

# *Dr. Goldman's Book Reviews*

## **PERFECT BALANCE**

Dr. Robert Greene's Breakthrough Program for Finding  
the Lifelong Hormonal Health You Deserve

By

**Robert A. Greene, M.D. and  
Leah Feldon**

Clarkson Potter, Publishers 2005

Dr. Robert Greene is an Ob-Gyn. He wrote the forward for Suzanne Somers' first hormone book, *The Sexy Years*. This book was given to me by a patient who was trying to follow Dr. Green's plan.

There is much good hormone physiology here. Greene stresses the importance of Estradiol to brain function. He also discusses the three basic human estrogens and the dangers of high Estrone levels. He has his own system for classifying available hormone pharmaceuticals. I find his system arbitrary and somewhat misleading.

### **Positive main points:**

Adequate Estradiol is important for proper brain function.

Excess Estrone is harmful.

Adequate testosterone is important.

In men, testosterone conversion to estradiol by the brain is important for memory and brain function.

### **Problems:**

He underestimates the importance of proper levels of real progesterone.

He misses the importance of progesterone use at bedtime as a sleep aid.

He uses progesterone and testosterone in excess.

He rarely if ever does blood testing and fails to understand the problems of estrogen excess in perimenopause.

He overuses birth control pills instead of bioidentical progesterone.

He over diagnoses and over treats interstitial cystitis.

On page 210 he presents the case of a 21-year-old Air Force pilot with PMS. His treatment is to remove her uterus, tubes and ovaries and to place her on hormone replacement. This young woman may live to severely regret this course of action.

Natural, properly timed Progesterone would probably have solved the problem.

This book is not on my recommendation list.

Robert P. Goldman, M.D. 1-21-07

