

Dr. Goldman's Book Reviews

WHAT'S YOUR MENOPAUSE TYPE?

By

Joseph Collins, N.D.

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First, a word about Joseph Collins, N.D. and what the initials stand for. Dr. Collins is a Naturopath. Most of the schools of Naturopathic medicine are in the Pacific Northwest. Their emphasis is on physiology, on learning the details of how the body works on a molecular level. They use diet, vitamin and mineral supplements, exercise, life style and an assortment of enzymes, co-factors and other products that are bio-identical to molecules found in the human body. Although licensed and active in the West and Upper Mid-west, they are not licensed in the state of Georgia. Georgia does not officially acknowledge the existence of Naturopathic Physicians.

The book is extensively referenced. I had never heard of an N.D. prior to reading this book and was impressed with the extensive and deep basic physiologic research that Dr. Collins had done. As the title to chapter one indicates, "Menopause, One Size Doesn't Fit All." He is right. Hormone ratios and balance are important and not every patient is the same. I learned a great deal from this book.

Two caveats. Dr. Collins bases most of his patient evaluation on salivary testing. Progesterone seems to be concentrated in the saliva and, I believe, frequently gives falsely high readings. In pre and postmenopausal women, Progesterone excess is virtually non-existent unless the patient is taking too high a dose of prescribed progesterone. I doubt that the natural Progesterone dominant type exists. Also, in Georgia, N.D.s cannot prescribe most of the hormones. Therefore, Dr. Collins therapy is limited to herbs, nutrients and low dose topical creams. He has a web site and sells many products he has designed. At one time, he was in practice with an M.D. physician and together they could prescribe anything, which gave Dr. Collins more options. He has recently moved his practice to Florida.

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