RADIANT AGAIN & FOREVER

With Bioidentical Hormones and Other Secrets

Prudence Hall, MD

Foreword by Suzanne Somers

NEXT CENTURY PUBLISHING
I dedicate this book to my children

Heston, Beryl and Conrad Liebowitz

&

To all women who seek the radiance of their own heart.
Gratitudes

**Doron Libshtein**, you stood by me as my mentor and friend for every word of this book. It was your penetrating understanding of what I wanted to convey and your inspiring presence that kept me on track. With your guidance and discernment, this book flowed from me, joyfully. You helped me plan all the chapters, create bullet points for the paragraphs, and listened to every word in our weekly mentoring sessions. After reading each section to you, your comments were so perceptive and interesting that I was inspired to rewrite everything with more depth. As the founder of “Mentors Channel” and the chairman of numerous companies, including The Hall Center, I know how busy you are. I give you my gratitude for magically suspending time for this book to come through. My heart literally overflows with love for the unique experience we shared during this process. Your masterful approach in helping me become a new writer and speaker will forever remain in my heart.

DL, my deepest gratitude.
Suzanne Somers, my fellow conspirator and darling friend, you are the one who gave me the “secret formula” to create a “best-selling book.” Having written best-selling sensations for decades, you have a clear understanding of this process and graced me with your knowledge. When I finally finished the first draft of my book and called to tell you the good news, you said, “Prudence, it sounds like a great book, but it’s not the one we talked about you writing.” LOL! You were right, it wasn’t! So you talked to me again about how to approach my subject, and after another six months this book popped out, proving you to be absolutely right. My heart overflows with happiness for your splendid foreword and gratitude for your authenticity, kindness, courage, and all the ways you inspire me and millions of people to be their healthiest best. Over the years I have said how you deserve an honorary medical degree for all your groundbreaking work, and if those crazy medical schools don’t jump on this, I am going to bequeath it to you from the hallowed halls of The Hall Center. Dr. Somers, I love you dearly!

Dearest Robin McGraw, you are always on the big stage, but even with your tireless work and inspiring foundations, you not only took the time to meet with me multiple times, but your contributions inspired me to add an additional chapter to this book—your glorious last chapter 12! Your self-knowledge and courage to be your authentic self touched and impressed me greatly. I cried when I re-read some of your stories. I speak with so many accomplished people, but your brilliance about life and your numerous revelations left me recommitted to my own values and self. We suffer, breakthrough to love, and then help others. That is how it works. Thank you my wonderful friend for helping make the world a better place, including your When Georgia Smiled: Robin McGraw Revelation Foundation for domestic violence. All of your good work and your significant contribution to this book
touch me profoundly. My generous and radiant friend, I give you my heartfelt gratitude.

**Karina Stewart**, my dearest friend, not only is your life inspiring to me, but you have served as one of my formidable guides for many years. My warmest gratitude for your generous contribution to my book, and for co-founding *Kamalaya* with your husband John. You have both created heaven on earth with your wellness resort and what I consider to be my second home. With each visit I experience a healthier, more expanded sense of myself. Where am I writing this from now? *Kamalaya!* After pounding out the last part of this book, I needed Kamalaya’s serenity and peace.

**Radhanath Swami**, dear one, just when I thought I had finished this book, Jeffrey Van Dyk gave me your book, *The Journey Home*. Big mistake! It immediately became one of my favorite books and the gold standard for this book. I was so touched and inspired by the way you generously shared your life’s journey, that I spent many months rewriting countless passages in mine. Your magnificent new book, *The Inner Journey*, your generosity to mankind, and all of the ways you are in service, make this small gratitude to you one that comes straight from my heart. Thank you for inspiring me by following your own path of pure love and devotion.

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Kathryn and James B. Hall, my dearest sister and beloved father, you are the writers in this family, and it is such an honor to put this small offering next to your larger ones. Being born into a family of writers raises the bar and deepens the privilege of writing. Kathryn, over the years you have helped me with my poetry and this book with love, and you have been a shining example of what sisters can be for each other. My heart is wide open to you, and to our warrior father who wrote before us.

Elinor Venske, Millicent Powers and James Hall, I love and honor each of you, dear sibs, and feel a greater joy in life because of you. Elizabeth Hall, divine mother, you are part of each of us; my gratitude for your wisdom and for life.

Love and light,

Prudence
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Foreword

Hold onto your hats! If you are looking to regain quality of life and optimal health, you are going to find it here.

With my many books on health and natural bioidentical hormone replacement, this is the one book I couldn’t write. I’m not able to take my readers into the examining room but that is exactly where Dr. Prudence Hall takes you. I can get you to the right door, I can empower you with information, I can teach you how your body works (or isn’t working) but after that it has to be about being with the right doctor.

In the fast moving, cutting-edge world of bioidentical hormone replacement, going to a doctor who hasn’t versed him or herself in real, natural bioidentical hormone replacement is like going to a plumber for a heart bypass. It’s that out of their realm.

Dr. Hall is the right doctor, well versed and an expert, and now she is graciously going to allow you to be a “fly on the wall” in her examination room, listening in and observing. You will realize You Are Not Alone, that your problems are common to many women experiencing this “change,” that your confusion and frustration is understandable and, best of all, it’s fixable.
Dr. Hall will fix your husband also.

I try to infuse my readers with knowledge and confidence, so when meeting with a qualified doctor such as Dr. Hall they can get to work immediately and not have to start at “kindergarten.” The more knowledge you have about how your body works (or doesn’t), the sooner you will be able to start the reversal process. Knowledge is power and anyone enduring the suffering of hormonal decline needs to understand that quality of life is theirs, if this is done correctly. Women and men alike want to put their lives back together again and regain optimal health and quality of life, and that is what Dr. Hall’s protocol offers.

Prudence is my friend, my colleague and my doctor. I am grateful to know such a gifted, talented, qualified and fine person. She is the real deal. She understands the entire package, and as a searcher for truth she brings to her examining room a completely different experience than you will find in most doctors’ offices.

In menopause herself, Dr. Hall discusses the confusions she has experienced before finding the bliss of balance. Imagine the advantage of working with someone who truly “gets it.” This is an entire program, starting with deep compassion for your journey. She is not going to dismiss you or your symptoms. She understands that in today’s world returning to balance is three pronged:

- First, replace hormones gradually to optimal levels as determined by lab work plus observances made during your initial consult. For instance, if you are missing the outer third of your eyebrows she will know intuitively that your thyroid is not in balance. This kind of detective work
is extremely important because all hormones must be in balance. If one is off, then they are all off, and a qualified doctor knows this. There is no one-pill-fits-all.

- Second, explain that your toxic burden will affect your hormonal output or decline. Detoxification and building up important missing minerals and nutrients are crucial to finding perfect balance. Toxicity is blunting hormones at a rate never seen before in humanity.

- Third is the spiritual component: your thought-life creates, and negativity results in negativity. She will open you to the world of meditation and gratitude, to see that one door closing is not an end but a beginning. Finding true balance requires an understanding of the body/mind connection.

Hormone replacement opens a new way to experience the second half of life and make it enjoyable. Imagine enjoying aging! As you reach menopause you possess what no young person can have or buy: wisdom and perspective. In the fog of hormonal decline it’s hard to access these two amazing gifts, but when the fog lifts, a new and brighter world is revealed, and this is what you can expect.

It’s important to understand you are a critical part of the program. You must put in the work required. It took a long time to lose these hormones; it will take a while to build them back up—and it must be done gradually. Patience is required but if you hang in there, do what Dr. Hall says, take your diet seriously, work at sleeping eight hours nightly and find love and meaning, you will experience a fantastic ride.

I have experienced this bliss for the last twenty years, along with millions of other women and men. There is no underestimating
quality of life. What good is having longevity without quality? It is extremely gratifying to see how many people have jumped onboard this fast-moving train and are now enjoying and luxuriating in this incredible journey. Once on this train you will never, ever look back.

Please note: Dr. Hall’s advice is not conventional. For instance, perhaps lost libido can be jumpstarted again with hormone replacement and “twisting the nipples for five minutes” to release oxytocin, the love hormone. This will stimulate sensation, and increased oxytocin output relaxes, de-stresses—and no small thing, it feels good!

I realize this kind of “prescription” is a head-snapper and not the usual rap you get from a doctor, but this suggestion is a win/win for each partner. (What a nice assignment for a frustrated husband!) This is exactly what everyone loves about this woman—the unexpected. Sometimes we need a little shove and Dr. Hall knows when it is called for.

Dr. Hall is highly educated. She is a gynecologist and surgeon, hormone specialist, and a believer that to be healthy the human condition must be addressed as a major factor in achieving peak health. She has been exposed to the best and brightest minds. She is open, loving, and enthusiastic—and you, the patient, are the beneficiary. Nothing is off the table with her, so the patient feels comfortable and protected to tell her ANYTHING. In addition to her warmth and caring, you will feel that you’ve just made a new best friend.

Hormone replacement is more than restoration to perfect balance. The results will manifest as a return to the “you” that you used to be. Your beauty will return, your vitality will be restored and
the internal “you” will achieve a state of health you may never have dreamed possible.

Prudence and I have known each other for many years, and I am proud of this book that she has written. It is a gift to you and to all of us.

Get ready…your life is about to change!

Suzanne Somers
Introduction

In writing this book, I want to offer women who are struggling with their health a new way of experiencing life—a transition away from the pain, suffering, confusion and health problems they are facing and toward a new happiness, youthful vitality, confidence, and natural radiance.

As a gynecologist for 30 years, I have helped more than 30,000 patients through the transitions and struggles so many women are currently facing. Over the years, I have developed unique and effective ways of approaching the hardest issues women deal with, bringing clarity and understanding to each problem.

As you read this book, you will realize that you are not alone on your journey to wholeness. In these pages you will find many others who suffer from similar symptoms and life circumstances as you do. Each chapter chronicles the journey I have taken with one of my patients going through a specific crisis such as menopause, the inability to lose weight, depression, anxiety, sexual problems, and sleeplessness. As the stories unfold with the challenges and symptoms of each client and the unique solutions I offer, I want you to glean possibilities for yourself. My approach encompasses a new style of medicine called Regenerative Medicine,
which identifies the root causes of each client’s symptoms and applies creative solutions based on hormonal balance, genetic composition, inflammatory triggers, toxic exposures and unique emotional problems.

As each woman tells her story, I want you to evaluate how your symptoms might be similar to hers. In fact, I want you to literally diagnose yourselves as well as your friends, sisters and mothers based on what you read. I will help you understand what is happening to your body and take charge of your life again. As women we are all in this together, and once you become healthy and whole again, I would love for you to become a guide and beacon for others.

Most doctors are not aware of the information I present in this book, so you might have to help your doctor arrive at your correct diagnosis. This is fair—please don’t consider it to be pushy or arrogant. So many women have seen multiple doctors before finally getting the help they need! And it is shocking how many years these women suffered needlessly. I don’t want you to go undiagnosed or untreated for a moment longer. In the same way an architect needs input before planning someone’s dream house, good doctors very much need and appreciate the insight you can give them into your health. It’s not difficult to become proficient regarding your own body, and it will be my honor to help you do just that!

This book will not only help with the health transitions you are facing, but also inspire you to see new possibilities for your life. I believe that true health is supported by three pillars: your physical body, the power of your mind with its thoughts and emotions, and your connection to your authentic self and your
true life’s purpose. When each of these is addressed, we become full of life, leaving any deadness behind. The results are explosive, igniting new vitality and union with your true self. You deserve to be fabulous! You deserve to love and be loved—to be happy and live a passionate life. Chapter after chapter will illustrate how eager my patients are to regain their health and energy. You will see how easily your physical reality can change, and how quickly a new life will spring forth.

I want you to receive everything you want in life, so let’s begin …
I am in the middle of a busy day when Julia walks into my consult room. I always look forward to meeting new clients. I give her a big welcome hug before she sits down on my Balinese sofa. I start our conversation by asking what is troubling her. Julia tries to speak—but her emotions are so overwhelming she puts her head in her hands and begins to sob.

I quietly reach out to touch her arm in sympathy. “I understand, honey. Sometimes it’s all just too much. It can feel terrible, like you don’t know who you are anymore. I would love to hear all about it.”

Julia’s need to tell her story is evident as the words begin to tumble chaotically from her mouth. “Seven years ago, I was happily married and successful in my job as a book editor. I loved helping my authors. Then, after the birth of my second child when I was thirty-nine, I started feeling ill. At first I thought I was just tired from the baby and work, but my condition steadily worsened. I felt depressed, exhausted, and all my muscles ached. I became so anxious I couldn’t sleep.
“A few years ago it got so bad I had to stay in bed most of the day. My doctor told me I had fibromyalgia and prescribed Zoloft and pain meds. I was able to return to work again, and even though that was eight years ago, I still have to keep calling in sick all the time because I am just so exhausted. I know I’m going to lose my job … and maybe that’s okay because I just can’t do this anymore.

“I can’t sleep! I wake up at three in the morning and just lie there. I’ve tried everything: Nyquil, Benadryl, all kinds of herbal things and even Ambien. Even if I’m able to sleep a few more hours, I still wake up feeling like I never went to bed. I drink a lot of coffee during the day to help me stay awake but it makes me feel jumpy.

“I’m so angry all the time. My poor kids and husband! I went from being such a good mom to being some kind of alien. My husband was patient at first, but this has been going on for seven years now, and I am only getting worse. It doesn’t help that I’ve gained almost thirty pounds, so I’m fat on top of everything else. I don’t even want to make love. Ever! I’m embarrassed to tell you this, but I’ve only made love a few times in the last year.”

Julia cries again in earnest. “I am so ugly. How could this happen? I’m losing my husband. I have lost myself. I can’t even think clearly anymore, and I’m so depressed I keep thinking about dying. Dr. Hall, I can’t die and leave my children! I went to the emergency room twice this year with my heart pounding so hard I thought I was having a heart attack. Can you believe they told me I was having panic attacks? My doctor sent me to a psychiatrist who wanted to put me on a second antidepressant. I gained twelve pounds with the first one and I sure didn’t want to gain more with a second one. I think I’m more depressed about gaining twelve
pounds than I was before the Zoloft. I’m on sleeping meds, Xanax for panic attacks, and Zoloft for depression. I’m only forty-seven and it feels like my life is done. I just can’t do this. Please help me. Please!”

I touch Julia’s arm and search her eyes. She looks exhausted, her skin is dry, and her eyes and face look bloated. Her sagging arms catch my attention—the lack of muscle definition indicates her hormones are depleted. Julia’s story could indicate a number of hormone abnormalities, but I hear such similar stories every day that it is actually very straightforward. Every symptom is typical of menopause, including the downward spiral she is describing. The only typical symptoms she didn’t mention are hot flashes and night sweats, but approximately 40 percent of patients never experience those symptoms. Just to be sure, I ask her about it.

“Nope,” she replies. “I had a few four or five years ago, but nothing for years. I thought I was in menopause back then but my doctor disagreed. He said my symptoms started too early for that, and I still have my periods, so I guess I was wrong.”

I sigh sympathetically. It is not at all uncommon for the menopause diagnosis to be missed because a woman still has periods and doesn’t have the stereotypical presentation of hot flashes. In fact, menstrual periods frequently continue several years after menopause begins.
It takes some time for the clock to unwind. A five-second glance at Julia's lab values confirms she is definitely well into menopause and also has a pre-diabetic sugar level.

As I touch her arm I feel a kind of electric energy pulsing through her, which is typical of women in menopause—they are very anxious! They feel like they are missing a plane flight 24/7. The anxiety and suffering that Julia and so many other women go through is frustrating. Doctors should check a woman’s hormone levels, no matter how old she is. Compassion rises within me. “Julia, you were right when you told your doctor years ago that you were in menopause. Let’s review the evidence.”

I give all new patients a binder containing their information. We open Julia’s binder to discuss and explain her lab values, starting with her reproductive hormones. Her estrogen level is not just low, it is nonexistent. And her FSH is very high. An elevated FSH value (follicle-stimulating hormone) indicates that her brain is asking for more estrogen, because a woman’s brain simply doesn’t function well without it. When the FSH is higher than twenty, the diagnosis of menopause is clear. I draw Julia’s values onto a menopause graph and watch the shock in her eyes when she sees how low her hormones are compared to normal.

“See? No doubt about it. Your levels indicate classic menopause.”

Julia’s body collapses a bit and then straightens up. “I knew I was in menopause, but no one listened; but I can’t say I’m happy with that diagnosis either. In fact, I hate it! It feels old—as old as my grandmother. Can we fix it? Please, can we fix it?”
Julia begins to look hopeful when I explain that, while it will take a few months, we can bring her body out of that unhealthy menopausal state, which causes wicked symptoms and wreaks all kinds of havoc with the body’s chemistry. When estrogen is low, inflammation, blood sugar, stress and cholesterol become elevated—and these are the root causes of most of the diseases of aging. It’s like a teeter-totter. As soon as we raise a woman’s estrogen, negative symptoms of aging and disease begin to decline.

“Oh, my God!” Julia exclaims, eyes wide with disbelief. “My doctor recently told me my cholesterol is high, and I have never had that before. And I feel so inflamed I know I am getting arthritis like my mom did. I had no idea menopause could cause all these symptoms. Now that you’re telling me this, I remember reading Suzanne Somers’ book, *I’m Too Young for This*. It was wonderful, but that was years ago and my brain just doesn’t retain things like it used to.” Julia’s voice rises in distress. “Dr. Hall, I know this sounds like I’m making a joke about Suzanne’s book, but I just get kind of a sick feeling about being in menopause; really, I think I am too young for this! Everyone knows menopause happens when you’re old!”

Suzanne Somers has written multiple books about menopause, perimenopause, and cutting edge health solutions. She is a strong and perceptive spokesperson for my kind of medicine! Every week women come to me because of her books, crying with relief after they are helped and praising Suzanne as their personal angel. My
prayers are that this book will also reach those in need and be another pillar of support for women.

The golden afternoon light floods the room as we continue our discussion. “Menopause can happen at any age, but the most common age is forty-four to forty-nine. In our mothers’ generation it typically happened about five years later, but with all the stress and toxicity we are exposed to it now happens much earlier. I take care of so many women who are menopausal in their early forties. You’re actually doing really well. You probably began perimenopause right after the birth of your baby at age thirty-nine. Most likely, menopause began in earnest three to four years ago when you started feeling really terrible. This diagnosis can be a shock for women. Were you hoping to have another baby?”

“I always wanted three children but since I’ve been so tired I feel lucky to have two, so that’s not the problem. The problem is I’m aging so quickly. I feel I have become my mother. Men used to want my attention but now I have become almost invisible. And I hate myself because I can’t stop eating. It’s all my fault that I look like this.”

I assure Julia that any “fault” was with her hormones.

I explain that when we loose our hormones, we’re like a plant in a dark closet without water or sunlight. Such a plant doesn’t do so well, just like women don’t do well without their proper hormone levels. Menopause is responsible for so many of the diseases that strike women as they age. Estrogen replacement prevents up to 50 percent of death from heart attacks.
is anti-inflammatory, so when levels fall during menopause, arthritis and pain occur. Low estrogen is responsible for many women developing heart disease. In fact, heart attacks are the most common cause of death in women. When we replace our hormones with natural estrogen identical to our own estrogen, half of women’s death from heart attacks are prevented. These natural estrogens are called bioidenticals, and they help us dial back the clock of aging. Healthy, youthful hormones result in healthy physiology. Not only are heart attacks prevented, but also dementia, diabetes and many cancers. It is also the best strategy to prevent osteoporosis and aging skin. I liken menopause to a woman’s own personal tornado. It causes destruction as it passes through the body, wiping out good health, emotional stability, and frequently her relationships. It can also result in death.

“I do feel like I have a tornado inside, but won’t this all stop after I go through menopause?”

I let out a deep breath. “Julia, it would be so nice if we could weather the storm of menopause naturally and end up on the other side in post-menopausal paradise, but that’s not how it works. Unfortunately, once a woman is in menopause she stays there until she dies. Menopause is like spraying a fire hose on a house for years. The force of the water will eventually erode the structure and the house will fall. We need to rebalance your hormones and immediately get you out of menopause or else you will stay like you are now for the rest of your life. We need to prevent further problems and also repair the damage that’s already been done.”

A tiny, brave smile creases Julia’s lips. “I feel like my structure has already totally collapsed and there’s no one inside anymore. I disappeared with the house.”
“We’ll rebuild the house, I promise. Here’s some good news. Your thyroid gland is still functioning quite well, and so are your adrenal hormones. Although they are a bit high, they haven’t burned out yet. That’s really good news, because so many women in menopause have deficiencies in every hormonal system. This means you still have some resilience left. The bioidentical hormones will help rebuild your body.”

“I like the idea of using natural hormones,” Julia responds, “but I heard hormones are dangerous and increase the risk of breast cancer. My grandmother died of that, so I might be at higher risk.”

“Where did you hear that hormones are dangerous?” I ask.

“Well, everyone says they are, but it actually might be worth dying a few years earlier if I can feel better now. I mean, I don’t want to go on living like this.”

“That would be a terrible trade off,” I respond. “I wouldn’t accept that for myself or for any of my patients. There is no way I would be so pro bioidenticals if they caused more diseases, Julia. Proper hormone levels absolutely help women remain healthy and youthful.”

I tell all of my patients the following about hormones:

• Hormones are your body’s software. That’s why I call my supplement line Body Software. When you turn on your computer it won’t work unless its battery is charged and its software is loaded. The same is true of the body. Hormones
are needed for every function it performs. Hormones make the heart beat, maintain blood pressure, and allow us to think, sleep, walk and breathe. Hormones repair cellular damage and prevent cancerous cells from growing. If we lost all our hormones we wouldn’t live longer than about four minutes. As we age and hormone levels decline we get sick and the body doesn’t function properly. When hormones and enzymes decline below a critical level, we die.

• It is of vital importance to keep hormone levels balanced at youthful levels. Old people have old hormones, and that’s one of the reasons they get sick and lose their beautiful vitality.

• Premarin and other non-bioidentical hormones are not the same as bioidentical hormones. Premarin was manufactured before we had any idea that hormones even existed. Scientists tested all kinds of animal products and came up with the idea that using the urine of pregnant mares might help women in menopause. Well, it was a brave idea, but given that we didn’t even have the word “hormone” in our medical vocabulary it was definitely a primitive beginning. It simply doesn’t make sense that so many doctors still prescribe Premarin and Provera for the treatment of menopausal symptoms. We wouldn’t consider a computer that’s ten years old to be the best buy, yet doctors continue to use medical technology that is more than seventy-five years old in prescribing hormones for women.

• When I was just beginning my medical practice, the only hormones available were the
non-bioidentical ones. My experience with prescribing synthetic hormones like Premarin and Provera was not good! Patients gained weight, felt bloated, and didn’t feel much better than they did before I prescribed them.

- In 2001 a big study came out about Premarin and Provera that made me very happy. (I’d stopped prescribing them fifteen years earlier.) The Women’s Health Initiative showed a marked increase in the incidences of breast cancer, heart attacks, dementia, blood clots and strokes among women who took synthetic hormones. Nevertheless, doctors still continue to prescribe them regularly.

- Bioidentical hormones come from soy and yams. They are created in high-tech labs to be identical to the hormones our body makes. You can analyze them with the most sophisticated tools available to medical science and you will find that they are exactly the same as the hormones made by the human body.

- Whether your body makes them or you take them it’s the same thing—as long as you use bioidenticals.

- Back in the early 1980s, I started hearing about bioidentical hormones in Europe. I began prescribing them for my patients and they experienced huge improvements in terms of vitality, brain function, weight loss, beauty, sleep, and sex drive.

- As data emerged from large studies on bioidenticals, they showed as much as a 50 percent decrease in death from heart
attacks and from dementia. Results also indicated fewer cases of diabetes, lowered cholesterol levels, lowered blood pressure, stronger bones, weight loss and much less depression. In short, the data on bioidenticals showed benefits for women on many levels.

- My personal experience with prescribing bioidenticals for more than 30 years is excellent. In my practice, where I prescribe bioidentical hormones for most of my patients, only three women have experienced a heart attack—and those were not fatal. Among my patients who take bioidentical hormones, breast cancer occurrences are 60 percent lower than average. These women remain strong, fit, sensual and beautiful as they age and do much better than patients who do not take bioidentical hormones.

- My motto for bioidentical hormones is this: Feel better, live longer.

As I continue my conversation with Julia, I assure her, “I have only a few patients out of thousands who don’t feel better on estrogen cream. If you’re one of them, we’ll try a different approach. It takes a few weeks before you experience results, because the hormones need to get into your body and change your body chemistry and cells but most women do see a change. I’ll have my patient educator explain exactly how to use the cream morning and evening. Now, let’s talk sex.” I laugh as I watch her perk up.

“Good! It’s like I have a demon in my body destroying my relationship with my husband and men in general. Even if Brad Pitt were in the room today, I’d be totally turned off. Not that he would be interested in me,” she moans. “I don’t even want to think about sex. I was walking up some stairs the other day and my husband was following me. He reached out and put his hand
on my butt, and I wanted to turn around and deck him. I felt such rage that I don’t know how I controlled myself. It was awful.”

“I understand, Julia, and I want you to know you’re not alone with this situation. Most of my patients in menopause and perimenopause tell me they are fed up with their partners and don’t make love often. In fact, that ‘butt test’ is a sure diagnosis of menopause. Unfortunately, not having a sex drive can harm many marriages. Women understand this and tell me all the time they feel sorry for their husbands, or that they fake it or have ‘pity’ sex. Menopause feels a bit like when we were prepubescent and thought boys were icky. That’s how girls feel before their hormones kick in, and we go back to that state when we lose our hormones at menopause.”

Julia’s testosterone level is a paltry ten (when it should be at least fifty), which is a significant contributor to her low libido. Such a low level also decreases or eliminates a woman’s ability to experience orgasm, which increases the feeling of inadequacy so many menopausal women experience. Recent studies show testosterone actually helps decrease breast cancer. That’s a nice bonus for women.

I instruct Julia to use one click of the testosterone cream to the side of her body and a tiny dab of it right across the clitoris and the area between the vagina and rectum. Because muscle tone is weakened by menopause, Kegel exercises help get the orgasm muscles in shape.

“Julia, low testosterone also causes weight gain. Without testosterone, women lose muscle mass and the metabolic rate drops. Consider how quickly men lose weight. They pump a bit of
iron and lose ten pounds in a few weeks. Why? Their testosterone levels are around 800, so they immediately rebuild their muscle, which raises their metabolism.”

“I know!” Julia chimes in, “My husband looks great at forty-eight and doesn’t struggle at all with his weight. I hate him! I’m starting to look like my mother. I am done with that! Prudence, I am getting myself back!”

Julia’s marital situation has deteriorated to the point that she is considering a divorce. She is hurt and angry with her husband because he has distanced himself from her and is critical of the stranger she has become since menopause hit. I suggest we get her hormones in balance before she takes action to end her marriage. I promise her we won’t ignore this elephant in the room. With so many of my clients, I have seen that menopause is a time for a woman to concentrate on herself—maybe for the first time in years. It might be that Julia and her husband won’t stay together, or maybe they will fall back into each other’s arms again. It can go either way during this huge life transition. Menopause forces a woman to stop and evaluate her life. Our needs become greater, and we have to take care of ourselves first. In a way, it’s like putting on our own oxygen mask before helping others.

“Your life is precious, and this time at the Center is for you. It’s important to examine your life, to get in touch with who you really are and why you are here. Each stage of life reveals new insights and growth. You could live for another fifty years, and
the longer you live, the more you can explore and develop. Do you see this playing out in your life?”

“Yes, my purpose has been raising my kids, volunteering, helping the school, and helping my husband. But I see it is all shifting. Maybe that’s some of the anxiety I feel. I’m so anxious I can hardly even drive.”

“Do you have any intuition about where this shift is taking you?”

“I have no idea. But I sometimes wake up in the middle of the night scared that I am going to die before I have ever really lived. Dr. Hall, I’m in a crisis, and it doesn’t feel like it’s only menopause.”

“Julia, menopause is a physical change that causes emotional and life changes as well. You are in a kind of crisis, but it’s one that offers a unique opportunity for greater expansion and expression. The leaves fall in autumn, and new leaves regrow in the spring. In a sense, we have similar seasons in our lives. Our emotions, thoughts, and core self are all such an important part of health that a number of years ago I started a program at the Center called ‘The Path of Fulfillment.’ It consists of workshops and meditations offered evenings and weekends to help you explore your transitions and embrace change. Sometimes depression is caused by low hormones, but it also signals that our old life is no longer working. I’d love you to explore and take any workshops that appeal to you. The teachers are wonderful, and the support for your growth is enormous.

“Let’s sum up what is happening to you. You are menopausal, with low estrogen, low testosterone and low progesterone. Your thyroid is fine. Your adrenals are a bit stressed due to menopause,
but they will be fine once we balance your estrogen. I want to prescribe Sweet Sleep, which is a great natural sleep remedy. Sleeping will help restore your body more quickly. It will also help lower your sugar level, which is borderline diabetic at this point. Stress raises blood sugar, and good sleep will decrease your stress. So really, your main problem is menopause. It has caused your weight gain, depression, anxiety, anger, fatigue, sleeplessness, low sex drive, and skin changes. Replacing your estrogen will cause all these symptoms to fade away. Any questions or confusion so far?”

“I am actually really okay. I feel like crying from relief, but I am also upset I waited this long to seek help. I feel like I’m too far down the rabbit hole … for nothing.”

“It’s okay,” I reassure her. “So many people come to me after being in menopause for twenty years. They drag themselves in here with all their hormones crashed, and we help them, too. So you are actually really on top of this. I am proud of you.”

If it feels right, I frequently offer to say a small blessing to help the “magic” of the hormones work faster. As Julia and I finish our meeting, I offer this to her and she smiles widely in agreement. I place her estrogen and testosterone in her hands and close my eyes. “May these small molecules bring health, joy and harmony back to your body. May they join your own hormones and help them work better, performing all their vital functions. You deserve to be fabulous, loved and cared for, and I ask that these hormones help you return to your true sweetheart self.”

At the end of my conversation with Julia, I see hope in her eyes. I offer a goodbye hug and her warm response tells me she needs
Radiant Again & Forever

to be hugged a whole lot more. Happiness and touch are integral to healing.

I can’t work with a new client without feeling enormous gratitude for the life I have been given. I am flooded with the joy of helping Julia and look forward to seeing her life transform in mysterious and wonderful ways.

For thousands of years we have approached health not only as a physical problem, but also as emotional and soul journeys. In fact, our emotions and our ability to imagine a new way of being are frequently our most powerful doctors. The relationships we create can be very powerful in our health journey. Many women have expressed to me that they feel the cause of their cancer or heart attack was due to fear of, or anger with, a partner or with life in general.

At the end of our meeting, I introduce Julia to one of our Naturopathic Physicians who will inspire her to eat right. At the Center, we have worked hard on our diet plan. Julia is asked to begin consuming a nutritious plant-based protein smoothie each morning while eliminating grains (like gluten, corn and wheat), sugar and dairy. All of these foods cause inflammation of the brain, joints, intestines, and muscles—and inflammation is a root cause of many cancers, aging skin, heart disease, arthritis and dementia. One particular culprit is sugar, which coats our cells, causing cellular damage. Julia is clearly insulin resistant and borderline

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diabetic. The estrogen and diet I am prescribing will lower her sugar naturally and help avoid other interventions.

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Julia doesn’t resist the food plan. She agrees there are plenty of food choices and she is excited to “clean up her body.” In addition, Julia is given a parasite analysis kit to use within the next week or two. Many people have parasites, yeast and bacterial overgrowth that cause “leaky gut” and other chronic medical problems.

Julia next meets with our patient educator to discuss how to put her program all together. Everything is reviewed and explained: how to apply her creams, take her supplements, sleep more deeply, and eat and love herself back to health. She receives a follow-up call the day after her appointment and again in one and two weeks as part of the Core Program to answer any questions or make any adjustments to her program.

The following are the prescriptions Julia receives during her visit to the Center:

- Estradiol cream: one click AM and PM
- Testosterone cream: one click each AM
- Sweet Sleep: 1-2 capsules at bedtime
- Magnesium: 500 mg at bedtime
- A morning protein shake; no grains, dairy or sugar in her diet
This program is usually plenty for a patient to handle for a first visit. Slow and steady usually proves to be a better remedy than overloading a patient at the start.

We call Julia in two weeks to check on her, and she reports feeling happier. She has her routine down and her sleep is not quite as fitful. She hasn’t had a panic attack since our first appointment and feels she is “nicer and more patient.” She hasn’t lost any weight yet, but once the body is calmer and less stressed the weight will naturally begin to come off. We increase her estrogen to two clicks twice a day and remind her to get her blood drawn in three weeks.

After six weeks, Julia returns for her second consultation with me, smiling in greeting.

“Oh, Prudence!” she exclaims, “I feel so much better! I know we are just beginning, but it’s happening. I feel my body waking up.” I hear relief in her voice.

After reviewing and explaining her new lab values, it is clear the program is working. She describes herself as feeling 30 percent less tired, but she’s still waking up some in the middle of the night. I add five milligrams of melatonin to her night routine to improve her sleep and explain that melatonin also helps prevent breast cancer and dementia. The estrogen calmed her panic and moods quite a bit, but she still feels nervous. I raise her estrogen to three clicks twice a day. I instruct her to go to four clicks morning and night if her menopausal symptoms are still present after a month.
I add progesterone to Julia’s regimen and explain how to “cycle” the drops each two weeks—taking drops from the first to the fifteenth of each month, and not taking them from the sixteenth through the thirty-first. In a few months we might add a bit of rhythmicity to her cycle to mimic a natural menstrual cycle. I do this by peaking her estrogen on days fourteen and fifteen of each month and her progesterone on days twenty-one and twenty-two of the month. I explain that she might resume having periods as her body returns to a balanced state. Most women in Julia’s condition consider this a small price to pay for all the benefits.

The testosterone cream I prescribed has moderately raised her level, but her libido hasn’t improved yet. She describes feeling less angry with her husband, though. I double her clicks of testosterone and suggest she use some Dream Cream every night. “Rub it into your clitoris and inner labial area after your shower,” I tell her. “It will bring more blood to your clitoris and help you feel sexier and also have faster orgasms.” In case she doesn’t know how important nipple stimulation is for desire and orgasms, I suggested a great Tantric book for her to read.

Next, Julia sees one of our Naturopathic Physicians. Her stool analysis is free of parasites, even though she is craving sugar badly. Julia’s detox is started, and she is asked to keep a food journal. She decides to add on weekly coaching sessions to help her stay on track with her diet and exercise. Not all clients need mentoring, but having one sure helps in achieving health and life goals.

In business, the most successful CEOs and entrepreneurs are coached. I personally have two weekly mentoring sessions with Doron Libshtein, and the sessions give me great clarity on where I
am headed and what needs to be done to get there. I love mentoring! In fact, for ten years I kept telling myself I wanted to write a book. Now, because of being mentored, I have written two books in six months. It feels wonderful!

I personally have two weekly mentoring sessions with Doron Libshtein, and the sessions give me great clarity on where I am headed and what needs to be done to get there.

I see Julia in two more moths for her third session and I hardly recognize her. She is beaming and has lost fifteen pounds. Her skin is moist and much more youthful, and she describes herself as having 90 percent of the energy levels she felt at thirty-five. She followed the food plan we gave her, and it shows. Her muscle mass has improved and she has enough energy to jump on the trampoline for fifteen minutes a day. Her libido has really improved, but her marriage hasn’t improved to the point that she wants to have a physical relationship yet. They have begun couples counseling to address their issues. She expresses her desire to be a real partner with her husband, but she is unwilling to continue being abused verbally. I have many resources to offer struggling couples and suggest they might receive benefits from a Landmark Worldwide seminar, a powerful, transformational program my former husband and I took part in. I also suggest she check out Ger Lyons’ (gerlyons.net) workshops. Ger leads cathartic Core and Cellular Transformation groups resulting in rapid change and healing. Finally, I suggest Doron Libshtein’s new book, Walk Your Path, to help her better know herself. After all, knowing yourself and knowing your true path is the basis of forming the best relationship—with yourself and others.
Julia’s situation is one I see numerous times each day. Menopause happens to all women, and we need real strategies to maintain our health and vitality. I think about my own journey of female hormonal challenges: PMS, miscarriages, pregnancies, and perimenopause. I remember when I was pregnant with my third child at age forty. What joy to finally have a successful pregnancy after two consecutive miscarriages! However, after Conrad’s birth, I started having strange heat intolerances. At first I would wake up at night sweating, but then I started sweating during the day too. And I felt so tired! I also couldn’t understand why I was feeling down, since I am rarely less than optimistic.

You would expect a hormone expert who has handled thousands of such cases to immediately diagnose her own hormone imbalances and to begin treatment—but somehow I missed the problem. Maybe I was too busy with the new baby and my practice, or maybe I was just trying to be brave. However, after several months when the hot flashes and other symptoms didn’t go away, diagnoses started popping up in my head. I considered lymphoma, tumors, and even AIDS. Twenty years before I had stuck myself with a needle in surgery, and even though my tests were negative for years, I worried I might have contracted hepatitis from that needle stick. I am not a hypochondriac, but I confess that in my own mind I had myself quite sick and almost buried. After I got up the nerve to check my blood, the diagnosis was quite simple. I was experiencing perimenopause with all the classic symptoms, and also low thyroid due to my recent delivery. But I certainly had none of the dreaded diseases I had imagined.

As I aged, I raised my bioidentical hormone levels to keep them in the youthful range.
Relieved but a bit shaken, I started myself on a bit of bioidentical estrogen. The hot flashes immediately stopped. I added a small amount of testosterone and my confidence and muscle mass started to rebuild. I began the thyroid T3-T4 combination I use with clients, and felt much more energetic and not at all depressed. I am fortunate to have stopped the whole process quickly and easily. As I aged, my bioidentical hormones were raised to maintain youthful levels. Because of this, I have never experienced symptoms or the decline associated with menopause. I really am a firm believer in preventing harmful processes such as those associated with menopause which deplete our bones, brain, and confidence, while increasing heart disease and other diseases of aging. Thank God for bioidentical hormones!

The lesson I learned from my experience is that if I didn’t recognize my own diagnosis with all the knowledge I have, how could I expect a client to see herself accurately? Especially if she is quite young, it would be very easy to miss the diagnosis, like I did. I have compassion for all women struggling with these symptoms, and especially for women who try to muscle through their symptoms like I did. Truly, we are all in this together. We are not alone.

I was touched to receive a letter Julia wrote four months later. With her permission, I include it.
Dear Prudence,

I can’t wait two months until my next appointment to tell you my good news! I am a new person, and more healthy than I was before I had my babies. I am exercising almost every day, have lost another ten pounds, sleep like a baby, and truly feel happy. Larry and I turned our relationship around and are making love like newlyweds. I don’t know when I have felt this good or happy. I am so grateful. My whole life has changed, and all the work I did on eating well has also changed my life, Larry’s life, my kids, and then my sisters and their kids’ lives. It’s like a snowball. I am now the go-to person for menopause and feel it is part of what I was sent here to do. I have a blog with tons of people joining. You wouldn’t believe how many people ask me for advice and help. I love my life.

I have referred a number of people to your Center, including my sister and my best friend. They both have appointments, and I know you can help them like you did me. They are pretty desperate too. Truly, Prudence, thank you.

See you in two months. You won’t believe it’s me.

Love,

Julia
After reading Julia’s letter, I sit back and allow myself to feel the vitality and new life coming through her letter. The real Julia was finally back and joyfully helping others. That’s how it works: we are helped, and then we help others. Reading letters like Julia’s causes gratitude to well up in me. I have been given such a privileged life with the knowledge I have and the opportunity to help so many people. In moments like this one, I feel true joy.

**Takeaway:**

Menopause occurs when the ovaries stop producing estrogen, generally around age forty-four to forty-nine. This impacts all hormonal systems and frequently results in adrenal deficiency, loss of thyroid hormones, and insulin/sugar problems. It causes havoc in the body, giving rise to most of the chronic diseases of aging, including: heart attacks, diabetes, Alzheimer’s, neurodegenerative decline, cancer, osteoporosis, digestive problems, high cholesterol, high blood pressure, autoimmune diseases and inflammatory illnesses. Please avoid these dangerous conditions by balancing your hormonal software.

*Healthy hormonal balance does not cause cancer.* Imbalanced hormones, toxicity, poor lifestyle choices and loss of enzymes do.

**Symptoms of menopause:**

Fatigue, inability to fall asleep, awakening through the night, hot flashes, night sweats, depression, foggy brain, irritability, anger, weight gain, muscle loss, low sex drive, lack of orgasms, aging skin, a pounding heart, and loss of charisma and energy.
My prescription for menopause:

- Bioidentical hormones to replace any deficient hormones
- If prescriptions are not available, use Feminine Radiance (Body Software): 1-2 capsules twice daily.
- Super Adrenal (Body Software) for energy: 1-2 capsules each morning
- Bliss (Body Software): 1-2 capsules each morning for depression, irritability and anxiety
- Iodine/Biodine to support the thyroid gland: 1 capsule daily
- Sweet Sleep (Body Software): 1-2 capsules for sleep disturbances
- Magnesium: about 500 mg at bedtime for a deeper sleep