

Dr. Goldman's Book Reviews

THE 30-DAY NATURAL HORMONE PLAN

Look and Feel Young Again – Without Synthetic HRT

By

Erika Schwartz, M.D.

Warner Books 2004

Erika Schwartz, MD is one of the physicians appearing with Suzanne Somers on the Larry King CNN program in November 2006. They were all arguing about Somers new book, *Ageless*.

This is her third book on hormones. Somewhat thin on content, it contains pages of schedules and menu items with day-to-day suggestions for diet, exercise and supplements. She has a single plan for hormone replacement, diet, exercise and supplements for essentially everyone in a given age group. Her recipes are healthy but she relies too heavily on shakes, protein bars and smoothies. I feel that she does not appreciate the problems of excess carbohydrates and lack of fiber in these quick, synthetic foods. She suggests too much ground up stuff, high carbohydrate fruits and juices, and not enough real food during the morning and lunch.

I assume that she has some tie in with Metagenics because that is the only product line she designates by name. **I have no knowledge of her financial connections**. There is nothing outrageous here. Dr. Schwartz has one toe in Holistic medicine and generally sound advice, but it is a one-size-fits-all approach to hormone management.

This book was not on my recommendation list.
Robert P. Goldman, M.D.