



Once every month Nora Hendriks spends a number of days doing consultations at two different locations in the Netherlands:

- * Jonishi Cosmedisch Centrum, Waalwijk
- * Huid & Laser Utrecht

The rest of the month she spends working in her own clinic on the Spanish coast (Costa Blanca); Clinica la Alegria, Calpe.

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Nora Hendriks

Nora Hendriks studied medicine at the Erasmus University in Rotterdam and the University of Antwerp. She worked as a general practitioner in Belgium until 2007, shortly after starting her own clinic in Spain, while continuing part-time work in the Netherlands.

She is a motivated physician, trained in a wide variety of therapies, and has gained a vast amount of experience in the sphere of anti-aging medicine. She has specialized in menopause-related hormone therapy for more than 30 years.

'A wonderfully clear book. An absolute must!' Dr. Claude Dalle, President of World Society of Interdisciplinary Aesthetic and Anti-Aging Medicine

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It never ceases to amaze me that most patients I treat are convinced that hormones cause breast cancer. The wholesale ignorance about the possibilities available in the way of safe treatments with body-identical hormones is largely what prompted me to write this book. Women do not have to lose the color they enjoy in their lives just because they have reached menopause! They are entitled to proper treatment of those unpleasant menopause symptoms! I have had the privilege of guiding many women in this complex phase of their lives. And I cannot count how many times I have heard: "Doctor, I finally have my life back!"

There is no doubt whatsoever that average life expectancy has increased enormously in the last decades. This has been accompanied by a number of major social consequences, such as shifts in pension age. Women also stay active for longer in all manner of functions. Unfortunately, the frequently occurring menopause symptoms cause much discomfort and inconvenience for women starting from the age of 40 and 50, and the consequent absenteeism due to sickness causes significant economic damage that should not be underestimated. Meanwhile, in most Western countries, hormone therapy is often recommended for menopause symptoms. The international consensus of the International Menopause Society (IMS) and the North American Menopause Society (NAMS) is crystal clear in this regard. But why is the Netherlands and several other European countries lagging so far behind in this respect? Why is menopause, and especially the proper hormone therapy, still such a taboo topic?

This book is for women (and even men) in hormonal distress, as well as for anyone who would like to learn more about hormones.

THE MENOPAUSE TABOO | NORA HENDRIKS - M.D.

THE MENOPAUSE TABOO

How to navigate through menopause safely with body identical hormones.

NORA HENDRIKS - M.D.

‘There is no need to suffer through menopause’

This book is for women (and also men) in hormonal distress or for anyone who would like to learn more about hormones.

Nora Hendriks (M.D., specialized in hormones)

The lack of information and knowledge available regarding the safety of hormone treatments using body identical hormones is largely what prompted me to write this book.

My mission is to put a stop to the taboo surrounding hormone therapy by explaining how it came about and why women should be safely treated with body identical hormones, and how to go about it.

The menopause taboo

Menopause is currently a hot-item and it's great to see that people are finally talking and writing about this very important topic. Despite the fact that millions of women across the world are currently going through menopause, it's still very much a taboo!

The many books that have been written on the topic in recent years illustrate just how big the problem is and how great the demand for more information, recognition and acknowledgement of menopause related symptoms and their treatment. This is a fantastic development!

In her clinical practice, Dr. Nora Hendriks experienced the lack of information available about the medical side of menopause. What are hormones and do you need them? Is using hormones good or bad?

It's quite a medical maze for everyone; even for doctors.



What are *body* identical hormones?

Body- or bioidentical hormones have exactly the same biochemical structure as the hormones we produce in our body.

In other words: they are 'natural', and our body can recognize them, which implies that they are generally considered safer.

This allows us to measure our hormone levels in blood and/or urine at the beginning of treatment and treat deficits accordingly. Throughout the course of treatment hormone levels can then be compared to initial values.

Hormones are of vital importance and have gained a bad reputation for no good reason!

You should embrace your hormones, as long as you know how and what you can do with them.

A book full of patient stories, interesting facts and clear explanation about the wonderful world of hormones.

Pascale's story:

"If your hormones are well-balanced; your body becomes a lot healthier on its own and you're nicer to everyone. These hormones gave me my life back."

‘Nora explains in clear language how hormones affect you and what you can do about it’

Katja's story:

I have been following the body identical hormone protocol for almost two years now and I feel like I just keep getting younger. I recover much faster from physical and psychological stress. No more fatigue after traveling, no bad moods after unpleasant meetings and I have positive thoughts and make new plans when something doesn't go well. I have lots of energy and do a lot of sports again. I haven't been ill at all in the past two years! This positive impact on my immune system has been incredible!

My natural interest in people and going out returned: "Of course I'll go to that party, even though it's already eleven o'clock in the evening! And in the last year, I finally succeeded in losing 30 pounds - unthinkable previously. I was the same weight as when I was 35! What a difference!

I can wear tight fitting pants and nice dresses again! And another great change: I 'see' men again as men, and I enjoy it! Life has color again.

To make a long story short: I no longer feel like an aging woman. And it feels great because I wasn't ready for that phase yet.