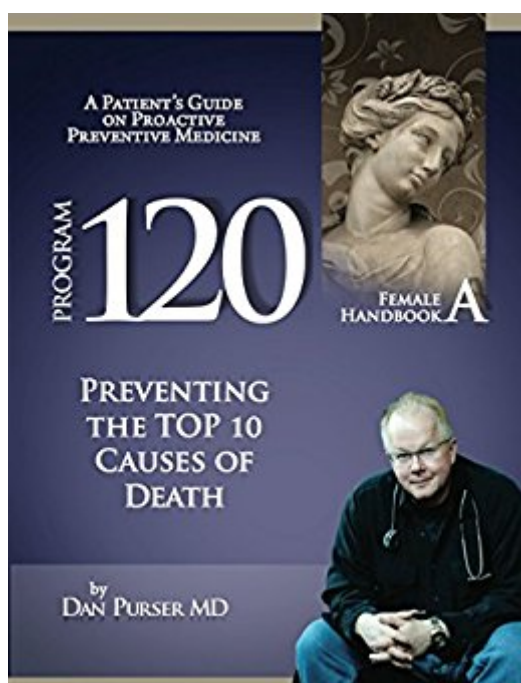


The book was found

Program 120 Female Handbook A: Guide To Prevent Heart Attack, Stroke, Cancer, Ovarian Cancer, Lung Cancer, Diabetes, Dementia, Colon Cancer, Pneumonia, ... Medicine Patient Handbooks For Females)



Synopsis

Program120 Female A Handbook on Preventive Medicine: A condensed version of the first ten chapters of his famous Program 120 textbook on disease prevention, in this book Dr. Purser discusses the top 10 causes of death in women and also provides all the known steps at that time to prevent them. He discusses such things cardiovascular disease, strokes, preventable accidents/trauma, breast and colon cancer, diabetes, and kidney failure. Everything is highly referenced and researched. Discover all the known western medical options that are known to prevent the top causes of death and learn to improve your life!

Book Information

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#521 inÂ Books > Health, Fitness & Dieting > Mental Health > Dementia

Customer Reviews

This book was a much easier read than expected. The information was explained and the various protocols clearly described by type and amounts. It was empowering to read. I especially liked the reminder that our food we eat should also be considered medicine. The only reason the book did not get a 5 star rating was because some of the charts did not format correctly on the e- book format. Great information. A book that can be read many times and still be a source of valuable

information.

Dr. Purser does an excellent job of sharing just what we need to do to maintain our health. His studies on Women's hormones are outstanding and I am in the process of using bio-identical hormones. This book does a good job of repelling some myths about HRT. Not all Hormone Replacement Therapy is equal. Dr Purser spells out the differences. I wish that everyone would have an opportunity to read this book so that they might get an idea of why women feel the way they do and why they have some of the medical issues that they have. Becky B

Overall, the book includes good information that provided insight (that my own doctors never gave me) into the likely cause of my perimenopause symptoms. The book appears to be well-researched, and the author provides several hundreds of references to medical literature relevant to the book's topics. But I could not give this e-book a higher rating because, as a non-medical professional, it was sometimes unclear to me what the author was talking about when some of the acronyms he used were not clearly defined. The tables did not format correctly in this e-book, leaving me to wonder what important other information I was missing. Also, several times the author refers the reader to a later chapter that is not found in this e-book. You have to purchase another e-book to read the later chapters. If these "readability" issues are corrected in updated editions of this book, I would definitely give it a higher rating!

Loaded with a lot of great information! Well written and makes a great tool to have so we can communicate our concerns with doctors and seek proper therapy. Thank You Dr. Purser! (Reviewed by Sheela Biggs)

This is wonderful book, full of all the facts that a women needs about hormones and at what level they need to be at for normal function. I have read other books about hormones by other doctors and I found that they have been very confusing. This book is very straightforward without the confusion I have found in other books. This is a great resource for us women who like to take control of our own health. It is also such a fresh and wonderful approach for a doctor not to be pandering to Big Pharma and finding answers that dont always involve taking some sort of medication, but finding the more natural way.

Dr Purser is the leading authority on female hormones. He is also becoming the leading expert on

male hormones and uses Young Living Essential Oils and other biologically identical products to solve many hormonal issues in people. Good reading for everyone concerned about their hormone health!

He truly understands women and their unique hormonal issues and he is a master at helping to resolve our unique issues! And I am so thankful he used and endorses Young Living Oil!!! THANK YOU Dr. Purser!!!! theoilstory@ymail.com

Dr. Purser combines the best knowledge from a western medical doctor with an open mind towards natural and alternative wellness practices. His suggestions will have you on your way to better health and making sure you aren't struck with the major illnesses sweeping across our country. Note that his writing style is detailed and somewhat scientific so if you are looking for light reading this may not be for you. If you are looking for factual information, get it!

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