

# Whats Your Menopause Type? The Revolutionary Program to Restore Balance and reduce Discomforts of Menopause

JOSEPH COLLINS, N.D.

## WHAT'S YOUR MENOPAUSE TYPE?

WOMEN AREN'T ALL ALIKE!  
WITH THIS EXCITING NEW PROGRAM,  
YOU'LL LEARN HOW TO:

Identify Your Unique Menopause Type  
Learn Which Treatments Are Right for You  
Improve Your Quality of Life

Since all women experience menopause differently, shouldn't there be more than one treatment? For decades, it was estrogen that was supposedly the ultimate cure-all for the change. Recently, progesterone has been touted as the most effective menopause treatment. Dr. Joseph Collins reveals there is no magic hormone or combination of hormones that can be indiscriminately prescribed to all women. In fact, he has identified 12 different types of menopause, each requiring a treatment that is as unique as the women experiencing it. In *Whats Your Menopause Type?* you'll discover Dr. Collins' revolutionary program designed to help you take charge of this life stage. Using a revealing questionnaire, he shows you how to determine your own menopause type and then prescribes the best nutritional, herbal, glandular, or hormonal treatment for your unique symptoms. He also provides everything you need to know to better understand this stage of life such as: Which natural and conventional treatments are best for you and which to avoid? How to weigh the risks and benefits of hormone-replacement therapy? A complete description of hormones and their effects on your body? Advice on how to order hormone tests? Suggestions for choosing a hormone educated doctor? And much, much more! With the help of Dr. Collins and this empowering book, you can take charge of menopause and get on with your life! At last, a well-referenced resource for

pharmacists, other health-care professionals, and women on the advantages of natural vs. synthetic hormone-replacement therapy. An invaluable resource for those interested in customized natural hormone-replacement therapy. This book is the ammunition that many need to prove the value of natural hormone replacement. "Dana Reed-Kane, Pharm.D., F.A.C.A., F.I.A.C.P. Provides much-needed information that will allow millions of women to work with their doctors to effectively solve the problems associated with menopause. "Richard C. Heitsch, M.D. A valuable tool for anyone researching menopause. "James E. Paoletti, R.Ph. Finally, a book that teaches the importance of balance and actually shows everyone what many women have suspected all along: There is more than one type of menopause. "Luana Stone, menopause patient

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