

# **“Can menopause really be the best time of your life? One expert says “Yes!” and shows you how in 7 steps.”**

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Even before the landmark WHI trial that hit the news in 2002 threw hormone therapy for menopause into question, Dr. Hess was concerned about the growing number of women who were unsure of what to do about their symptoms. Dr. Hess realized that while we know more than ever about menopause and treatment options, women are just overwhelmed by the amount of information and conflicting advice they are receiving from the medical establishment, the entrepreneurs, the news media, the FDA, and from their well-meaning friends. Having over 25 years of experience in his own OB/GYN practice helping women overcome their symptoms with a variety of solutions, Dr. Hess wrote *The Perfect Menopause: 7 Steps to the Best Time of Your Life* to provide a concise, easy-to-read, up-to-date, and scientifically sound book that guides women through the best, safest, and most effective natural and traditional therapies used to treat menopausal symptoms.

*The Perfect Menopause: 7 Steps to the Best Time of Your Life* isn't just about hot flashes. Broken down into 7 steps, Dr. Hess addresses the effects of menopause on the body as a whole, and in addition to how to alleviate hot flashes, he shares great advice about ways to lose the menopause weight, get a great night's sleep, regain sexual desire, and rejuvenate the skin and hair. Dr. Hess provides practical tools and tips that address issues most menopausal women face, both large and small. From simple lifestyle adjustments that can ease symptoms to ways to interview a doctor, and from clear definitions of bioidentical hormones (so that you and your health care provider will be sure to speak the same language) to remedies you can make in your blender, “The Perfect Menopause” has something to benefit any woman who has been affected by menopause. A nationally recognized menopause expert, practicing OB/GYN, herbalist, and holding a Ph.D. in Chemistry, Dr. Hess advocates using what works for his patients, and now you can benefit from his wisdom, too. Order your copy of this extraordinary guide to the best time of YOUR life at [www.theperfectmenopause.com](http://www.theperfectmenopause.com) today, or ask for it at your bookstore.

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