



What Your Doctor May Not Tell You About(TM): Premenopause: Balance Your Hormones and Your Life from Thirty to Fifty

John R. Lee, Jesse Hanley, Virginia Hopkins

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I'm too Young for Menopause-So Why Do I Feel Like this? You could be experiencing unexplained weight gain...fatigue...mood swings...loss of libido...fibroids...tender or lumpy breasts...endometriosis...PMS...infertility...memory loss...migraines...very heavy or light periods...cold hands and feet...or a combination of these symptoms. You may have been told they're "nothing," or stress, or even menopause-and offered surgery, antidepressants, or prescription hormones. But the startling truth is that you may be suffering from premenopause syndrome-and there are simple, safe solutions. When John Lee wrote the groundbreaking What Your Doctor May Not Tell You About Menopause, younger women started asking if natural progesterone could help them, too. In this book Dr. Lee, with women's health expert Jesse Hanley, M.D., brings you a revolutionary nonprescription "Balance Program" to restore your gynecological health, energy, and sex drive-and even slow the aging process before menopause, and beyond.

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