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The John R. Lee, M.D. Medical Letter was created because every day Dr. Lee was learning more about natural hormones, progesterone and other health issues from people all over the world, and he wanted to share that wealth of information with others.

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Hormones

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therapy for women. Dr. Lee had a distinguished medical career, including graduating from Harvard and the University of Minnesota Medical School.

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**Men - Article by Dr. John Lee -  
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This is the 2nd book I have read by Dr John Lee concerning Estrogen Dominance and natural hormone replacements. The first was on Breast Cancer, Estrogen Dominance and Natural Progesterone Cream. I was so impressed with the 1st book that I wanted a 2nd more easy to read book to give to my daughter along with a jar of

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natural progesterone cream.

## **Amazon.com: Customer reviews: Dr. John Lee's Hormone ...**

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about natural hormones, and in particular, progesterone cream. Bioidentical Estrogen - How Much to Take and When A little bit of estrogen goes a long way.

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This book explains hormonal stuff in a

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way that's easy to understand. I had begun the process of going on bioidentical hormone therapy and this book helped me understand how the hormones work, and what can happen when they are out of whack. It's a more detailed version of Dr. Lee's book, Hormone Balance Made Simple.



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