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Book Review – Estrogen’s Storm Season by Dr. Jerilynn Prior Dr. Jerilynn Prior is a Professor of Endocrinology and Metabolism at the University of British Columbia in Vancouver. She is also the Scientific Director of the Centre for Menstrual Cycle and Ovulation Research (CeMCOR).

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Dr. Jerilynn Prior tells the story of women in perimenopause through a unique blend of storytelling and scientific fact. This innovative approach to helping women earned Estrogen's Storm Season a 2006 Independent publisher's book award in the Health category (see press release). How to order an ebook copy Estrogen's Storm Season:

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... she emphasizes that the symptoms are owing to the unbalanced rise in estrogen levels during perimenopause—a period leading up to the cessation of menstruation and continuing for twelve months after the last flow. ... Medical humanities instructors could profitably excerpt ...

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But the book is also an excellent educational tool, an aid for understanding this stormy season in women's lives and for decoding midlife mysteries. To quote Christiane Northrup, MD, “

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Estrogen's Storm Season is now available in BOTH print and eBook (Mobi and ePUB) versions! All royalties support CeMCOR research. It is full of lively, realistic stories with which women can relate and evidence-based, empowering perimenopause information. It was a finalist in 2006 for the Independent Publisher Book Award in Health.

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Mavis Dixon. 5.0 out of 5 stars Life saver with practical advice for menopausal women. Reviewed in Canada on February 12, 2019. Estrogen Storm Season is a book I've bought and given away a few times to friends like me who are experiencing alarming and unexpected symptoms from menopause.

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