



# **MeNoPause: Awaken and Empower your Self with Individualized Bio-identical Hormone Replacement**

*M.E. "Ted" Quigley M.D.*

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What do you know about menopause? Does estrogen really cause breast cancer? Why do women need testosterone? One of the world's leading experts on menopause and andropause, the so-called male menopause, helps you to understand what really happens when you go through "the change" and why hormone replacement therapy isn't an issue that can be solved with a single dose of a single pill. Dr. M.E. "Ted" Quigley outlines his Quigley Method of individualized doses of bio-identical hormones, and shows you how by using a simple daily calendar, you can literally change your life. A must read for all women (and men, too), this breakthrough new way of looking at menopause and andropause is especially important for men and women of all ages. Dr. Quigley is a pioneer in women's medicine, revolutionizing the use of estrogen and testosterone in the treatment of Pre-Menstrual Syndrome, perimenopause, menopause, and postpartum depression; as well as the use of testosterone for andropause. MeNoPause—Awaken and Empower yourSelf, describes the unique and proven method of bio-identical (natural, plant-based) hormone replacement therapy that has clearly been shown in many thousands of women to counter the negative physical, emotional, and cognitive symptoms of menopause safely and effectively. His approach has been carefully developed over 35 years by medical research and clinical practice, through listening to his patients and making adjustments based on their feedback. Dr. Quigley explains why one single study is responsible for the unfortunate misconception that estrogen causes breast cancer. The results of this study were misrepresented, over-publicized and then widely accepted as absolute fact. The latest research shows ESTROGEN DOES NOT INCREASE the risk of breast cancer, and more importantly, taken at the right time and for the right reason, estrogen protects against heart attacks (the #1 killer of post-menopausal women). Why is that so important? Five times as many post-menopausal women die from heart attack than from breast cancer. ESTROGEN IS SAFE! What is the real risk—and what is the real benefit—of hormone replacement therapy? Dr. Quigley explains exactly what the latest research says and why you need to understand this research, guiding you to make the right decision as to whether hormone replacement therapy is right for you now. This book reveals how balancing your individualized dosage of non-oral, bio-identical estrogen and testosterone can help you restore your quality and length of life, but most importantly, your sense of self. This book, MeNoPause—Awaken and Empower yourSelf, gives you hope that there is a safe way of reversing your symptoms of low estrogen and testosterone hormones. Dr. Quigley encourages you to trust your inner knowingness—your "women's intuition"—and to follow that into Wellness, Oneness, and Wholeness—or what he calls the WOW factor.



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