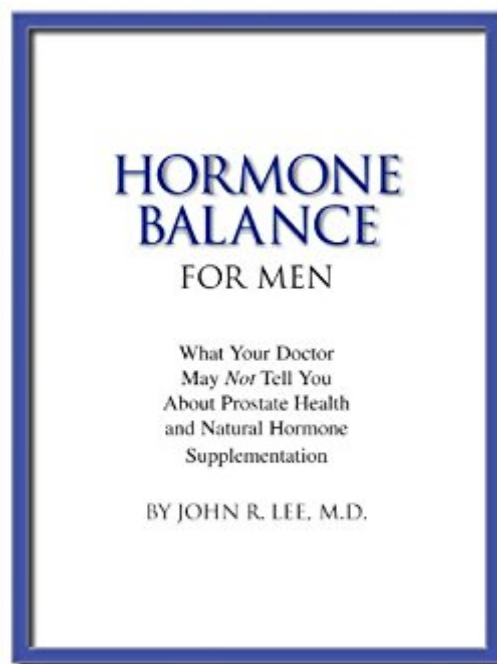




The book was found

Hormone Balance For Men: What Your Doctor May Not Tell You About Prostate Health And Natural Hormone Supplementation.



Synopsis

The original and thought-provoking work by John R. Lee, M.D. about men's hormones, how men can use natural hormones for optimal health, causes of prostate cancer and more. A quick read, yet loaded with useful information and suprising insights about male hormones.

Book Information

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Customer Reviews

Terrific very short research on this topic, specifically for men. Don't consider the hormone route without reading this.As complements to Dr. Lee's book (and your personal research), have send you Morgantaler's "Testerone for Life" and Rouzier's "Natural Hormone Replacement for Men and Women."

It is more important than ever for men to really understand their own bodies. The medical industry in the U.S. Is a broken system and we can no longer just "follow doctors orders", we had better understand what those orders mean and be able to ask real questions. Dr Lee's books are a wealth

of clear information about the simple and inexpensive things we can do as men to stay in top health and avoid the fad routes to keeping our vigor. Highly recommended reading...

Now increasingly accepted, John Lee's perspectives on hormonal imbalance (now called endocrine dyscrasia) that he was developing in the 1980's look prescient. Additionally, there is an unusually strong focus on diet, exercise, and sleep - lifestyle issues usually left in the back of the bus in many treatments of endocrine function in aging. I suggest this book to many patients and their families. Very readable. Highly recommended.

This book is very informative on the subject of enlarged prostate and its causes. It shows how a man's body needs the right balance of testosterone and progesterone to estrogen and shows how women and men have the same problems when these go wrong.

Excellent- information that your urologist won't tell you about

The information is broken down and easy to understand. I am more aware of how I can improve my health through Dr. Lee's research.

This is an excellent booklet covering male andropause and its effect on the male physiology, especially how it affects the prostate, the heart, overall strength, general well being and it can go on and on adding to the list, also how to manage andropause.

I admire the author, but thought this was both short and technical, without a lot of how to's and specific advice.

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