

## FEMALE HORMONES AND CHOLESTEROL Your Cardiovascular Health's Unexpected Allies Dr. Sylvie Demers

**Hormones, at the heart of a revolution in preventive medicine!**

312 pages

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For decades, most medical care has focussed on treating chronic illnesses: cardiovascular diseases, type 2 diabetes, high blood pressure, dyslipidemia, osteoporosis, cancers, and degenerative diseases. It is too often forgotten that the decline in several hormones owing to aging plays a major role in the increased risk of developing these illnesses. While the importance of good lifestyle habits has been recognized, that of balanced hormone levels still has a long way to go, and this is detrimental to the provision of effective preventive medical care.

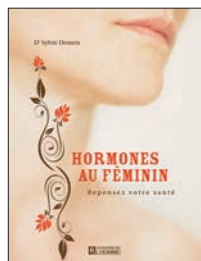
Female hormones are generally the first to decline significantly. This book underscores the harmful consequences of a decline in hormones and a high insulin level caused by overweight, and tackles two powerful myths. Often considered to be the most important factor in the development of cardiovascular diseases, cholesterol does not actually play the evil role attributed to it. Just like female hormones, it is a substance that is beneficial in maintaining good health. And contrary to popular and even professional belief, female hormone therapy does not increase the risk of cardiovascular disease and death.

### STRONG POINTS

- Meticulous documentation relying on credible, recognized sources, in-depth analysis, and notable scientific rigour stemming from 5 years of research.
- An author with an impressive track record, considered an expert in the field.
- A complex but readable book that calls into question knowledge that we take for granted.

**Subjects:** hormones, hormonal assessment, hormone therapy, health, cardiovascular disease, aging, preventive medicine, cholesterol, statin, osteoporosis, type-2 diabetes, obesity, Alzheimer's, false belief

*Dr. Sylvie Demers, a family physician, biologist, and doctor of experimental medicine (human molecular genetics), has been practising medicine for 25 years. A pioneer in the use of blood testing for female hormones in preventive medicine, she is a leading figure in female, male, and transgender hormone therapy. The author of many publications, she has also received a number of distinctions, including a French Government award recognizing the excellence of her medical results.*



By the same author  
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