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# The Miracle Of Bi-identical Hormones: How I Lost My : Fatigue, Hot Flashes, ADHD/ADD, Fibromyalgia, PMS, Osteoporosis, Weight, Sexual Dysfunction, Anger, Migraines...

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THE  
MIRACLE  
of BIO-IDENTICAL  
HORMONES  
SECOND EDITION

**HOW I LOST MY:**

**FATIGUE • HOT FLASHES  
ADHD • ADD • FIBROMYALGIA  
PMS • OSTEOPOROSIS  
WEIGHT • SEXUAL DYSFUNCTION  
ANGER • MIGRAINES ...**

MICHAEL E. PLATT, M.D.



## Synopsis

This book explains why we are not well and what can be done about it. This award-winning book is reader friendly and has drawn national and international praise because of its revolutionary ideas on natural hormone replacement. Many conditions felt to be incurable can be eliminated by treating the cause. This includes: fibromyalgia, depression, anger, ADHD, insomnia, migraines, PMS, road rage, alcoholism, diabetes, etc. The hormonal connection to weight problems is explored, plus other concerns such as: osteoporosis, asthma, stress incontinence, IBS, RLS, etc.

## Book Information

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## Customer Reviews

This is a book every woman should read!!! It was a life changer for me. I couldn't imagine life without my bio-identical hormones!!!

I don't write reviews much, but I had to chime in on this one. This book is very easy to read & understand. It will be the best low cost investment you could spend to begin a life changing result in

your health. You will find it hard to put down. You should read it, then make sure all those you love and care about read it. This wellness specialist is a breath of fresh air. He is a "diamond in the rough" for sure! How many doctors have you visited that will sit down with you, side by side, & REALLY listen? (for 30-60 minutes at a time!) Dr Platt is passionate about wellness & will tirelessly search for the cause to your illness, instead of rushing to write you a prescription for a drug (to line their pockets) which will only mask your symptoms. When your hormones are out of balance, you feel it. You will be pleasantly surprised by all the "extra" wonderful benefits that come along with hormone balance. If you don't feel great, why are you putting up with it? Don't you want to know why you feel the way you do? Life is short. Take control of your own health. Nothing will happen if you do nothing. First, educate yourself & read the book, then do what I did several years ago & make an appointment with this specialist who is in a class of his own. (If you have a question, go to his website & ask it!) He has changed my life. I have much respect & admiration for one who I believe is "blazing a trail" with his sincere caring practice to uphold that oath of "Do No Harm"

I couldn't put this book down. It's a must read for all women, but applies to men and children too. It has moved me to want to start a movement for wellness medicine - we can't continue to let the drug companies and insurance companies dictate our health care. Dr. Platt made this an incredibly easy to understand book for someone without a medical background. Buy this book and then tell all your friends about it too!

Dr. Platt gives clinical evidence to Ray Peat's research. If you are interested in scientific articles that are well referenced, go to [www.raypeat.com](http://www.raypeat.com). Thank you Dr. Platt for sharing your work with us. I especially enjoyed the chapters about children. I noticed some promising changes in my six-year-old after giving her progesterone and raw desiccated thyroid.

Treating the root cause of so many hormone imbalance driven conditions is critical. Old school western medicine treats symptoms with synthetic drugs. Dr Platt's integrative holistic approach to wellness treats root cause. I Thank God for this book and for Dr Platt sharing his vast knowledge he attained over decades of practice.

great read and will change everything ever thought you new about hormones, birth control, and weight

Love it! Just like described by seller. Definitely recommend

It is the best book I have ever read on the subject!!! I could not put it down and I keep on going back to it all the time for consultation.!!! It is like a guide for your good health!! I am following his advice and I am feeling great!!! Thank you Dr. Platt!!!

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The Miracle of Bi-identical Hormones: How I Lost My : Fatigue, Hot flashes, ADHD/ADD, Fibromyalgia, PMS, Osteoporosis, Weight, Sexual dysfunction, Anger, Migraines... Men's Hormones Made Easy: How to Treat Low Testosterone, Low Growth Hormone, Erectile Dysfunction, BPH, Andropause, Insulin Resistance, Adrenal Fatigue, Thyroid, Osteoporosis, High Estrogen, and DHT: Bioidentical Hormones, Book 8 ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) Fibromyalgia: The complete guide to fibromyalgia, understanding fibromyalgia, and reducing pain and symptoms of fibromyalgia with simple treatment methods! Men's Hormones Made Easy!: How to Treat Low Testosterone, Low Growth Hormone, Erectile Dysfunction, BPH, Andropause, Insulin Resistance, Adrenal Fatigue, Thyroid, Osteoporosis, High Estrogen, and DHT! The Fatigue and Fibromyalgia Solution: The Essential Guide to Overcoming Chronic Fatigue and Fibromyalgia, Made Easy! Osteoporosis: How To Reverse Osteoporosis, Build Bone Density And Regain Your Life (Osteoporosis, Bone Density, Strong Bones, Healthy Bones, Osteoporosis Cure) Gut: The Key to Ultimate Health - SIBO, IBS & Fatigue (GAPS, Candida, Chronic Fatigue, Fibromyalgia, Adrenal Fatigue, SIBO, Parasites) Chronic Fatigue Syndrome And Your Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet Book 1) Erectile Dysfunction: The Most Effective, Permanent Solution to Finally Overcoming Impotence and Sexual Dysfunction for Your Sexual Health (BONUS INCLUDED, Impotence, Premature Ejaculation) Erectile Dysfunction: The Most Effective, Permanent Solution to Finally Overcoming Impotence and Sexual Dysfunction for Your Sexual Health Hormone Diet: The Hormone Reset Diet, Balance Hormones, Recharging Health and Losing Weight Effortlessly! BONUS Hormone Reset Diet Recipes! (adrenal fatigue diet, adrenal fatigue, Coping with Chronic Illness: \*Neck and Back Pain \*Migraines \*Arthritis \*Fibromyalgia\*Chronic Fatigue \*And Other Invisible Illnesses How to prevent & reverse 100 diseases the new French way with Dr. Seignalet's diet miracle: Obesity - Arthritis

-Migraines - Depression -MS -Crohn's - ... Fibromyalgia - Acne - Psoriasis - Lupus etc. Chicken Soup for the Soul in Menopause: Living and Laughing through Hot Flashes and Hormones  
Menopause: Manage Its Symptoms with the Blood Type Diet: The Individualized Plan for Preventing and Treating Hot Flashes, Loss of Libido, Mood Changes, Osteoporosis, and Related Conditions  
Fibromyalgia Freedom: Essential Recipes And Plans Against Fatigue And Fibromyalgia-Friendly  
Adrenal Fatigue Cure Guide (Beat Chronic fatigue): Restoring your Hormones and Controlling  
Thyroidism Herbal Hormone Handbook for Women: 41 Natural Remedies to Reset Hormones, Reduce Anxiety, Combat Fatigue and Control Weight (Herbs for Hormonal Balance, Weight Loss, Stress, Natural Healing)

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