful and provocative, this book places modern trends in sexuality in their true perspective. Informative and relevant to all adults in the sexual jungle Naina Sachdev MD [www.nainamd.com](http://www.nainamd.com) Ester Mark photo This book takes the lid off of sexual repression. A masterpiece of science woven together with easy reading and enlightenment for all. Ester Mark MD [www.estermarkmd.com](http://www.estermarkmd.com) Dr. Holt photo Stephen Holt MD, DSc is a pioneer of Integrative Medicine, best-selling author and medical practitioner in New York State. The Holt Institute of Medicine [www.stephenholtmd.com](http://www.stephenholtmd.com) [www.hiom.org](http://www.hiom.org)

**suzanne somers hormone therapy: Natural Hormone Therapy for Men, Women and Children** Michael E. Platt, Mort Farina, 2004-10 A Revolutionary Approach to Permanent Weight Loss, PMS, The Menopause, Sexual Health, Male Menopause, Breast Cancer, Attention Deficit Disorder, and more.. This book is written in an easy to understand format to allow people to understand why they are not well.. and, what can be done about it.

**suzanne somers hormone therapy: The Estrogen Elixir** Elizabeth Siegel Watkins, 2007-04-16 In the first complete history of hormone replacement therapy (HRT), Elizabeth Siegel Watkins illuminates the complex and changing relationship between the medical treatment of menopause and cultural conceptions of aging. Describing the development, spread, and shifting role of HRT in America from the early twentieth century to the present, Watkins explores how the interplay between science and society shaped the dissemination and reception of HRT and how the medicalization—and subsequent efforts toward the demedicalization—of menopause and aging affected the role of estrogen as a medical therapy. Telling the story from multiple perspectives—physicians, pharmaceutical manufacturers, government regulators, feminist health activists, and the media, as well as women as patients and consumers—she reveals the striking parallels between estrogen's history as a medical therapy and broad shifts in the role of medicine in an aging society. Today, information about HRT is almost always accompanied by a laundry list of health risks. While physicians and pharmaceutical companies have striven to develop the safest possible treatment for the symptoms of menopause and aging, many specialists question whether HRT should be prescribed at all. Drawing from a wide range of scholarly research, archival records, and interviews, *The Estrogen Elixir* provides valuable historical context for one of the most pressing debates in contemporary medicine.

**suzanne somers hormone therapy: The Hormone Shift** Dawn M. Cutillo, 2012 Would you like to lose five pounds, stop your hot flashes and sleep better, THIS WEEK? These results are attainable when your hormones get into balance. The author explains how natural, safe solutions can bring fast results that last. From her twenty-three years of experience in the health field, and after helping thousands of women at her Lancaster, Pa. health center, she has noted growing trends that ALL stem from a simple hormone imbalance: The inability for women to lose weight efficiently after the age of 35 due to a slowed metabolism. The increased use of strong mood medications for depression/anxiety that do not improve mood satisfactorily for most women and also cause unpleasant side effects. The increase in fatigue experienced by women and the increased use of synthetic thyroid medication that does not satisfactorily resolve all the woman's symptoms. The increased use of the birth control pill for heavy, painful periods and menstrual irregularity that temporarily solves the problem but will cause health issues over time. The increased number of ablations, hysterectomies and other invasive procedures performed for cysts, fibroids, endometriosis. Women still fear breast cancer due to not knowing its true cause. CONCLUSION: Frustration is rising due to NOT getting validation about concerns or answers on these issues from the medical field or health/nutrition industry! Are Your Hormones Imbalanced? Perhaps your hormones have shifted a bit due to stress, age, pregnancy or menopause. Are you left feeling frustrated from trying to deal with many issues that do not seem to respond to diet, exercise, herbs, medication or even surgical procedures? Learn the ONE MAIN hormonal shift that occurs in almost all American women, starting at puberty and peaking around menopause along with its ONE MAIN origin. The author will give you simple steps on how to reverse this hormonal shift so that within a month you can be: Losing weight quickly (even if NOTHING worked up until now) Relieving your hot flashes/night sweats Deepening your sleep Easing your anxiety/irritability and mood swings Seeing your depression lift Regulating your menstrual cycle - easing symptoms of PMS Decreasing your chance of female-related cancers Reversing your other PMS/menopausal symptoms or conditions that affect your overall health. You will understand that when hormones are balanced you will look and feel your best while preventing female-related cancers...and slowing the aging process as an extra benefit! If you are one of the many women saying.... These constant hot flashes are driving me crazy! Is everyone around me trying to get on my last nerve? I'm counting FLOCKS of sheep and still

can't sleep! I'm working out, eating like a bird and can't lose a single pound! Sex? Are you kidding? I'd rather be sleeping or eating. My thyroid medicine just doesn't seem like it's helping me lose weight. Depressed? That's an understatement, nothing is really fun anymore. This book is a must-read!

**suzanne somers hormone therapy: The Perfect 10 Diet** Michael Aziz MD, 2011-01-01 Lose up to 14 Lbs in 21 days! The Breakthrough Diet That Gets Real-Life Results—Fast Frustrated by trendy low-fat, low-carb diets that leave you feeling hungry without losing or keeping off any weight? It's not your fault! The latest medical research shows that balanced hormones are the key to weight loss. In fact, those hard-to-maintain diet fads wreak havoc on your hormones, which is why the weight comes back the moment you stop. Dr. Michael Aziz is board-certified in internal medicine and knows that the ultimate key to good health is a diet that can be maintained in the real world. In The Perfect 10 Diet, he shares his revolutionary discovery: how to create the perfect balance between the 10 key hormones that control health and weight, so that you can finally: Melt away the pounds without going hungry Revitalize your health Reverse the aging process and look younger at any age Featuring over 70 delicious, heart-healthy and easy-to-follow recipes for the foods you crave (like Garlic-Cheese Stuffed Mushrooms and Pistachio Dark Chocolate) but never thought you could have, this book will teach you how to eat what you want and still lose the weight! Join the Perfect 10 diet community online at [www.perfect10diet.com](http://www.perfect10diet.com) or on Facebook.com/perfect10diet or on Twitter #Perfect10diet or follow @perfect10diet! Below are a few of the real people whose lives have been changed through The Perfect 10 Diet. I went from a size 24 to a 6, and I love it!—Nancy A. I have lost seventy pounds on The Perfect 10 Diet in sixteen months and my fasting insulin level has dropped from 40 to 4. The Perfect 10 Diet allows me to eat more fat from butter, coconut, and avocados, which I avoided for years believing they were bad for my cholesterol. Who could ask for anything more? Nothing tastes as good as thin feels.—Julie Eat anywhere, eat healthy meals, and enjoy the food I love? How easy is that?—Carol Z. At age 50, I feel like I'm 20 again.—Ted S.

**suzanne somers hormone therapy: From Hormone Hell to Hormone Well** Genie James, C. W. Randolph, 2010-01-01 For much too long the traditional medical community has ignored, misdiagnosed, and mistreated millions of women suffering from symptoms of hormone imbalance. Now, a world-renowned expert explains a safer and more natural approach to treating hormone-related conditions like PMS, weight gain, mood swings, and hot flashes. The controversy continues to rage like hormones: The safety and efficacy of synthetic hormone replacement therapies (HRT) versus human-identical hormones. In this second edition of the widely successful guide From Hormone Hell to Hormone Well, world-renowned physician expert, C.W. Randolph, Jr., M.D., and Genie James team up to challenge the continual promotion by the pharmaceutical industry--and the physicians they have brainwashed--of dangerous synthetic hormones. In this hard-hitting book, Dr. Randolph and Ms. James expose the shocking truth that for decades, whenever most women have complained to their doctor about menopausal symptoms, the traditional approach treatment has put both their health and their lives at risk. As a board certified gynecologist who has treated women with hormone balances for over a decade, Dr. Randolph contends that there is--and has been--a safe and effective alternative to synthetic hormones: Bio-identical hormone replacement therapy (BHRT). Hormone Hell to Hormone Well shows readers how to: Eradicate a one-size-fits-all approach to HRT and empower women to discover and maintain her 'hormonal equilibrium' through her changing lifecycle Understand the new breakthroughs and discoveries in human-identical hormone therapy Naturally replace the hormones that have decreased with age--with the science that supports the health benefits of biidentical hormone therapy Enjoy vast improvements in mental and emotional health as well as resolving physical issues, including weight gain, depression, osteoporosis, hot flashes, low sex drive, and fatigue

**suzanne somers hormone therapy: The Perfect Menopause** Dr. Henry M. M. D. Hess, Henry M. Hess, 2008 Helps women thriving during the complex changes of menopause. This book provides options for complete solutions to the difficulties of menopause by blending natural and traditional medicine. It offers solutions that range from natural therapies to medical therapies to

bioidentical hormones.

**suzanne somers hormone therapy: Thank You Suzanne Somers** Gary London, 2006

**suzanne somers hormone therapy: Sexy Forever** Suzanne Somers, 2010-12-28 What If Your Weight Wasn't Your Fault? If you are like most, you have tried to find an easy, enjoyable, permanent weight loss solution. One that doesn't make you give up too many of your favorite foods, have you working out like a maniac, and won't fail you in the long run. But long-term success is awfully hard if you don't address the hidden culprit behind the excess fat we carry: the toxic burden our bodies have accumulated. Whether you have just a few pounds to lose or are battling more, this new plan from health pioneer Suzanne Somers will give you the knowledge you need to easily combat these toxins and become slim, vibrant, healthy, and sexy . . . forever. Within the pages of *Sexy Forever* you will discover: Thousands of FDA-approved chemicals and toxins surrounding us every day that sabotage our health and weight—and how to conquer these enemies. A simple-to-follow three-phase weight loss program, filled with rich, delicious foods. Plus, a special Detox Phase that has been designed to release your toxic burden and blast off those first—or last few—pounds. All-new delicious recipes, with menus for fabulous eating every day. A moderate (hint: fast and easy!) exercise program to keep you fit and healthy. Ways to jump-start your success: cutting-edge, natural tools and products to make every step of the plan faster, easier, and more convenient. Includes amazing supplements and weight loss products to help catapult your success. A simple test that could unlock the hidden secret to your personal food demons—food sensitivities or intolerances that could silently be keeping you overweight or even chronically ill. How to achieve natural hormonal balance: the missing ingredient for every person over forty that must be added to make any plan successful. An all-access pass to revered doctors, experts, and nutritionists who helped Suzanne craft the plan. **YOU CAN WIN THIS BATTLE. YOUR GOALS ARE ACHIEVABLE.** Stay the course and you'll be on the path to regaining the vibrant health you were born to have. *Sexy Forever* is your ticket there.

**suzanne somers hormone therapy: Suzanne Somers' Eat, Cheat, and Melt the Fat Away** Suzanne Somers, 2001 As well as a recap of the basics of Somers food combining program comes over 100 recipes, weight-loss tips and cutting-edge research findings about hormones and health.

**suzanne somers hormone therapy: The Christian Woman's Complete Guide to Health** Scott Farhart, Elizabeth King, 2008 In this essential reference for Christian women of every age, Farhart and King use the most current research to explain everything women need to know about their bodies from puberty to menopause and beyond, including alternative therapies, diagnostic suggestions, and the latest recommendations for physical exams.

**suzanne somers hormone therapy: Womenopause: Stop Pausing & Start Living** Lovera Miller, 2010-05-11 **WOMENOPAUSE** presents a clear fresh voice to the controversy of hormone therapy for menopausal symptoms. Over the past thirty years, Dr. Lovera Wolf Miller has witnessed public fascination swing from one trend to the next. Through it all, women have benefited, and at times suffered, whenever new treatment strategies have come into vogue. **WOMENOPAUSE** invites readers into the intimate conversation that takes place between a woman and her female gynecologist.

**suzanne somers hormone therapy: Modern Menopausal Hormone Treatment** Hilde Löfqvist, 2022-02-10 This unique book is structured to give the reader a comprehensive view to understand the decline of hormones at midlife and the risks and benefits of evidence based hormonal treatments. The difference between bio-identical and synthetic hormones is shown. With this book the author intends to restore the trust of the mostly positive effects of hormone treatment during menopause. In this book effective hormone treatments that may be carried on for years are discussed. Those hormones may even prevent age related diseases (arthralgia, osteoporosis, cardiovascular diseases) if started at the right time frame directly after menopause, known as window of opportunity. This book fills a gap for medical health providers and can be of benefit for all women searching evidence-based information and answers on hormone menopausal changes and treatments. The book provides the reader with case histories to show how different women are at

the menopausal transition, and what the doctor has to consider in the choice of investigation and treatment.

**suzanne somers hormone therapy:** *The Hormone Cure* Sara Gottfried, 2014-03-11 A Harvard physician's method to improve physical and mental health by optimizing the hormones in the 30s, 40s, and beyond.

**suzanne somers hormone therapy:** *The Best From* [www.jimplagakis.com](http://www.jimplagakis.com). JP Enlarged Fully Loaded Jim Plagakis R.Ph., 2011

**suzanne somers hormone therapy:** *Stop the Pain and Damage of Inflammatory-Based Diseases* Dr. Johanna Elliott,

**suzanne somers hormone therapy: The Estrogen Window** Mache Seibel, 2016-04-12 When administered at the right time, estrogen therapy can lead to substantial improvements in a woman's quality of life. Yet, for more than a decade, women have been told about many worrisome side effects of hormone replacement therapy, including an increased risk of cancer, blood clots, and heart disease. In *The Estrogen Window*, Dr. Mache Seibel shows that not taking estrogen at the right time following menopause actually increases the risk of suffering one of those events. Falling estrogen levels also increase a woman's risk for heart disease and Alzheimer's, as well as osteoporosis. Dr. Seibel presents groundbreaking research that proves how every woman has an estrogen window, an ideal time to begin estrogen replacement, which can minimize menopausal symptoms such as hot flashes, night sweats, mood swings, fractured sleep, brain fog, irritability, and weight gain. Not only can women safely take estrogen during this window, but also taking the hormone this way provides a wide range of health benefits that guarantee women increased protection from the very conditions they have been led to fear most.

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