

Stay Young & Sexy with Bio-Identical Hormone Replacement: The Science Explained

By Jonathan V. Wright, Lane Lenard

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It's been more than a decade since Dr. Jonathan Wright introduced the concept of bio-identical hormone replacement therapy (BHRT) with the book *Natural Hormone Replacement for Women Over 45* (Wright JW, Morgenthaler J. Smart Publications, 1997), at a time when only a handful of clear thinking, knowledgeable doctors had ever heard about bio-identical hormones. Many women first learned the truth about HRT and BHRT from that first book; others later heard about it from TV celebrity Suzanne Somers, who described her personal experiences with a different version of BHRT in the first of a series of books. But the real stampede away from HRT and toward BHRT began in 2002 with the premature termination of a large, government-funded study-the Women's Health Initiative (WHI)-the results of which confirmed that the risks of conventional HRT unquestionably outweighed its benefits. In their new updated book, *Stay Young & Sexy with Bio-Identical Hormone Replacement: The Science Explained*, authors Wright and Lenard have brought to light many examples of forgotten or ignored scientific studies combined with up-to-date clinical experience that provide solid support for the safety and benefits of BHRT.

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Editorial Review

About the Author

Jonathan V. Wright, MD, is the founder and medical director of Tahoma Clinic in Renton, Washington. With degrees from Harvard and the University of Michigan, Dr. Wright has been at the forefront of natural biomedical research and treatment since 1973 and has written many bestselling books including *Your Stomach*, also published by Praktikos Books.

Lenard has been a medical and science writer for over 22 years.

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