

Dr. Goldman's Book Reviews

Natural Hormone Balance
for Women

Look Younger, Feel Stronger, and Live Life with
Exuberance

By

Uzzi Reiss, M.D.

With Martin Zucker

Pocket Books, Simon & Schuster, Inc. 2001

Dr. Reiss is one of the California doctors interviewed for the first Suzanne Somers hormone book, *The Sexy Years*. He has taken much of the information about progesterone and menopause from Dr. John Lee and shown us how he uses bioidentical hormone therapy in an active Ob-Gyn practice. With 250 pages of small print, this book is detailed and can be a difficult read, but there is much information here.

At the time he wrote this book, Dr. Reiss was using mostly liquid drop administration of estrogen. I believe he has now changed mostly to other forms of hormone replacement. As an Ob-Gyn, Reiss has a deeper knowledge of female hormone physiology than Dr. Schwarzbein. I think Suzanne Somers would have been better served getting her hormone replacement therapy from Uzzi Reiss.

Dr. Reiss has his own website and is selling a whole line of non-prescription products.
Robert P. Goldman. M.D. 1-21-07