

Q: Why did you write this book?

A: Every day women come into my office who are overwhelmed with information, confused about their therapeutic options, and don't know who they can trust anymore to help them through the menopause transition. Often times they've tried a few options without finding relief, or they've found relief, but then heard something on the news that scared them and don't know what to do. So many menopausal and perimenopausal women are seeking someone, anyone, who can be their open-minded partner while they try to navigate their way through these changes.

Helping and working in partnership with menopausal and perimenopausal women has been my passion for over 25 years. I have the knowledge and expertise to help women turn these years into the best years of their lives! In addition to a Ph.D. in chemistry, I am a trained gynecologist, natural therapist, and nationally certified menopause practitioner. I believe in the mind-body-spirit approach, and I have over 25 years experience in helping women manage their menopause successfully, naturally, and safely.

I wrote this book because I feel that I can be that open-minded partner women have been looking for to help them have The Perfect Menopause. And I want to help them stay up-to-date by providing updated information on my website at www.theperfectmenopause.com.

Q: Who is your intended audience?

A: Primarily menopausal and perimenopausal women. However, anyone who is interested in helping a woman who is experiencing menopausal symptoms can learn something from this book. One of my closest colleagues even said she'd learned a few things from this book! It is my sincerest desire that other health care practitioners will find this book useful in furthering their partnership to find solutions with their patients, and that they will feel extremely comfortable recommending it as a way to clarify the discussion and promote the patient-health care provider dialogue.

Q: How does this book benefit the reader?

A: This book provides scientifically sound, up-to-date, and easy to understand solutions in both natural and traditional medicines for the most common symptoms associated with menopause. This includes weight gain, poor sleep, dryness and aging, and decreased sexual desire. It also addresses the most confusing aspects of menopause therapy today, including a clear discussion of what bioidentical hormones really are and where they fit in menopause therapy, how to use natural remedies to maximize their benefits, how medicinal therapies are being used to treat symptoms and why they might work, and what the real risks and benefits are of hormonal therapies and how to use them safely and effectively.

More importantly, though, The Perfect Menopause: 7 Steps to the Best Time of Your Life cuts through the confusion and frustration most women feel, and empowers them by asking them to assess their

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hopes, dreams, and lifestyles in order to find the therapeutic approach that will best address their needs physically, mentally, and spiritually. Only when our menopausal patient has accurate information and has determined what she feels is the right path for her will she find true confidence and comfort in her chosen course of therapy.

It isn't just the book, though. I also want to keep women current and up to date with the latest information and understanding through my website at www.theperfectmenopause.com. This is a place that women can go for honest answers about what is being reported about hormones, herbs, and other remedies for menopause symptoms.

Q: Where else have you been published?

*A: I have published numerous articles in periodicals both in the areas of chemistry and medicine. I have authored several book chapters, including a chapter on herbal therapies included in the book *Drugs During Pregnancy and Lactation*, a medical textbook published in 2007. I am also working on my second book right now, which will focus on additional meaningful issues for the menopause woman, including prevention and detection of cancers.*

Q: Where can I buy the book?

A: The book is available as a paperback book and an e-book. You can find it at your local bookstore, at Amazon.com, or order it through the web at www.theperfectmenopause.com, or via telephone order at (585) 234-0098.

Q: What kind of effect did writing this book have on you personally?

A: Daily I see the positive effects of these principles and therapies on the women who come to my office for my medical care. To know that this information and approach will reach and significantly help millions of menopausal women has been the fulfillment of one of my life's goals.

Q: Some women might think, "Why should I trust a male OB/GYN to tell me how to deal with menopause? He hasn't experienced it, so what can he offer me that I don't know?" What would you say to them?

A: One of my former nurse practitioners used to smile whenever a new patient expressed that concern to her. She used to tell them, "He may be a guy, but he thinks like a woman!" The reality is, I may not have the ability to physically experience what a woman goes through during menopause, but I have had over

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25 years of experience treating women in menopause, and my interest has always been in finding solutions that work, whether those are natural, medicinal, or hormonal. They all work for different women, and they are all valid therapeutic options that every woman owes to herself to explore thoroughly. The benefit of my gender is that I can't jump to conclusions about what a woman is experiencing. I have to listen to her needs and work with her to find the best available path or paths that will address all her needs –physical, mental, and spiritual.

Q: What makes your book different from some of the other books out there on menopause?

A: First – I wrote it! I have a unique background with special training as a chemist, gynecologist and natural therapist – and based on more than 25 years of treating women, I know what works and doesn't work. Second, this book is easy to read, not complex or long – and it contains all the information and the answers that a woman needs to resolve all their menopause needs – to have a perfect menopause. And probably most importantly, it is the most up-to-date book available on menopause. Just like computers are pretty outdated in a few years, what we know about menopause and therapies are changing so fast that a book that is even a few years old won't be accurate anymore. It isn't that the older books are wrong or poorly written, it is just that we know so much more now than we did three years ago, and we will know even more again in another three years!

Q: Do you plan to discuss osteoporosis, heart disease, cancer and dementia as they relate to menopause in future books?

A: All of these important issues and more will be discovered in the next book, scheduled for publication in 2009.

Q: How are other health care professionals responding to your book?

A: My peers are very excited about the book. We are all seeing so many women come into our practices who are confused about what to do, overwhelmed with conflicting reports about what is safe and what isn't, and feel preyed upon by entrepreneurs who have entered this market knowing that women are unsure of what to do and that when they are suffering they will try almost anything to feel better. These women come into our offices having tried and failed to find relief and they don't know where to turn or who to trust. They have a lot of questions, and many of my peers want to treat them as best as they can, but just don't have the time in today's managed care environment to adequately address all of their patients' questions.

So many of my peers are just excited that they have a short, to-the-point, easily read book that lays out the different therapeutic options available for the most common symptoms. The Perfect Menopause: 7

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Steps to the Best Time of Your Life is a book that they can feel comfortable recommending to their patients. They know that the book is scientifically accurate, and that their patients will come in with accurate data, informed questions, and even thoughts about what options they'd like to try and why. This book brings the conversation between the patient and her health care practitioner beyond the basic concepts and considerations, and takes it to the level of thoughtfully and carefully seeking solutions together. My peers are definitely supportive of this book and its mission!

Q: What is the one most important thing you would like to get across to women who are seeking help for their menopausal symptoms?

A: *The books The Secret and The Missing Secret, both tremendously successful books, are extremely important and successful because they reveal the divine secret of life: We can have or be anything we want as soon as we reach clarity about what we want.*

The secrets to having the perfect menopause are clarified in this book, and you can start living The Perfect Menopause today by getting clarity on your options and taking action.

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