



The Estrogen Window: The Breakthrough Guide to Being Healthy, Energized, and Hormonally Balanced--Through Perimenopause, Menopause, and Beyond

Mache Seibel

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The Estrogen Window is the definitive book on hormonal health for menopausal women. Dr. Mache Seibel, one of the leading doctors in women's wellness and menopause, presents groundbreaking research that proves every woman has an "estrogen window"--an ideal time to begin estrogen replacement.

When administered at the right time, estrogen therapy leads to substantially improved quality of life by minimizing menopausal symptoms like hot flashes, night sweats, mood swings, fractured sleep, brain fog, irritability, and weight gain. It also significantly improves a woman's health by lowering her risk of breast cancer, heart disease, and Alzheimer's disease. However, beginning estrogen replacement at the wrong time--after the estrogen window closes--actually increases her risk for heart disease and does not reduce her risk for osteoporosis and Alzheimer's disease.

In *The Estrogen Window*, Dr. Seibel explains how previous studies on estrogen were inaccurately analyzed, leading to a culture of fear and confusion that caused many doctors to abstain from prescribing estrogen and many women to suffer unnecessarily. He also details which estrogens and progestogens are safest to use. *The Estrogen Window* is a must-have book for every woman over 40!

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