

Dr. Goldman's Book Reviews

WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT MENOPAUSE

by

John Lee M.D.

Warner Books

This is the original. The Bioidentical Hormone movement starts with Dr. John Lee, his lectures, his teaching and this book. Dr. Lee died October 17th, 2003, of a heart attack; shortly after Suzanne Somers' book *The Sexy Years* was published. Despite over twenty-five years of lecturing about natural progesterone and its importance, the power of Suzanne Somers' personality and fame did more to promote Bioidentical hormones than everything Dr. John Lee tried to do during his long lifetime.

This is the basic text. Lee's writing is clear and his treatment is thorough. The physiology is sound. For a well-grounded base into progesterone use, this book is the place to start.

I have two small criticisms. Dr. Lee was involved with a manufacturer of progesterone cream. He also was tied to Dr. David Zava who runs ZRT Laboratories, a salivary hormone testing facility. I feel that these two involvements prejudiced Dr. Lee against all non-cream forms of Progesterone treatment and also blinded him to the weaknesses of salivary versus blood testing.

Dr. Lee's other two books, *What Your Doctor May Not Tell You About Premenopause* and *What Your Doctor May Not Tell You About Breast Cancer* cover much of the same material. The same two criticisms apply to those books. The Breast Cancer book is co-authored by Dr. Zava.

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