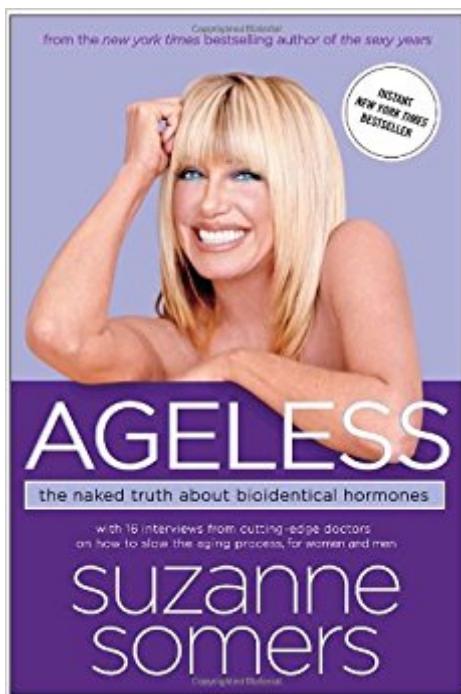


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Ageless: The Naked Truth About Bioidentical Hormones



Synopsis

What if you could really feel better as you get older, or age without illness? What could be better than having your doctor tell you that you have the bones of a twenty-year-old, or the heart of a thirty-year-old? Follow the advice in *Ageless*, and you'll discover your own internal fountain of youth! In this #1 New York Times bestseller, Suzanne Somers reveals the secrets to a younger, healthier, and sexier you. Jam-packed with updated information on bioidentical hormone replacement and antiaging, *Ageless* will change your life forever. Suzanne talks about: • Antiaging medicine and how it can help work against the environmental assault that is making us sick • Menopause, which can become an enjoyable passage once the body is in perfect hormonal sync with bioidentical hormone replacement therapy • Why so many hysterectomies are unnecessary, how birth control pills may have contributed to the rise of them, and how to restore your body to perfect hormonal balance after having one • The importance of sleep and the healing work that nature does during this time

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Customer Reviews

SUZANNE SOMERS is the author of twenty-two books, including the #1 New York Times bestsellers *Sexy Forever*, *Knockout* and *Ageless*, and the Times bestsellers *Breakthrough*; *Keeping Secrets*, *Eat Great, Lose Weight*; *Get Skinny on Fabulous Food*; *Eat, Cheat and Melt the Fat Away*; *Suzanne Somers' Fast and Easy*; and *The Sexy Years*. Somers hosted a talk show, *The SUZANNE Show*, on the Lifetime Network and *Suzanne Somers Breaking Through* on YouTube's CafeMom. Visit www.suzannesomers.com for more information on her shows, products, and her

phenomenally successful weight loss plan, Sexy Forever. From the Hardcover edition.

CHAPTER 1 Taking Charge of Your Own Health "To remain oblivious to the hidden regenerative processes inside your body will cause you to die unnecessarily young." - Ray Kurzweil and Terry Grossman, MD, *Fantastic Voyage* Five years have passed, and as of this writing I have now been happily pronounced cancer-free. What a relief. No longer does each ache and pain trigger a fear in me of "Oh God, is that 'it' coming back again?" Cancer does that to you. It's an inner nagging, a constant reminder that there could be something bigger than yourself lurking out there in the shadows, sitting back, like a predator, deciding when and if it cares to strike again. Now, finally, I can release that fear. The predator has been locked up, in prison, hopefully never to be let out again. Along the way in this war I have been fighting have come the blessings. I am truly loved by those who mean the most to me. They showed me this over and over during this time. Through it all, I learned about my own strength and courage. I didn't know I had it in me to buck the system by choosing unconventional therapies and doing it my way. But you see, I was never able to wrap my arms around the "standard of care" set forth by Western medicine as the way to treat cancer. When I was diagnosed with cancer, I needed to be emotionally strong to fight the battle. To help with that, I needed to be hormonally in balance. It is hard to be in a fighting mood when you are hormonally depressed. Balanced hormones keep your emotions in check and I believe (based on my research) are the most effective way to prevent cell proliferation (cancer). Unfortunately, Western medicine's "standard of care" believes that taking away all hormones prevents disease. I believed differently, so I didn't want to go off my bioidentical hormones. Nor did I want to undergo chemotherapy. You see, I do not believe in the "poison" theory of using chemotherapy. It is my belief that an environment of balanced hormones prevents disease. This is reinforced by many of the doctors interviewed in this book. For one thing, it ablates, or takes away, hormones. Chemotherapy does kill cancer cells, but it also kills the immune system. Without a strong immune system, cancer has a perfect opportunity to proliferate. We need a strong immune system, and balanced hormones to prevent disease. So it didn't make sense to me to "take away" hormones as a means to kill cancer. As I now see it, there are two ways to fight cancer: build up or destroy. Western medicine's standard of care is to destroy. Well-meaning though it may be, the idea of chemicalizing myself, destroying everything, and hoping my health would come back, coupled with the instructions to give up my hormone therapy, was not appealing. I decided to approach cancer by "building up." This took courage, because it is daunting to go against the course recommended by one's doctor. But because of the books I write and my understanding of the hormonal connection to health, I had a lot of information. I understood that

hormonal balance is key to health and vitality. My decision to go against the standard of care was probably easier for me than it would be for other women not armed with the same information. I approached my cancer through balanced bioidentical hormone replacement and complemented this replacement with Iscador, an anthroposophic medicine whose function is to strengthen and build up the immune system so that disease cannot attack and invade. I believe this was the best decision of my life. Aside from the discomfort of injecting myself with Iscador every other day for these five years, my health has never been better. I have not had so much as a cold during this time; upon my last checkup, my immune system was so high that my doctor was ecstatic. He said he had never seen an immune system this strong in any of his adult patients. That information was able to put all my fears to rest. How could a life-threatening illness get past an immune system this strong? Great. I had done it. I beat it. I did it my way, with my body almost intact. So you can imagine my surprise (five years and one month after my initial diagnosis) when my gynecologist told me that I had a pre-precancerous condition (not cancer, not even precancer) growing in my uterus and that in order to prevent possible severe problems down the road, I would need to have my uterus removed. Why was the sleeping giant trying to rear its ugly head again? Luckily we caught this before it became cancer, yet it was serious enough to force the removal of an organ. I do not take the removal of any body part lightly. What was wrong? I have thought about this a lot. As a teenage mother, I was given my first major chemical, a shot to dry up my milk, and was encouraged to feed my baby Similac formula. In chapter 5 I will discuss at length the protective aspects of breast-feeding and prolactin production. Second, at age eighteen I was put on the early high-dose birth control pills and stayed on them for twenty-two years. Unknowingly, like so many women of my generation, these chemicals put me into a false menopause. All those years of chemicalization were dangerous to my health. Add to this scenario stress and environmental assault and a brutal childhood and you have a recipe for disaster. The ninth year of bioidentical hormone replacement, things started going wonky (this is my term--don't expect your doctors to use it!). I had breakthrough bleeding, and then after a while I was bleeding continuously. Something was wrong, obviously. You must understand that because bioidentical hormone replacement therapy (BHRT) is such a new science, all the medical professionals working in this arena are learning as fast as they can, but with each year we all learn more. At this point in my BHRT, I had not heard of "rhythmic cycling," which I will explain in great detail later. In the way I was taking hormones on a static dose, my estrogen was not rising and falling as it once did in nature, and my progesterone was not rising and falling as it did when I was making a full complement of hormones in my youth. (See the diagram.) Because of this, my receptor sites were not opening to receive the progesterone, so the estrogen lining in my uterus

kept building and building. Over time, like a motor on "rev," this thinkening caused excessive bleeding and sent an alarm to my brain that "all was not well," that this human being was no longer able to reproduce (which is why, according to nature, we exist). Because I was bleeding constantly, I was not ovulating. Thus I was not a reproductive person, according to my brain. You must understand that the object of bioidentical hormone replacement therapy is to fool the brain into thinking I can still make a baby, even though I have no eggs left. As a result of not having a rhythm, and of the thickening and the bleeding, severe hyperplasia, along with adenomyosis (leaks in my uterine lining), came about. This excessive bleeding and hyperplasia created a perfect scenario for cancer, so I had no choice but to remove my uterus, thus removing my problem. I now feel that had I not been chemicalized by the "dry-up" shot, and if I had not been on strong birth control pills, and if I had been cycling in a rhythmic fashion, this problem might not have occurred. This is a theory that I have embraced, as have several of the doctors I interviewed for this book. As you will also see in these interviews, there are other doctors who do not agree with rhythmic cycling or with cycling in general. My job is to give you all the information from these professionals so you can draw your own conclusions. I am not a doctor, but I am a very informed layperson. I will explain rhythmic cycling in detail in chapter 5, and you can then decide what makes the most sense to you. I am merely the messenger. Losing my uterus caused me to do a lot of searching. For years, I was unknowingly hormonally imbalanced, not just as a perimenopausal and menopausal woman, but also as a young woman. Unfortunately, I never realized hormonal imbalance was the problem. Without hormones or imbalanced hormones, we lose any grip on feeling "normal." Without hormones, life quality is greatly diminished. Without hormones, a woman is at her weakest physically. Without hormones, disease is allowed to proliferate because the brain perceives that the body is no longer reproductive; therefore, nature wants to "eliminate" you to make way for those who are healthy and reproductive. Loss of hormones is not to be taken lightly. Having no hormones is like having bad premenstrual syndrome (PMS) every day of your life. You are not in control of your emotions, nor are you in control of the cruel physical manifestations of the loss of hormones. Couple this with the stress of having and fighting cancer, and (to me) it doesn't make sense to be without hormones. You see, we may have changed with the passing of time, but the biology inside us has not. Nature has a job to do, and the brain was hard-wired at the begining of time and doesn't know anything else. A healthy woman is hormonally balanced. We can't "outthink" nature. This never works, no matter how hard we try to come up with something better. Women remain confused about hormones and in some cases terrified of hormone replacement; one day, headlines in the newspapers praise hormone replacement therapy (HRT); the next day, the headlines are screaming that HRT will kill us. The

truth is, despite the widespread use of synthetic hormone brands such as Premarin and Provera, these drugs have always been associated with cancer. The first cancer linked with synthetic hormone replacement was cancer of the uterus lining (endometrium). The most recent resurfacing of the negatives associated with synthetic hormones and cancer came from a government-sponsored study titled the Women's Health Initiative. This study was supposed to last 8.5 years, but it was stopped after only 5.2 years because the risks of using Premarin and Provera outweighed the benefits. Breast cancer was just one of the increased risks discovered. Additionally, the study concluded that synthetic hormone replacement therapy protects neither your bones nor your heart. Ironically, bone and heart protection were two of the primary benefits once used by doctors as selling points to get women to fill their prescriptions for these drugs. The Women's Health Initiative Study hoped to show decreases in *breast cancer *stroke *pulmonary embolism *colorectal cancer *endometrial cancer *hip fracture *death due to any cause The actual outcome results were shocking: *29 percent increase in coronary heart disease *41 percent increase in strokes *22 percent increase in cardiovascular disease *2,100 percent (yes, this is correct) increase in pulmonary embolism (lung blood clots) *26 percent increase in breast cancer So much for synthetic hormones! These statistics alone should convince you right away of the negative effects of these so-called synthetic hormones. Those of us who were on the original birth control pills for any length of time were actually on synthetic hormones- strong synthetic hormones. Any wonder why women of our generation are under siege from an epidemic of breast and ovarian cancers? There is a link, and you'll learn more about it in this book. Read on and see if you relate to my scenario: As I said, for twenty-two years, I was on synthetic birth control pills, the original ones that were very strong. I even manipulated my periods with them, if I didn't want to have a period on a particular weekend. I just didn't realize what was in those birth control pills, nor did I understand the dangers of messing with nature. I did not realize that having only a two-day bleed meant that I was not ovulating fully. At the time, I thought it was great to have such a light period. I did not realize that the importance of ovulation in the human female body is to let the brain know that I was well, healthy, and reproductive. As far as my brain was concerned, I was not reproductive because I was not fully ovulating. An ovulating woman is a reproductive woman. To believe that the body is not fully ovulating is a dangerous assumption for the brain to make. If the brain perceives us as unable to reproduce, its job, biologically speaking, is to try to eliminate us to make room for the reproductive ones. This is the nature in us. This is the template that was programmed in us from ancient times. Thus, this hormonal imbalance that I unknowingly put myself in was creating a backdrop for cancer. Why? Because we all have cancer in us, but as long as we are hormonally balanced, the brain

perceives us as young, strong, and healthy. If we become imbalanced, this signals to the brain that the reproductive system is no longer in working order, and it is in this scenario that the cancer has a chance to come into being. You see, cancer proliferates in an environment of hormonal imbalance. This is why I believe that Western medicine's standard of care, well-meaning as it is, is treating us incorrectly. Western medicine is looking at everything except the obvious. Western medicine is trying to poison the cancer out of us, further wreaking havoc with our hormonal systems. Then, to prevent recurrence, we are given hormone ablation drugs such as tamoxifen or Femara, which interfere with the body's ability to read the hormones in some parts of the body. Plus, for many women these drugs cause horrible side effects. To me, it doesn't make sense to take any drug that prevents new hormones from being made in our bodies or to kill off any of the little bit of hormones we might have left. Why has Western medicine been trying to outthink nature? We are given fake hormones that don't replicate exactly what our bodies make naturally, and doctors are expecting them to work in the same way or better. It hasn't worked. Look around. Are the women you know doing well from midlife on? Most everyone has complaints, from mild to severe. No wonder women are in such bad shape. Once you understand the importance of your brain perceiving the body as reproductive--our "brain template"--it will be easier for you to make decisions for yourself. We assume that the professionals who are taking care of us know what they are doing. But they can't know what they haven't been taught, and unless you find yourself a doctor such as the onesFrom the Hardcover edition.

Suzanne Somers rocks! This lady is brilliant and has done all the research and footwork about bioidentical hormones and aging for you. All you have to do is read the book and apply it! I read the book, did my own research (just because I want to confirm things before I add new products into my system) then I ran (ok well ..walked really fast :) to my doctor and got on bioidentical creams which my doctor ordered from a special compound pharmacy. Going on 3rd month..still adjusting amounts, but feeling..and looking more youthful. And hey not one single hotflash! I don't have RX insurance but my compounded plant based estrogen/progesterone cream only costs me \$55 a month..well worth it. NOTE: Do not let your doctor talk you into hormone pills, injections, patches or pellets instead of topical creams..research shows they don't work as well and they have to go through your liver, which can be inefficient and hard to regulate..even dangerous. Do your own research on this. Its important to do your own research so you can have an informed discussion with your doctor. Always check with your doctor..each individual is very different.

Read it, and learn! There are many slightly different points of view on this--the world is still finding the way to do the best job of making the body age well. Suzanne Sommers' voice is an important one, she has gathered many doctor's experience and opinions here which are of value. I also think people should read, Dr. Plechner's, "Pets at Risk" which has a simpler way of balancing the hormones and the underlying biochemistry, but is extremely effective with an absolute economy of means. from the results I have had after fifteen years of working with the Plechner system in animals, they live a lot longer--it is truly anti-aging medicine.

Great info if you had hysterectomy this will help you get on the Wiley program which is bioidentical hormone cream, if you didn't have hysterectomy and are going through menopause it is a must read also many things can be done to help you through this time in your life and this book IS JUST WHAT YOU NEED.

Not the best book on the subject and poorly written. Suzanne did manage to write a decent book, not great. Most of this information is widely available elsewhere and if you were looking for something new on the subject you will be disappointed. If you are a fan of Suzanne Somers, you will like this book.

Suzanne is looking for the magic bullet to remain young forever and with her income, has obviously found it. I am happy that she is good enough to share what she knows and finds out about in books, which in turn allow her to have more and more procedures by MDs. There is lots of up to date info in her book, it is EZ to read, and using bioidentical hormones is probably one of the 'keys' to looking like she does for as long as we can.

I'm so thankful for Suzanne's dedication to bringing information out about BHRT. I ran across her television show by accident and downloaded her book the same day. As soon as I finished reading it (that same weekend) I read The Sexy Years. I found a doctor in my general area that specializes in this hormone therapy and got my lab work done. I was not surprised by my lack of hormones because I had not been producing them for several years but I was surprised by other issues related to thyroid, insulin levels and cholesterol that needed immediate attention to prevent more serious problems in the near future. I am now headed down a positive path toward a healthy and energetic future instead of the steady decline I've been experiencing over the past several years. I'm so glad I followed my 'hunch' to watch Suzanne's show, read her books and follow up with a

doctor that specializes in this area and understands what i need to live a quality life. You have nothing to lose and so much to gain.

great book, very informative! Suzanne Somers is not the dumb blonde you saw in the show "three's company" but a very intelligent and articulate person who is a gift to the world, men and women. She clearly has done her research and generously shared it with all of us! A must read if you are considering hormone replacement or have been suffering silently from depression, anxiety and lack of luster for life!

As I fought the idea of (synthetic) hormones, I was thrilled to find the book Ageless: The Naked Truth About Bioidentical Hormones. Suzanne Somers' writing clearly explains the benefits of bioidentical as compared to synthetic hormones. Her books are a joy to read. While reading her books, it's like having an enjoyable conversation with your best friend over coffee. Since I have been on bioidentical hormones I have experienced no hot-flashes, weight loss, and energy. Recently, when asked my age, laughter ensued when I told them I was one year younger than my husband. They thought he was robbing the cradle.

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