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Editorial Reviews

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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*

From Publishers Weekly

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