

Professionals and patients are praising

The Perfect Menopause: 7 Steps to the Best Time of Your Life

“Finally, women have a scientifically accurate and up-to-date resource on menopause! If you have ever been confused about the Women’s Health Initiative Study, bioidentical hormones, natural approaches to menopause and many other related issues, you have bought the right book. I learned a few things myself!”

- Tara Allmen, M.D., Columbia University College of Physicians and Surgeons, center-for-menopause.com

“Dr. Hess provides a great deal of information and wise advice based on a quarter-century of gynecologic practice during which he has focused on the issues and needs of menopausal women. Readers will find answers to their questions and solutions to their problems in this easily read presentation of the variety of approaches now available to help women.”

- Philip Sarrel, M.D., Professor Emeritus of OB/GYN and Psychiatry, Yale University School of Medicine

“I am delighted that Dr. Hess has written this book as it gives thousands of women the opportunity to be under his care, a privilege that I have had for 25 years. He is willing to explore any safe method of therapy that can be beneficial to his patients, and has approached this book with the same eagerness to help, heal and nurture that he has in his daily practice. Recommending this book is akin to giving friends a special gift.”

- Barbara Silver-Shumway, a grateful patient

“I had many questions regarding herbal, hormone, and natural therapies, and Dr. Hess was always able to answer my questions. He has great compassion and empathy for his patients. I often wonder how he knows so much about menopause when he is a guy!”

- Jackie Easton, R.N., a long-time patient

“Dr. Hess offers menopausal women a fresh approach and some new concepts I haven’t seen in other menopause books (and I have read many books on this topic). I specifically found the suggestions on weight, wrinkles and sexuality very helpful.”

- Carol Petersen, R.Ph., C.N.P., Director of Compounding and Dispensing Operations, Women’s International Pharmacy, Madison, WI

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“Dr. Hess has successfully transformed 25 years of clinical practice helping his patients traverse the changes that occur with aging and menopause into an enjoyable guidebook that will now allow him to reach all women! I was especially pleased by the comprehensiveness of his chapter on sexuality. He not only normalizes the complexities of women’s sexuality but provides a thorough review of potential problems and treatment options including psychotherapy, physical therapy, pharmacotherapy and herbal therapy.”

- Sheryl Kingsberg, Ph.D., Associate Professor of OB/GYN and Chief of Behavioral Medicine, Case Western Reserve University, School of Medicine

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