

Foreword

In the early 1500's, a young alchemist named Paracelsus worked in the mines of a well known alchemist, separating and studying the minerals extracted from ore. Alchemy is thought to be the beginning of modern day chemistry. Alchemy comes from the Egyptian words al (all) and chem (wise). As the son of a physician, Paracelsus noted the healing effects of the mineral waters on people.

Paracelsus then went on to become a physician, and using his abilities as an alchemist and physician, traveled throughout the East and Europe, often on foot. For **7 YEARS** he explored the healing effects of the substances he found in nature. Paracelsus is thought to have sowed the seeds of the beginning of homeopathy.

Like Paracelsus, I am a chemist, physician, and natural therapist. I have traveled, explored, and treated patients for over 25 years. In 1981, when I finished my residency in OB-GYN, I was already a trained chemist with a Ph.D., and had a great deal of knowledge and interest in hormones and menopause. Many patients came to see me with menopause issues and problems, and I realized that there weren't a lot of options for them. In the early 1980s, few conventional doctors really knew much about menopause. It wasn't discussed much in most residency training programs, and still isn't. This may not be a surprise to you, the menopause/perimenopause woman.

I tried to learn everything I could to help my patients with menopause problems. In addition to being a trained chemist as well as a board certified gynecologist, I studied and became an expert in natural and alternative therapies. In the last 25 years, I have traveled the world learning and teaching about all aspects of menopause therapies, and have assisted numerous patients in their search for relief of menopause symptoms and overall life wellness.

The menopause landscape has changed dramatically since I began my studies. Not only are physicians more aware of menopause issues, but many informative books on menopause are available for patients, also. Unfortunately,

none of them are up-to-date with the latest options, which provide you, the patient, with a map to guide you through the options and make these years the best years of your life. Like any map, there is more than one way to reach your goal, and you need all of your possibilities presented in one place (instead of having to read multiple books and weighing their information against each other). What I've presented here is that single map with all the options drawn out for you. My patients tell me that this is what they need, and this has become my "Paracelsus" mission.

As I summarized my thoughts on how I guide patients, I realized that, over and over, my thinking came down to 7 steps. I intuitively knew that this must have some meaning or harmony, so I did a little research. The number 7 does have a special significance. There are:

- 7 days in the week
- 7 Natural Laws
- 7 creative planets in our solar system
- 7 colors in the rainbow
- 7 healing powers
- 7 chankras
- 7 spirits of God sent forth into all the earth

and many more things that come in groups of 7 that span many cultures and belief systems. It is no surprise to me that I found that my experience as a practitioner and my patients' experiences led to *The Perfect Menopause: 7 Steps to the Best Time of Your Life*.