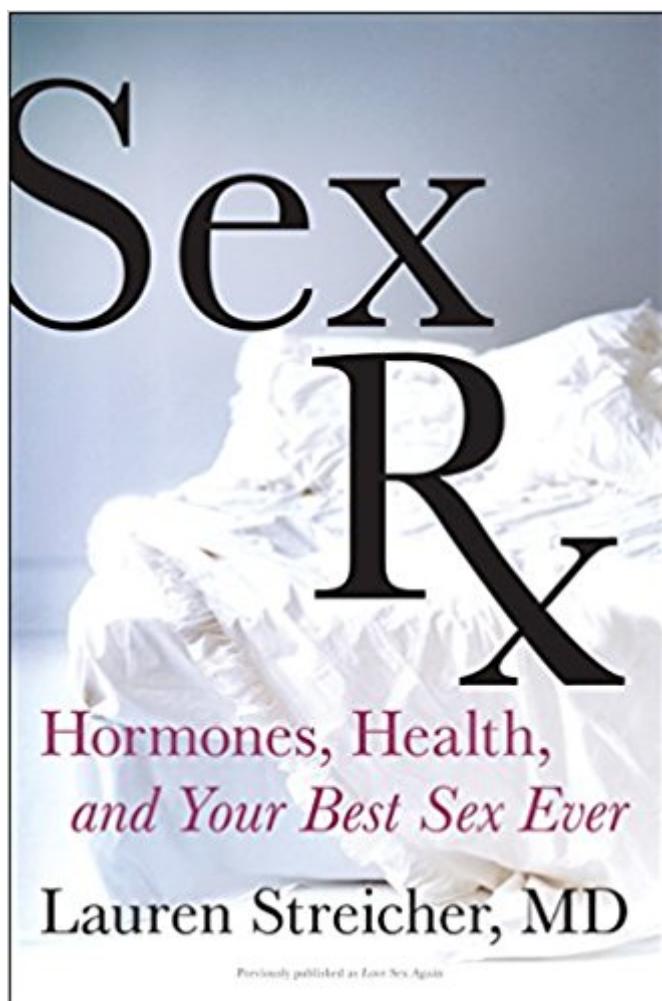


The book was found

Sex Rx: Hormones, Health, And Your Best Sex Ever



Synopsis

For millions of women in America, sex isn't always pleasurable or even possible. Instead, sex has become a low priority as they navigate marriage, motherhood, and work . . . not to mention cope with chronic stress and lack of sleep. Throw in the natural fluctuations in hormone levels that all women experience throughout their lives and it's not surprising that sex can become, well, a little less sexy. Additionally, common gynecological problems can make sex uncomfortable, and medical issues can cause it to be downright painful. Dr. Lauren Streicher, a leading women's sexual health expert, offers women the courage, vocabulary, and knowledge to identify and solve problems in the bedroom, for a wide range of issues—from flagging libido, vaginal dryness, and sex after menopause, to hormone supplements and the effects of medication, Sex Rx offers a wealth of knowledge, along with a good dose of humor and plenty of encouragement, so that every woman, no matter what personal challenges she has, can make having great sex a part of their lives forever. Sex Rx was originally published in hardcover as Love Sex Again.

Book Information

Paperback: 464 pages

Publisher: Dey Street Books; Reprint edition (January 27, 2015)

Language: English

ISBN-10: 0062301527

ISBN-13: 978-0062301529

Product Dimensions: 5.3 x 1 x 8 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 58 customer reviews

Best Sellers Rank: #213,459 in Books (See Top 100 in Books) #52 in Books > Health, Fitness & Dieting > Sexual Health > Women's Sexual Health #362 in Books > Health, Fitness & Dieting > Sexual Health > General #576 in Books > Health, Fitness & Dieting > Psychology & Counseling > Sexuality

Customer Reviews

Are you missing a vibrant, exciting sex life? Do you avoid sex because it is uncomfortable? Or even painful? Are you coping with diabetes, heart disease, cancer, or another illness that makes sex more challenging? Have you lost interest in sex altogether? Yes, anyone can love sex again, or love sex more, with Sex Rx. For millions of women in America, sex isn't always pleasurable or even

possible. Instead, sex has become a low priority as they navigate marriage, motherhood, and work . . . not to mention cope with chronic stress and lack of sleep. Throw in the natural fluctuations in hormone levels that all women experience throughout their lives and it's not surprising that sex can become, well, a little less sexy. Additionally, common gynecological problems can make sex uncomfortable, and medical issues can cause it to be downright painful. Dr. Lauren Streicher, a leading women's sexual health expert, offers women the courage, vocabulary, and knowledge to identify and solve problems in the bedroom, for a wide range of issues—from flagging libido, vaginal dryness, and sex after menopause, to hormone supplements and the effects of medication. *Sex Rx* offers a wealth of knowledge along with a good dose of humor and plenty of encouragement, so that women of all ages can make having great sex a part of their lives forever.

Lauren Streicher, MD, is a gynecologist and sexual health expert. She is an associate clinical professor of obstetrics and gynecology at Northwestern University's Feinberg School of Medicine. She is also the author of *The Essential Guide to Hysterectomy*. She lives with her husband in Chicago.

Primary care providers should buy this book, READ it, and then PUT A COPY IN EVERY EXAM ROOM! As a family physician, I love this book because it is an excellent resource to help me help my patients with decreased libido, dyspareunia, or other vaginal and sexual difficulties- regardless of the cause. Dr. Streicher clearly and specifically addresses not only menopausal issues, but numerous special challenges related to medical conditions such as cancer, diabetes, and heart disease. Dr. Streicher uses evidence-based medicine to support her recommendations, giving us the confidence to treat our patients how many of us choose to treat ourselves. She explains the WHI (Women's Health Initiative) in basic terms that allow us to debunk estrogen-fearing myths more effectively, reinforcing what we all know- that "estrogen is not poison". Dr. Streicher has mastered the balance between medical language and lay terms, blended together with her witty humor. She tells it like it is, including addressing the fact that no pill will fix decreased libido or lousy sex when the real problem is the relationship itself. This book is not a casual read for a teenager wondering about sex (though they could potentially learn a ton). *Sex RX* is the perfect book, however, for the educated women in your practice (and your friend group) who want to understand how their sexual body parts and hormones work (or don't work), and what options they have to improve their "SexAbility."

This is such a comprehensive book that covers so many aspects of sexuality--I bought additional copies for my mom, sister, and 2 best friends because it covers sexuality across the life span in such an easy-to-understand way. The author is an expert in her field, and it shows--vulvar pain, low desire, the works. I highly recommend this to any woman who wants up-to-date information about her sexual health.

Notwithstanding the head-turning title, this is really an excellent primer on vaginal health for menopausal and post-menopausal women. Accessible, comprehensive and compassionate.

This book is sooo informationalI can't stop reading it...I just received it....but boy is this book something else...so far I Love it...I like the way it sets the issues right there without any BS,,,and might I add the Dr. Streicher has a great since of Humor....you will find yourself laughing out loud....for me this is just what the Doctor Order....love it.

A very well written, laymen approach to a technical and sensitive topic. Understand why things work the way they do and now have rejuvenated the much missed feeling. I am 65 and look and feel like I am in my early 50's. All the healthy eating, exercising, and personal skin care treatment just made the desire for the physical connection greater. Have that now thanks to understanding how my body works and what it needs to continuing enjoying sex. Recommend it for women of all ages!

This is a great resource for women. Although I have not read all of it, I have already found many great points about which lubricants are best and information of incontinence problems. This is like a textbook on women's reproductive and menopausal as well as post-menopausal problems and solutions.

This is a must read especially for older women post menopause and those who have not engaged in sexual intercourse for many years for many reasons. I actually took this book with my highlighted pages to my gyn a few days ago and she knew about it and we had a very open discussion about how to fix my problems.Every woman should read this book. We are finally after so many years speaking openly about women's issues and can actually speak the work 'vagina' without being embarrassed. Men have Viagra ... we have nothing. All that talk for so many years about the penis this and the penis that OK It's kind of fabulous. Now it's our turn - way over do by about 100 years or more. You know what you have to do, my female friends. Relax and enjoy your sexual

liberation and freedom no matter what age you are.

This book is very informative and helpful for all women who suffer from painful intercourse.

[Download to continue reading...](#)

Sex: Sex Guide: The Perfect Sex Guide For Unbelievable Sex (Sex, Sex Guide, Sex Positions, Sex Addiction, Seduction, Sex Stories, Sex Books, Foreplay, Alpha Male, Relationships, Marriage) Sex Rx: Hormones, Health, and Your Best Sex Ever Sex Starved Marriage: Sex in Marriage: 31 Best Demonstrated Sex Positions Every Married Couple Should Try To Spice Up Their Sex Life (Scream, harder and longer, Sex positions, Sex Tips, Sex Guide) Sex: Sex Starved Marriage: 33 Demonstrated Sex Positions + 14 Best Tips On How To Last Longer, Make Her Scream And Be The Best Lover In Her Life (+FREE BONUS)(Sex and Marriage, Sex Positions Book) Hormones, Health, and Happiness: A Natural Medical Formula for Rediscovering Youth with Bioidentical Hormones Balancing Your Hormones With Essential Oils: How Essential Oils Can Help To Reset Your Hormones Kama Sutra: Best Sex Positions from Kama Sutra and Tantra to Skyrocket Your Sex Life (Kama Sutra, Sex Positions, How to have Sex, Tantric Sex) (Volume 1) 200 Dirty Talk Examples: How to Dirty Talk your way to the Most Graphic, Mind-Blowing Sex of your Life (Sex Advice and Sex Tips to Improve Sex Life and have Better Sex) The Complete A to Z for Your V: A Women's Guide to Everything You Ever Wanted to Know About Your Vagina--Health, Pleasure, Hormones, and More Men's Hormones Made Easy: How to Treat Low Testosterone, Low Growth Hormone, Erectile Dysfunction, BPH, Andropause, Insulin Resistance, Adrenal Fatigue, Thyroid, Osteoporosis, High Estrogen, and DHT: Bioidentical Hormones, Book 8 I'm a Girl, Hormones! (For Ages 10 and Older): Anatomy For Kids Book Explains To Older Girls How Hormones Are Changing Their Body (I'm a Girl) The Hypothyroid Menu: Eating Well With The Natural Approach To Hypothyroidism (thyroid, ultimate health, hcg, glands, hormones, 30 days, best health) XXX MATURE SEX Pictures 3: sex, porn, milf, mature sex, love girls, sex pictures, anime sex pictures Best Green Drinks Ever: Boost Your Juice with Protein, Antioxidants and More (Best Ever) Tantric Massage: #1 Guide to the Best Tantric Massage and Tantric Sex (Tantric Massage For Beginners, Sex Positions, Sex Guide For Couples, Sex Games) (Volume 1) It's Your Hormones: The Women's Complete Guide to Soothing PMS, Clearing Acne, Regrowing Hair, Healing PCOS, Feeling Good on the Pill, Enjoying a Safe ... Recharging Your Sex Drive . . . and More! Sex: 14 Best Tips On How To Last Longer, Make Her Scream And Be The Best Lover In Her Life (+FREE Gift Inside) (How To Last Longer In Bed, Attract Women, ... Starved Marriage, Sex Guide) (What Is Sex) Sex and Marriage: More Sex, Passion and Desire for Married Couples: Discover the 10 Ways to

Turn Your Sex Life From Routine to Lustful Desire (Sex Tips, ... Marriage, Marriage Advice, Marriage Help) Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness through Ayurveda, Chinese Medicine, and Western Science

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)