



# It's My Ovaries, Stupid!

By Elizabeth Lee Vliet

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## It's My Ovaries, Stupid! By Elizabeth Lee Vliet

This landmark work in women's health identifies and offers solutions to the hormonal dysfunctions afflicting millions of young women, teens, and even children, that rob women of future fertility and contribute to devastating problems -- from early onset puberty and obesity to depression and increased cancer risk.

Women's health is more than breast cancer, pregnancy, and menopause. In this groundbreaking new work, Dr. Elizabeth Lee Vliet identifies and explains rarely acknowledged, pervasive threats to young women's health and fertility -- PCOS (Polycystic Ovary Syndrome), POD (Premature Ovarian Decline), and Premature Ovarian Failure (menopause in the young) -- and the overlooked causes of endometriosis, cystitis, early puberty, allergies, heart disease, mood disorders, depression, chronic fatigue, fibromyalgia, bone loss, anxiety, obesity, and diabetes.

A kind of "Silent Spring" of women's health, "It's My Ovaries, Stupid!" presents compelling evidence from worldwide research that common environmental toxins and endocrine disruptors in pesticides, plastic food wrappers, food additives, preservatives, soy supplements, aspartame in diet sodas and junk food, and more -- as well as lifestyle factors such as stress -- can all profoundly disrupt hormone function, even in childhood.

Insidious robbers of quality of life, fertility, and health, hormone dysfunctions are on the rise today, afflicting younger and younger women.

Why? What can you do about it? How can you get tested? What treatments are available? Dr. Vliet interprets the latest scientific research and draws on more than twenty years of clinical experience to answer these and many other crucial questions about common health problems in young women.

Whose job is it to take care of the ovaries...beyond their function in reproduction? Why do you have trouble getting help for "hormone problems" that are clearly linked to your monthly cycle? "It's My Ovaries, Stupid!" bridges this gap in women's health care and shows you how to understand your symptoms and get reliable tests, how to receive treatment and improve your health, how to wade through the controversies surrounding hormone replacement therapy, and how to explore cutting-edge options for thyroid problems.

You can't afford "not" to read this book. Your life, your fertility, and your long-term health may depend on it. It's not all in your head, and it's not just stress. It's your ovaries!

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## Editorial Review

From Publishers Weekly

Despite the flippant title, this book offers a serious and comprehensive look at hormone dysfunction in women of all ages. Vliet, founder and medical director of HER Place Women's Center, believes that many women suffer needlessly because they are not being treated properly. According to the author, a variety of illnesses—depression, panic attacks, heart disease, diabetes, fertility problems—are related to hormonal dysfunction. Drawing on medical research as well as work in her own practice, Vliet (*Screaming to Be Heard*) provides a complete guide to ovaries, explaining how they work and what happens when they don't work properly, along with surgical and other treatment. Included are questionnaires so readers can self-diagnose and prepare themselves before visiting a doctor. Also particularly helpful are sidebar definitions and schematic diagrams showing the connection between hormone and illness, such as "How Stress Sabotages Your Health" and "Chemical Disruption of Thyroid Pathways." This is a detailed and sophisticated book, complete with a glossary of medical terms. Readers wanting spoon-fed simplified explanations of their "aches and pains" will find this book daunting, but women who want to become more knowledgeable and assertive patients will find it indispensable.

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## Review

b.s. Every woman in America should read this book. After bouncing from doctor to doctor for well over a year with symptoms of anxiety, insomnia, and heart palpitations, Dr. Vliet correctly diagnosed my hormonal problems. She gave me my life back! -- *Review*

## About the Author

**Elizabeth Lee Vliet, M.D.**, author of the acclaimed *Screaming to Be Heard* and *Women, Weight, and Hormones*, is founder and medical director of HER Place: Health Enhancement and Renewal for Women, Inc., and is a longtime women's health advocate with more than two decades of clinical experience treating these overlooked connections.

## Users Review

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#### Michael Canton:

This *It's My Ovaries, Stupid!* book is simply not ordinary book, you have it then the world is in your hands. The benefit you obtain by reading this book is actually information inside this book incredible fresh, you will get details which is getting deeper you read a lot of information you will get. This specific *It's My Ovaries, Stupid!* without we know teach the one who studying it become critical in thinking and analyzing. Don't possibly be worry *It's My Ovaries, Stupid!* can bring once you are and not make your carrier space or bookshelves' turn out to be full because you can have it within your lovely laptop even cell phone. This *It's My Ovaries, Stupid!* having excellent arrangement in word and layout, so you will not experience uninterested in reading.

**Stephanie Gilley:**

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