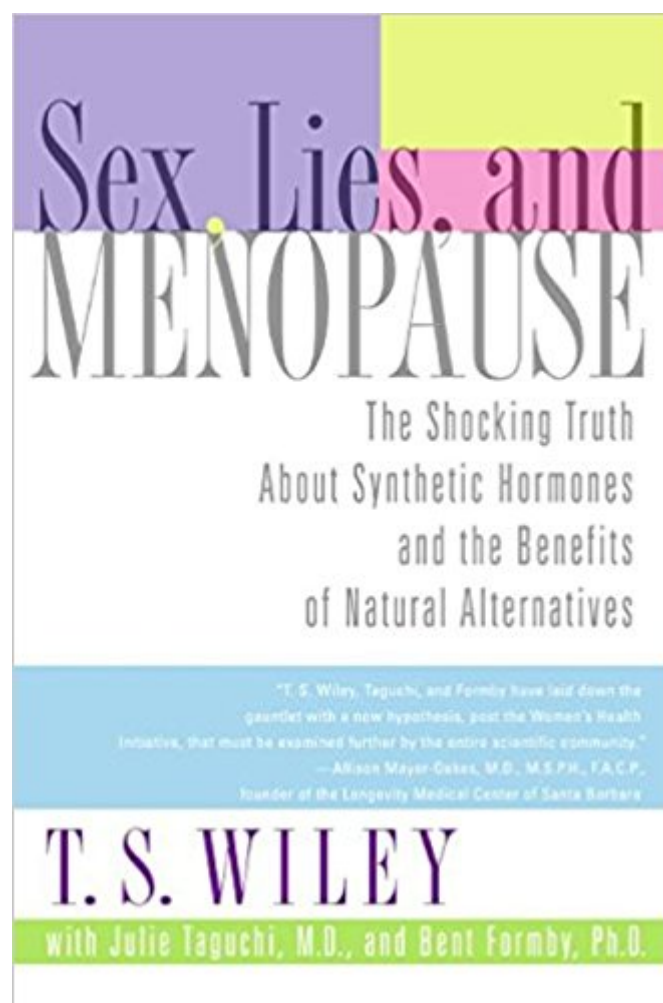




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# Sex, Lies, And Menopause: The Shocking Truth About Synthetic Hormones And The Benefits Of Natural Alternatives



## Synopsis

Turning thirty years of medical and cultural wisdom on its head, *Sex, Lies, and Menopause* challenges both the medical establishment and modern feminists to prove that menopause does not have to be deadly. In this revolutionary work -- a landmark that signals the true beginning of feminist medicine -- a doctor, a philosopher, and a scientist prove that by postponing marriage and motherhood, women have accelerated the aging process, resulting in earlier menopause and, ultimately for thousands, earlier death. In *Sex, Lies, and Menopause*, T. S. Wiley, Julie Taguchi, M.D., and Bent Formby, Ph.D., offer strong evidence that the use of synthetic hormones leads to cancer and advise women to turn to natural hormone-replacement therapy -- derived from plants, not drugs -- to help them elevate their estrogen level for greater energy, libido, and intellectual capacity. Provocative, empowering, and scientifically sound, *Sex, Lies, and Menopause* addresses the inherent benefits of natural progesterone, reveals the lies advanced by the medical and drug establishments, and challenges women to demand a medical future where their health comes first. The research presented in *Sex, Lies, and Menopause* will at last allow women to create their own plan of action to put themselves safely on the path to better health and hormonal balance at any stage of life.

## Book Information

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## Customer Reviews

An anthropologist and cultural theorist, T.S. Wiley is a member of the New York Academy of Sciences and has been a guest investigator at Sansum Medical Research Institute. She lives in

Santa Barbara, California. Julie Taguchi, M.D., an oncologist, is a staff physician at Sansum Medical Clinic in Santa Barbara. She joined the team for Cancer Protocol to clinically test their progesterone theories at Cottage Hospital in 1999. Bent Formby, Ph.D., holds doctorates in bio-chemistry, biophysics, and molecular biology from the University of Copenhagen in Denmark. He has pursued research projects in California for the last two decades with the University of California, Sansum Medical Research Institute, and most recently with the Rasmus Institute for Medical Research in Santa Barbara.

Wiley has a compelling argument. I think that her premises are correct, but that her conclusion isn't quite there in regard to what dose of therapy actually works. This is also a tedious book to get through. Although it is chock full of information it is painfully repetitive. I like the book but believe it could have been about half the pages if she didn't continuously, monotonously repeat herself.

Wiley and co-authors research was so far ahead of our times in 2001 but thank goodness the natural plant hormones are available for us today! Look further into this factual, yet amusing study, with a tremendous reference section and discover that artery blockage is caused by SUGAR after all these years of cholesterol lowering pills which affects our liver and many other facts relating to birth control pills and cancer. All women, neutered or not, will greatly benefit from reading this book and running to their nearest compounding pharmacy to start this natural hormone replacement. A feeling of well-being and subtle muscle and bone changes will also take place. I no longer have to take pills for arthritis! Thank you Wiley and doctors!

This is a very important book about menopause and the medical/pharmaceutical industry that has almost deliberately sabotaged women's health for profit. It's a little scary but also offers the remedies for women who want to remain healthy into old age.

Although sometimes hard to follow her thoughts, I found the info in this book interesting. Because I have read so many other books on hormones, I was able to follow, but if this is your first foray into the world of BHRT, you would be much better off reading Suzanne Somers. I did find it interesting, however, to learn what 17 years of the birth control pills did to my body. It explains what many doctors have been unable to up to this point and that is why my thyroid and adrenals have so completely burned out. Seventeen years of synthetic hormones put my body into menopause and the result has been many years of doctor visits and no explanations. All I would get was

prescriptions for anti-depressants or anti-anxiety meds that only made me feel worse. No one could ever explain why I was so tired and agitated, feeling like I was 85 years old with achy joints. Wiley explained that the very years I was on the pill, are our bodies most virile. We are supposed to be producing. But instead, by taking the pill, I was telling my body I was old and it was time to shut down. Well it has. I'm 45 years old and have been unable to work for a year because the fatigue is so severe. I am now on BHRT and getting much better. But unfortunately, adrenal burn-out can take years to recover from so that will take time. I wish I had read this book when I was 18. I would have never, ever gone on the pill!

A great read and food for thought although I think many of her ideas are not based on good studies. What we believe often colors what we present. I do think it is worth reading and it will surely get you thinking. However, if you are going to take this as gospel I would tell you to read original research papers, before believing this is gospel.

I love this book. Its very informative. It reminds me how much our bodies are connected to nature, and so is our health. Modern day living distracts us from our origins. I would definitely recommend everyone to read this book....men and women. It is truly a book about longevity and living a good quality life.

The facts are dry but necessary to reveal the picture of why so many women are dying at the hands of exclusively Western trained doctors who refuse to wake up to accepting responsibility for how we contribute to the cancer statistics in the US. If women read this book we could potentially bend the statistics in our favor.

A true eye opener. If only I had read this book ten years ago. I could have cried when reading it and realising that there is help out there for women who are struggling with menopause. Shame on the medical establishment for not educating women on their options.

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Sex, Lies, and Menopause: The Shocking Truth About Hormone Replacement Therapy  
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