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FOREWORD

WOULD YOU BE ABLE TO LIVE WITHOUT HORMONES?

THE ANSWER IS OBVIOUS: IT WOULD BE IMPOSSIBLE.

OUR LIVES ARE GOVERNED BY OUR HORMONES..

Women enjoy phenomenally longer life expectancy these days that once they reach menopause, they still have another 35 to 40 years of their life, all without sex hormones. How can we ignore this in our advanced society?

This is especially true when you consider the fact that our life expectancy is increasing every year. Current estimates reveal an increase in the average life expectancy of one trimester per year, which equals about 6 hours per day. Reaching an age of one hundred years may no longer be exceptional for generations being born right now.

The lack of hormones during menopause has many consequences for our health. These effects are often underestimated and many of them are still unknown due to a lack of knowledge and research on the topic. However, in light of the latest insights and therapies, it is clear that we have to act; after all, we must not forget that the primary goal of medicine should be to prevent disease. Much research has been done on menopause in recent decades and we have now acquired sufficient knowledge to prevent old age diseases caused by hormone deficiencies.

Cardiovascular disease is responsible for 40% of all post-menopause mortalities. We have an opportunity to reduce this risk by pursuing a healthy lifestyle and combining it with BHRT (Bioidentical Hormone Replacement Therapy). The same applies to diabetes type 2, and even the chance of achieving a 10% drop in Alzheimer's disease if women are treated with BHRT for more than 14 years. Osteoporosis is also a major risk as we grow older, which requires case prevention using hormones.

This well written book by Dr. Nora Hendriks is an up-to-date account of anti-aging medicine and menopause treatments. There is nothing wrong with the idea of wanting to be healthy for as long as possible and reducing your risk of illness. And hormones can play a significant role here.

Our bodies are very skilled and capable of many natural recovery processes which we only need to stimulate and maintain. It is simply a question of pursuing the right balance.

Her journey into the world of hormones is easy to follow and read. She clearly explains that there are good and safe solutions for many common ailments during menopause. And let us not forget that hormone therapy is also good for your emotional wellbeing, your social life and interactions with your children, grandchildren and everyone in your environment.

We can enjoy the pleasures of life for a longer time than we currently do if we follow the advice of a pioneer like Dr Hendriks, who brings us medical knowledge that enhances our quality of life using safe solutions.

I hope you will experience the same feeling of pleasure I had upon first opening this book :)

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