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Stay Young & Sexy with Bio-Identical Hormone Replacement: The Science Explained

Jonathan V. Wright, Lane Lenard

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It's been more than a decade since Dr. Jonathan Wright introduced the concept of bio-identical hormone replacement therapy (BHRT) with the book Natural Hormone Replacement for Women Over 45 (Wright JVW, Morgenthaler J. Smart Publications, 1997), at a time when only a handful of clear thinking, knowledgeable doctors had ever heard about bio-identical hormones. Many women first learned the truth about HRT and BHRT from that first book; others later heard about it from TV celebrity Suzanne Somers, who described her personal experiences with a different version of BHRT in the first of a series of books. But the real stampede away from HRT and toward BHRT began in 2002 with the premature termination of a large, government-funded study-the Women's Health Initiative (WHI)-the results of which confirmed that the risks of conventional HRT unquestionably outweighed its benefits. In their new updated book, /Stay Young & Sexy with Bio-Identical Hormone Replacement: The Science Explained/, authors Wright and Lenard have brought to light many examples of forgotten or ignored scientific studies combined with up-to-date clinical experience that provide solid support for the safety and benefits of BHRT.

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Spent a free time and energy to be fun activity to try and do! A lot of people spent their spare time with their family, or their particular friends. Usually they accomplishing activity like watching television, gonna beach, or picnic inside the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your own free time/ holiday? Could be reading a book might be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the publication untitled Stay Young & Sexy with Bio-Identical Hormone Replacement: The Science Explained can be great book to read. May be it might be best activity to you.

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