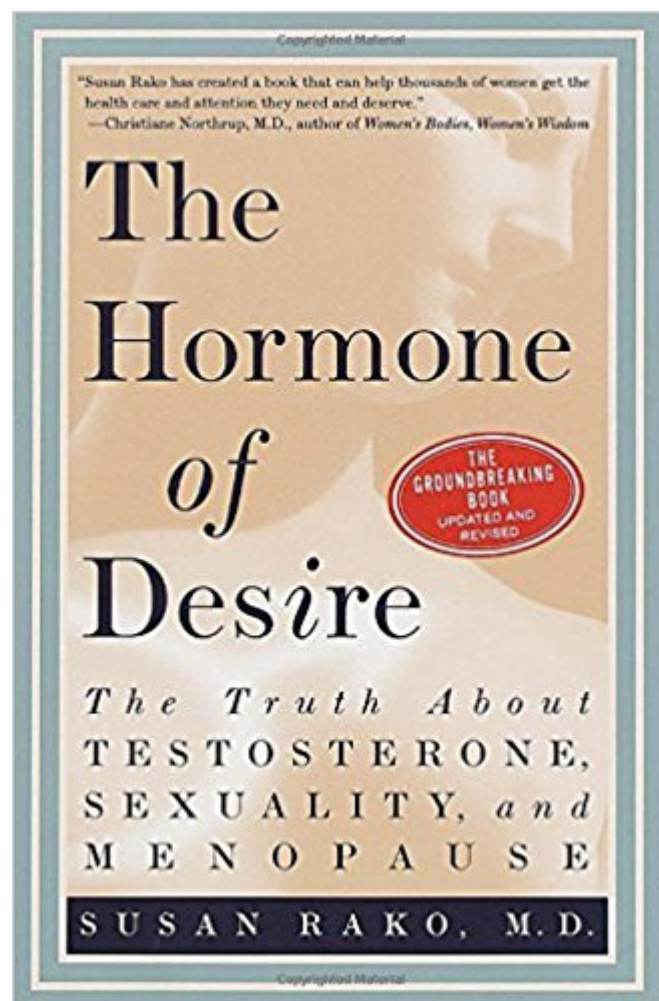




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# The Hormone Of Desire: The Truth About Testosterone, Sexuality, And Menopause



## Synopsis

This is the book you've been hearing about! Dr. Susan Rako has brought her groundbreaking message about the miraculous benefits of testosterone--the female hormone--to women and physicians around the world via Oprah!, Dateline NBC, the New York Times, the Congress on Women's Health, and the Today show, among others. Dr. Rako is at the forefront of the research into testosterone replacement therapy, educating women and their doctors about the essential role testosterone plays in a woman's sexual and physical well-being. Millions of women experience a traumatic loss of sexual desire during menopause. Dr. Rako's breakthrough research has brought to light the fact that the female body produces significant amounts of testosterone that are crucial to the healthy functioning of every woman's libido--linking decreased testosterone levels at the onset of menopause to diminished sex drive--as well as to the health of her bones and heart. In this revised and updated edition, Dr. Rako introduces crucial new information that points to the need for adequate levels of testosterone as a key factor in protecting women from heart attack and stroke. The Hormone of Desire has become the standard-bearer for a new age of women's health, giving women and their doctors the opportunity to make informed decisions.

## Book Information

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## Customer Reviews

Testosterone, the hormone responsible for libidinal energy, is produced by women mainly in the ovaries. When the ovaries shut down at menopause, the amount of testosterone they produce is

reduced by half, resulting, for many women, in diminished sexual desire, thinning pubic hair, flatness of mood, dry skin and decreased mental sharpness, among other effects. In this sure-to-be-controversial book, Rako, a psychiatrist, suggests that gradually developing testosterone deficiency is a treatable condition that ignorance, fear, ideological resistance and sexual politics have prevented the medical community, as well as the general population, from dealing with. Acknowledging the need for controlled clinical studies on supplemental testosterone, as there are for hormonal supplements of estrogen and progesterone, Rako advocates the prudent use of supplemental testosterone for women who need it and offers a thorough discussion of the uses, benefits and risks of testosterone therapy. Copyright 1996 Reed Business Information, Inc. --This text refers to an alternate Paperback edition.

"Conditions of testosterone deficiency do exist, need attention, and can be treated," Rako maintains as she draws on her practical experience as a psychiatrist as well as her thorough knowledge of relevant medical literature to discuss the usefulness of small doses of testosterone in helping women through menopause and stimulating positive sexual and psychological feelings. Women produce some testosterone just as men produce some estrogen. Yet many physicians, especially male gynecologists and endocrinologists, believe that giving testosterone to women is unnatural and potentially dangerous. Rako points out, however, that women do not display a simple dose-response curve for such treatment. This means that physicians not only have to overcome feelings of unnaturalness if they wish to aid some of their female patients but also must take the time and effort to match dosage to each individual's need. William Beatty --This text refers to an alternate Paperback edition.

I felt like this was a very good book to add to the list I read before making an appointment with my doc to have the "menopause talk." I felt like I needed to be informed and this book helped me to make a list of questions I could take to the appointment. Because this book is over 15 years old some of the info is not all that up to date. Bioidentical hormones are widely available now, at least in the USA. My insurance plan covered compounded formulas, so I did not have to fight for what I needed or pay high prices for it as Susan Rako did when she started on her quest for safe, effective relief from change of life symptoms. I am sure grateful for all her research and encouragement to find a doctor who will listen and help with an individualized plan, not just a cookie-cutter approach. Finally, I had my hubby read a couple of the chapters and then we were able to have a frank discussion about menopause issues that all women face. Anything that contributes to good

communication between partners is a good thing!

And incredibly refreshing and validating read for the menopausal woman who wants to remain a woman despite menopause. No ignoring or whitewashing of the loss of sex drive due to loss of testosterone. Factual, educational, helpful.

This is an excellent book on testosterone. I am over 55 and despite taking bioidentical estrogen @ progesterone cream I felt like I was dead inside with no more energy to do anything. I asked my doctor to give me Testosterone cream and from the first day my life changed drastically. I started to exercise again and I am full of hope, joy, I'm alive again. My doctor and I are still working on the dosage, it takes a few months. I am now at 4mg/day. Thank you Dr. Rako for writing this book.

Book was in exact condition advertised. received it quickly. Book was very informative and an excellent source of information on the subject of testosterone therapy. I would recommend it for any woman who is trying to make an informed decision on whether or not to begin treatment for low testosterone.

I discovered my Testosterone level was very low many years ago. I did recently download this book, and wish I had discovered it back when I first had issues in my early 30's. If you want to get Testosterone for women after visiting your doctor. My doctor has approved a product from Australia that can be shipped to you. We've tested my blood levels every month. I feel the difference and it is well worth it. Go to Hormone Solutions .com. It's \$77 for a supply that should last you awhile. I take .5ML. Good luck! The book is worth reading if you've just realized you have this problem!

Purchased this book thinking it had some kind of magical words that would help me through my total hysterectomy. But, all I found were recommendations about things I already knew. Would recommend this to anyone who was thrown into a total hysterectomy without enough time to do some research on what to expect.

As a doctor and a sufferer, the author pioneered what testosterone means for women. I read the original and am looking forward to the revised version,,,

Most informative on the seldom-discussed loss of testosterone in women going through

perimenopause and in menopause.

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