

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 Alzheimers, 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 taking the hormone this way also provides a wide range of health benefits that guarantee women increased protection from the very conditions they have been led to fear most.

In *Their Own Words: True Stories and Adventures of the American Fighter Ace (Hardback) - Common*, Simone de Beauvoir: *Ihr Leben und ihr Einfluss auf die Frauenbewegung (German Edition)*, *Thinking Through the Test: A Study Guide for the Florida College Basic Skills Exit Tests: Reading, with Answer Key*, *Mourning Lincoln*, Thomas Sopwith, *Surveyor: An Exercise in Self Help*, *Gossie (Gossie & Friends)*, *Zooky the Zorn Land of A*, *Tantric Massage and Love Making for Beginners: Master the Art of Giving and Receiving Waves of Intense Pleasure*, *Celebrating Passover as Christians*,

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