



# The Pocket Idiot's Guide to Bioidentical Hormones

*Ricki Pollycove M.D. MHS, Nancy Faass*

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**The Pocket Idiot's Guide to Bioidentical Hormones** Ricki Pollycove M.D. MHS, Nancy Faass  
**A scientific solution to women's health issues and concerns.**

*The Pocket Idiot's Guide(tm) to Bioidentical Hormones* provides essential information on the molecules that are animal derived and identical to those found in the human body, which offer women another way to meet the needs of aging. This book presents a wide range of options for supplementing hormones, covering such topics as:

?What bioidentical hormones are (and are not) and how they work

?The safety issue-which bioidenticals work, which don't really help much, and which may be harmful

?Bioidentical hormones and their effect on the heart, bones, and brain

?Creating an individualized health plan-which hormones, in what combination, how much, and how often

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