



by Cheryl Ellis

Title: The Miracle of Bio-Identical Hormones

Author: Michael E. Platt, M.D.

“Doctors give drugs of which they know little into bodies of which they know less for diseases of which they know nothing at all.” - Voltaire

In this fascinating book, Dr. Platt with proven case studies brings awareness of a healthy alternative to a largely pill popping society.

An internist for over 35 years, his purpose is to teach those searching for relief of many debilitating disorders, that hormones control the body, in fact, every cell of the body. When the hormones are tested, usually through an easy saliva test, then put into balance, many find relief from their world of pain and disabilities. Arthritis, ADHD, Diabetes, Fibromyalgia, Menopause and Cancer are just a few mentioned but there are many more life altering ailments that balancing hormones would give the person a new lease on life.

Dr. Platt is one of a select few that deal with the cause of an illness instead of the symptoms. Unfortunately most doctors are not educated in natural hormones. Most of their knowledge from medical school is learned based on research done by pharmaceutical companies.

“Bio-identical hormones are hormone supplements whose biochemical structures are identical to those produced by the body,” therefore minimizing potential risks. They are usually prepared from a natural base such as soy or yam and are FDA approved. The ultimate advantage is that the dosage is tailored to the individual’s own hormonal requirement. The preferred method of delivery is creams, gels and suppositories, so they are absorbed directly into the bloodstream.

Dr. Platt encourages the public to become proactive in their own health and not to rely solely on the health system. Doctors will not change the current approach to care unless we, the patients demand better alternatives. He challenges our minds to think about the power of the current systems, relying on pharmaceutical and insurance companies.

This book is brilliantly written and laid out so that anyone reading it can easily understand his well-researched opinion.

Michael E. Platt is a board-certified internist based in California. He maintains a medical practice devoted to wellness and preventive medicine. He is nationally and internationally known and in my opinion, we should all listen and learn from his opinions. Personally, I wish I lived close enough to be under his care.

I not only highly recommend this book but will insist my family and friends read it!

Reviewer: Cheryl Ellis, Allbooks Reviews  
Available through your local bookstore or Amazon.com

Author: Michael E. Platt, M.D.  
ISBN-13: 978-0-9776683-2-8  
Publisher: Clancy Lane Publishing  
Pages: 219  
Price: U.S. \$24.95 / CAN. \$32.95

August 2007