



## **What Your Doctor May Not Tell You About Premenopause: *Balance Your Hormones and Your Life From Thirty to Fifty***

John R. Lee, M.D., Jesse Hanley, M.D. with Virginia Hopkins  
Warner Books

*This is the same review written for What Your Doctor May Not Tell You About Menopause (TM): The Breakthrough Book on Natural Hormone Balance.*

The bioidentical hormone movement started with Dr. John Lee, along with his lectures, teachings and this book. Dr. Lee died of a heart attack in 2003, 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 life.

### **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 unfavorable comments: Dr. Lee was involved with a manufacturer of progesterone cream. He was also connected with Dr. David Zava who runs ZRT Laboratories, a salivary hormone testing facility. I feel these two associations prejudiced Dr. Lee against all non-cream forms of progesterone treatment and 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* (co-authored by Dr. Zava) cover much of the same material. The same two criticisms apply to those books as well.

Robert P. Goldman, MD