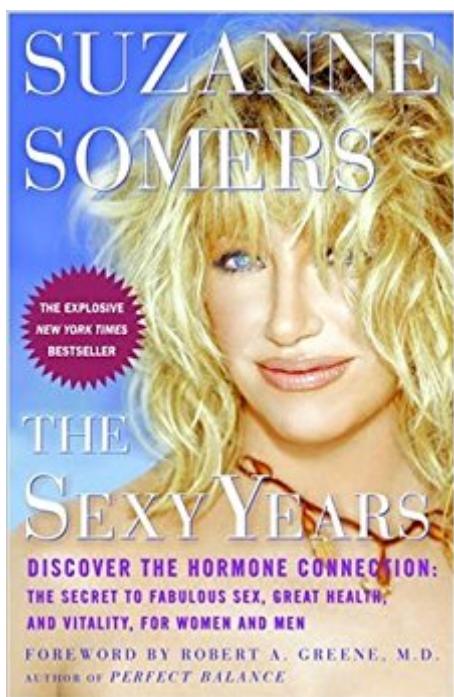


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# The Sexy Years: Discover The Hormone Connection: The Secret To Fabulous Sex, Great Health, And Vitality, For Women And Men



## Synopsis

Getting older can be brutal—women gain weight, lose their sex drive, experience hot flashes, suffer memory loss, become short-tempered, find it difficult to sleep, and on and on. It's not so easy for men, either—they start to lose energy and stamina as they age, too (and they have to live with women going through menopause). After years of being thin and fit and full of energy, Suzanne herself encountered the “Seven Dwarfs of Menopause”—Itchy, Bitchy, Sweaty, Sleepy, Bloated, Forgetful, and All-Dried-Up. Instead of living out the rest of her life cranky, sleep-deprived, and libido-less, Suzanne set out to discover how she could get her mind, body, and life back and banish those pesky dwarfs for good. The result is *The Sexy Years: Discover the Hormone Connection*—The Secret to Fabulous Sex, Great Health, and Vitality, for Women and Men. In this passionately argued and enormously practical book, Suzanne supports her own research and experiences with the expertise of leading doctors in the field of women’s and men’s health and sexuality to create an inspiring, accessible call-to-arms to women to radically rethink how they approach life after fifty, and give them the tools to turn their lives around. Suzanne has discovered that the second half of life has been more rewarding, fun, and purposeful than her younger years. The key to her happiness? Taking natural bioidentical hormones. Natural hormones, which mimic the hormones produced in our own bodies that are almost completely lost with aging, are the answer to the symptoms of menopause that plague women. Recent findings from the medical community show that synthetic hormone replacement therapy (HRT) may be harmful to women—thus, thousands of women are looking for what else they can do to alleviate their symptoms. In *The Sexy Years*, Suzanne comes to the rescue with a step-by-step plan and detailed information about how women can take control of their health, for themselves and for their men, including: What the differences are between synthetic and bioidentical hormones, and why bioidentical hormones help women lose weight, reinvigorate their sex lives, and fight the symptoms of aging. How doctors do not receive adequate training about hormones and are slaves to the pharmaceutical industry, and what questions every woman must ask her physician about hormone replacement therapy and her health. How Suzanne turned her life around, with information about how often she visits her doctor, blood work, what hormones she takes, how to get these hormones, and more. What male menopause, or andropause, is and how men can also take bioidentical hormones and regain the energy they had in their youth. What a variety of specialists think about natural hormones, health, and sexuality. Suzanne shares the best advice from these doctors and provides a resource list of physicians and pharmacies. With bioidentical hormone

replacement therapy, Suzanne has found the fountain of youth, the elixir that has made her feel thirty years old again. In combination with her Somersize diet and fitness plan, which she also writes about here, Suzanne has never felt better. The beauty of growing older, she maintains, is that you can combine the wisdom of age with the vitality of youth. Suzanne makes it perfectly clear how women and men can regain their zest for life at any age. These really are the sexy years!From the Hardcover edition.

## **Book Information**

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## **Customer Reviews**

Menopause is a complicated business. Medical issues vary widely and treatment options seem endless--especially in the wake of bad news about hormone replacement. While *The Sexy Years* isn't meant to supply you with a specific program of daily supplements, Suzanne Somers does offer an excellent inspiration to march forth and take control of this stage of health. Much of the book covers her own experience of menopause, including some detail on her breast cancer ordeal. She advocates the use of natural, bioidentical hormonal replacement, available through a variety of creams and supplements--it's a rare page that doesn't gush about the power of these substances or raise negative issues about the use of synthetic hormones. Introductory medical information is included on how estrogen, progesterone, and testosterone work together to keep people healthy and active; the vocabulary is understandable and generally entertaining rather than overwhelming. She provides interviews with a variety of doctors and women in various stages of menopause. These will give women a good place to start with topics to address with their own medical providers. While a short index of doctors and compounding pharmacies is provided, most women will have to

do their own research to find local natural hormone specialists. But if you're looking for a boost of courage to bring up these treatments with your doctor--or simply want to investigate more natural alternatives to the standard synthetics--this is a fine place to get started. --Jill Lightner --This text refers to an out of print or unavailable edition of this title.

Somers has chronicled her battle with weight and emotional issues in several books. Now she explains how she's coped with the symptoms of menopause and why she believes most women should take natural hormones during this period. Somers discusses her breast cancer surgery, along with her decision not to undergo certain follow-up treatment but instead adhere to a regimen of natural hormones. To support her case, Somers includes interviews with several physicians who specialize in natural hormones, sexual dysfunction and menopause. Her enthusiastic writing style will especially appeal to readers who have been intimidated by physicians unwilling to offer alternative treatments to menopause's often debilitating symptoms. "Finding the right doctor is difficult," she laments. "Your gynecologist may not be the right person for you at this time.... If [menopause and hormones are] not her specialty, then you have to find a doctor who 'gets it.' " Somers stresses the important steps of the process, and discusses reasons why she prefers natural hormones over synthetic substances. She also tackles male menopause, common sexual problems among middle-aged couples and hormones for men. However, since her readers are likely to be women, the subject matter occasionally seems inappropriate. Nonetheless, as an introduction to the subject of alternative treatments for menopause, this book provides a sound synopsis that readers can use to open a dialogue with their physicians. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

Even though this book is now a few years old and science is improving all the time, this is still an excellent read. It is very thorough and well written on the topic of Bio-Identical Hormone Replacement Therapy. I wanted to study all I could on the subject, so I got this book (audio book). It was very helpful and I am now on Bio-Identical Hormones and I feel A LOT better! To take BHRT is a personal choice for everyone, and this book answered all my questions and then some. Thank you Suzanne Somers for your time and research to educate us on this subject matter!

This is her original book about hormones that helped popularize the bio-identical hormones. I had this book before some years back, but I gave it away. Then I started having hormone problems and

wanted to read it again, so I bought another copy. I don't agree with everything it says, and I think it's a little outdated, but it's a good reference to have around if you keep up with your hormones or use bio-identicals. My attitude about hormones has changed over time, and I am not as enamored with using bio-identical hormones as I used to be. If you are interested in the bio-identicals, I urge you to read and research widely. There's a lot of confusion and misinformation out there about hormones but some wise advice also. I used to take 3 female hormones. Now I only take one that I buy over the counter. I think it's safer. What little male hormone I need I can get through herbs. If I don't get hot flashes, which I don't, I'm happy. A lot depends on what stage of life you are in.

I am a Breast Cancer survivor. My Family Doctor suggested I read Suzanne Somers Book. The Sexy Years. I wish I had read this book years ago. This book explains all about the importants of what can happen if your hormones are not balanced. Also the importants of using Natural Hormone Replacement instead of HRT. When your hormones are kept balanced it is a protection from Cancer. The Doctor I went to did not understand balancing your hormones with Natural Hormone Replacement. The Doctor also said I did not need progesterone because I had a hysterectomy. You will find out when you read this book this is not true. Progesterone helps also to balance your hormones and protect your heart and bones. I am please to say the Doctor I was going to is now sending his patients to a person who is qualified to help them with Natural Hormone Replacement. I also recommend Doctor Jonathan V. Wright & John Morgenthaler book Natural Hormone Replacement book. May this book be a blessing to you as it has been to me.

Just received this book in the mail today. It looks brand new as stated. In fact, I was waiting on this book before I made my doctors appointment for getting my hormones checked. This book will serve as my guide and point of reference. Suzanne is an excellent consultant and researcher. I've valued her opinion for years and have never been let down. Excited to have this book as a part of my library.

I purchased all of Suzanne Somers books

#### **EXCELENT INFORMATION AND REFERRALS .**

I found this book when I was entering peri-menopause, and found the information helpful in that it boosted me to look for a doctor that used bio-identical hormones. This book helped with the

discussion and understanding expectations.

a gift

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