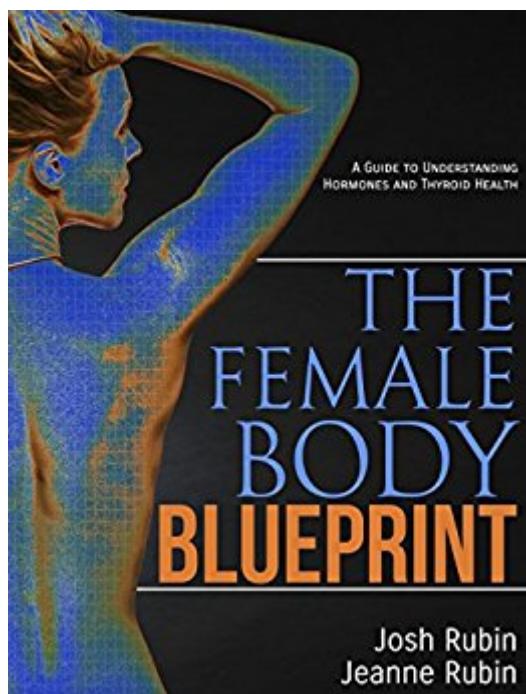


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The Female Body Blueprint: A Guide To Understanding Hormones And Thyroid Health



Synopsis

Hormones Gone Haywire? There is a crisis in women's health today. The average age for puberty has dropped abruptly to 10 years of age. Endometriosis, one of the top three causes of female infertility, affects more than 5.5 million women. 75% of all women suffer with some premenstrual syndrome symptoms. 80% of all women have uterine fibroids (which lead to 170,000-300,000 hysterectomies annually). And dysmenorrhea—menstrual pain that interferes with day-to-day activities—affects approximately 40-70% of women of reproductive age. If you've visited your doctor for any of these reasons, it's likely you've been given birth control pills to "even things out" or hormone replacement therapy. But is this really a solution? The Solution Isn't More Birth Control Pills! It's likely that hormonal treatments will only mask the symptoms, if not make things worse. So what is the solution? Is PMS to be normal and expected every month? Is infertility unable to be treated without invasive therapies? Are hot flashes simply a symptom of getting older? Luckily, the answer is no to all of these questions. There is a solution, and it doesn't involve drugs or invasive therapies. The solution lies in hormonal balance. *A Total System for Female Health: The Female Body Blueprint* by Josh and Jeanne Rubin takes the complex subject of hormonal balance and breaks it down into easy to digest information and action steps. By naturally decreasing the amount of estrogen in your body, increasing the amount of progesterone, and healing your metabolism, you'll be well on your way to hormonal health at any age. Get back in balance by learning how to eat, sleep, exercise, and de-stress. They don't teach this stuff in school—or likely in your doctor's office. But these are the vital foundations that will make this women's health crisis a thing of the past. Follow this blueprint and take back control of your health once and for all.

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Customer Reviews

My family used the Weston A. Price diet to heal from rheumatoid arthritis. The Rubin's Blueprint is quite similar. I am a woman in my early 50's with no real health complaints - and have never had any issues with hormones or irregular periods or menstrual cramps. I got this book because I am approaching the age of menopause - I do seem to have some uterine fibroids that do not cause bleeding or pain - and I was curious what the Rubins had to say about this. Their suggestion to eat plenty of carbs, protein and fat throughout the day in small meals is an approach I've taken my whole life. Sometimes I'm embarrassed by how much I eat - but I've never been overweight and feel good so I don't worry about it. I like their discussion about the importance of adequate salt in the diet. Mainstream dietary advice has us fearing salt to our detriment I believe. The one area in which they differ from the WAP diet is that they don't mention the importance of dietary enzymes and probiotics. WAP found that healthy tribes all ate some animal protein and fats raw - unheated. Either raw milk, fish, meat, organ meats, etc. Fermented foods were also considered to be important probably for regulating the gut microbiota. Also, the Rubins recommend an avoidance of all grains. My sense is that can be helpful as a temporary measure, but people who avoid grains long term seem to run into problems with exacerbating food sensitivities. Overall, the book is highly readable and has good advice.

So many women I know are approaching their health problems with the more well-known "diet" of food restriction, excessive exercising and hormone replacement therapy. They don't realize how unhelpful those choices may be, or how it's often it's not working for them. Although I am still

working on healing my body, I have found many of the Rubin's suggestions, such as eating raw carrot salads, gelatin & good salt, along with the Epsom salt baths, to be enormously helpful to my mood and sleep. I applaud Josh and Jeanne for continuing to offer us great information that challenges some more popular theories, and encouraging us to adapt it to our personal needs.

Having multiple health issues causes me to read into potential factors that could be making my quality of life poor. I know that my endocrine system is not functioning at its peak, so this book has helped identify the symptoms as well as the causes of thyroid and other hormonal problems. Sadly, most people don't see the connection between what they put into their body and the body's reaction to that food, especially from a hormonal standpoint. This book lays out what can happen if your hormones are not properly managed. It doesn't touch greatly on the thyroid hormone itself, but what other hormones do to the thyroid to make it produce less. The book doesn't beat around the bush. It starts off in chapter one discussing progesterone and estrogen's roles and effects on the body. It compares the two, and why we are prone to estrogen dominance. It also reminds us of the fact that our body needs cholesterol to make our hormones. It talks about infertility and the potential causes, why extreme menopause symptoms are so prevalent, and what role hormones have in these issues. It also talks about the dangers of estrogen supplementation since it is a major encourager of degenerative diseases. The book then goes into ways to decrease estrogen dominance, thereby increasing the thyroid's ability to work properly. It teaches about how our metabolism actually functions, as well as why our temperature and pulse are good indicators of metabolism. It also lists other ways of testing your metabolism. It covers eating, sleeping, stress reduction, exercise, and detoxification. All of them are important to a healthy, hormone-balanced living. While there are some things that are either factually inaccurate (for example, the author states that progesterone is only produced by the ovaries (page 18)---that is, in fact, inaccurate. The adrenals and testes in males do produce progesterone.), or that I disagree with (The dietary recommendation percentages on page 34---I believe carbohydrates should be much less than fat and protein.), I do think that this is a good start to see the role that the endocrine system plays in our overall well being. This was a personal purchase. I was not asked or obligated to leave a review.

I really wanted to give this book 5 stars, it had some great info on the causes of hormonal imbalances and effects on the female body. However it starts off by claiming that this is not a Paleo book yet the nutritional advice (the very very little nutritional advice that they do offer) is

Paleo/Primal. I mean offal meats, liver, gelatin, coconut oil, Ghee, avocados, olive oil, avoid all grains and stick to squash, fruit and tubers as your only carbs (and I'm still confused on whether or not potatoes are allowed) - c'mon, that's Primal 101. Then at the very end of the book (which is only about 50 pages) you realize it's because they want you to spend \$97 more dollars on their nutrition plans/coaching. The stress reducing advice is great, but otherwise I found this book too focused on the problem and too lean on offering solutions.

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