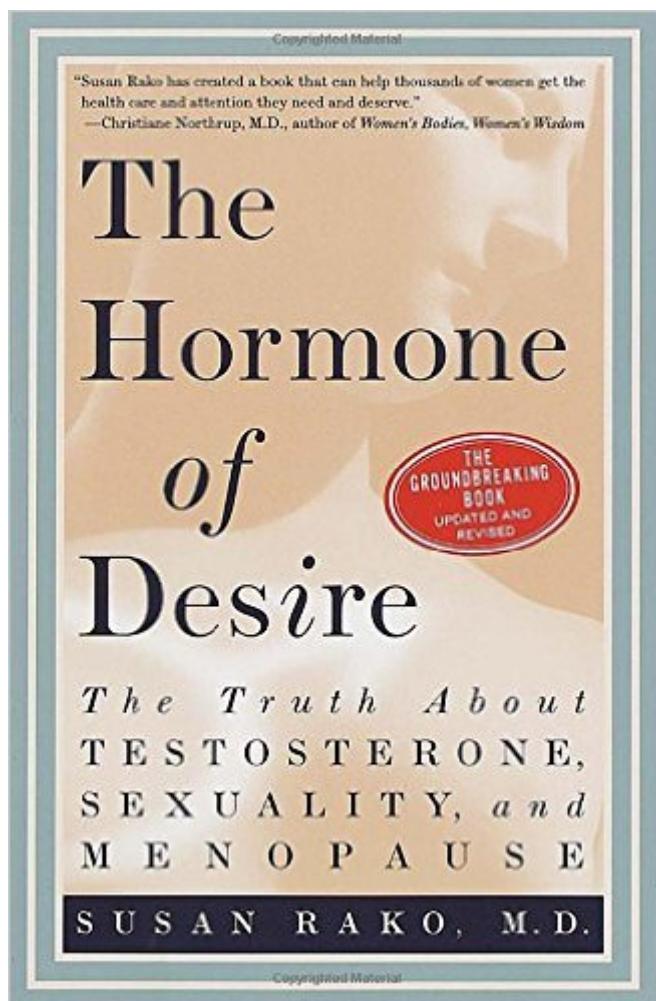


The book was found

# 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**

I was happy to find a book that took into consideration not only a woman's libido, but also the positive effects on bone density, loss of vital energy, fatigue, heart, diminished sense of well being, reduction in muscle tone, atrophy, inability to climax, incontinence, etc. etc. Too many doctors are

ready to put women on anti-depressants feeling that these things are mostly psychological rather than hormonal in going through the menopause. Susan Rako says Testosterone may be the key!!! Its been known for years what the lack of, can do to men, but it seems women have been ignored. Plus I liked the fact that Susan speaks from her own personal experience. I was thrilled to find this information and agree that it can make a tremendous difference. . This is a small book written fairly simply, but could have been more in depth and detailed, but definitely worth the reading. D.T.

Dr. Susan Rako, author of "The Hormone Of Desire: The Truth About Sexuality, Menopause and Testosterone," has been a frequent guest in Power Surge on America Online (keyword: PowerSurge) and on the Web's award-winning site, ...the community for women at midlife and in menopause. Dr. Rako's book is the end result of years of not only medical research on the benefits of testosterone therapy for women with sexual libido issues (pre and postmenopause), but as a personal odyssey to find answers to her own issues during menopause. I have recommended Dr. Rako's book to literally thousands of women passing through Power Surge who complain of a lessened sexual desire or none at all. This is a very common complaint during menopause, and there is no reason why any woman should suffer this loss. Testosterone, taken in small doses, can be highly effective in restoring a sense of general well-being, sexual libido and a return to a normal life. No woman should suffer this loss at any age, especially at a time when our life expectancy has increased so dramatically. We take medication for blood pressure, yes? We take medication for diabetes and heart issues, so why not testosterone for our sexuality? Hats off to you, Dr. Rako. You done good!

Thank you so very much for writing this book and getting the word out to all of us! I sincerely thought that the symptoms that were gradually emerging and causing a negative effect on the quality of my life were a 'normal' part of aging. I was wrong! After reading the book and highlighting the parts that I felt pertained to me, I leant it to my doctor. After reading it, he agreed to try testosterone replacement therapy. I feel like a new woman and my husband is going to send my doctor flowers!

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.

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.

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.

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