

Natural Choices For Menopause Safe Effective Alternatives To Hormone Replacement Therapy

With the health risks associated with conventional hormone-replacement therapy, women are searching for safe and effective ways to reduce hot flashes, prevent osteoporosis, and reduce the risk of heart disease during menopause. In this User's Guide, health writer Kathleen Barnes describes a variety of natural and safe options for navigating the biological changes that come with mid-life. She suggests vitamins, herbs, and other supplements that scientific studies have found helpful in easing a natural transition and for lowering the long-term risk of age related diseases.

If you're looking for a safe, natural way to treat symptoms of menopause, *The Soy Solution for Menopause* is for you! Based on his groundbreaking work in the field of fertility and menopause, Mabelle Seibel, M.D., reveals how the soybean and its by-products afford new hope to menopausal women. Alleviating symptoms ranging from hot flashes and sleeplessness to vaginal dryness and weight gain, and reducing the risk of osteoporosis, heart disease, and diabetes, soy provides a natural and safe alternative to commonly recommended treatments. For the millions of women concerned that hormone replacement therapy may increase the risk of blood clotting and breast and uterine cancer, soy provides a superb alternative. Here Seibel explains how the female body processes soy, how soy products naturally restore hormonal balance by behaving like estrogen, and how to add soy to your diet for maximum effect. For the 1.5 million American women who turn fifty each year, *The Soy Solution for Menopause* is an invaluable companion -- a striking breakthrough in the quest to ease a natural but difficult transition.

Find Yourself Again with a Natural Approach to a Natural Transition Menopause is too often treated as a problem to be solved or an illness to be cured, not the natural process it is. World-renowned healthcare expert Maryon Stewart outlines her wonderfully comprehensive and practical *Six-Week Natural Menopause Solution* with steps that women can take to feel better right away. Detailed questionnaires help you assess which areas of your life most need addressing -- from brain fog and mood swings to painful sex, weight gain, and complexion issues. Maryon then shows you exactly what to do, nutritionally and in other areas of your life, to overcome symptoms. The powerful results of Maryon's program don't end after six weeks; instead, they point the way toward not just a good life, but a life that's better than ever.

Are you having a hysterectomy? If the answer is yes then the

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Pocket Guide to Hysterectomy is the ideal companion. It's full of all the essential information you need to know about hysterectomy, the menopause after hysterectomy and hormone replacement therapy. It perfectly compliments the practical hints and tips to be found in 101 Handy Hints for a Happy Hysterectomy and it covers a huge range of subjects on: - what a hysterectomy is - why it might be necessary - what the alternatives to hysterectomy are - the risks associated with hysterectomy - menopausal symptoms - how our hormones affect us - the menopausal risks of osteoporosis and heart disease - types of HRT - side effects of HRT - risks of HRT - alternatives to HRT It also has a section that explains the meanings of words and terms you might hear from the medical professionals who are caring for you.

Taking Charge of Your Premenopause

4 Steps to Natural Menopause Relief

Natural Cures for Women's Health Issues

Hormones after menopause

A Safe Path for a Natural Change

The Soy Solution for Menopause

An Effective Plan to Relieve Hot Flashes, Night Sweats, Insomnia, and Other Common Menopause Symptoms

Bestselling author Maryon Stewart's life-changing plan and recipes are a proven alternative to HRT, tailored to help you regain your zest for living, restore your libido and protect your heart, bones and memory for the long term. The effects of menopause can be utterly debilitating for women, ravaging their physical, mental and emotional health and often their careers and relationships too. But conventional therapies come with side effects that sometimes seem nearly as bad. Bestselling author Maryon Stewart shows how you can alleviate the symptoms of menopause – naturally and effectively; through diet, supplements, herbal remedies, exercise and relaxation. The Natural Menopause Plan includes more than 90 delicious recipes. All are easy to make and brimming with vital nutrients, such as calcium, magnesium and essential fatty acids. Many are especially designed to include naturally occurring estrogens (phytoestrogens); a safe and effective alternative to HRT. You'll find delicious smoothies, pancakes and muesli recipes for breakfast. Lunch and dinner choices include fresh salads, soups, risotto, bakes, curries, stir-fries and more, with plenty of options for special diets. Desserts and snacks offer choices like cheesecake, fruit salads, cakes, bars and breads. Each is specially designed to alleviate menopausal symptoms in a healthful, lasting way. Complete with authoritative nutritional information, this is the ultimate guide to combating the effects of menopause the natural way.

Presents a plan for helping bodies transition hormonally without drugs from puberty through perimenopause, detailing the role of certain hormones, the importance of diet, and the steps to finding the right doctor.

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scientific studies have found helpful in easing a natural transition and for lowering the long-term risk of age-related diseases.

From renowned nutritionist and author of the bestselling Fat Flush Plan comes a revised and updated guide to taking charge of your perimenopause. Filled with the latest research as well as practical tips and menus, Gittleman also incorporates timely information, especially pertaining to Hormone Replacement Therapy. Learn How You Can head off Depression and Mood Swings, Weight Shifts, Erratic Sleep, Memory Loss, and Other Changes Leading to Menopause. Take charge of your perimenopause simply, safely, and naturally! This breakthrough book details a gentle incremental program for understanding your own changes and offers a wide range of options for taking care of yourself. By following the author's proven techniques for controlling the symptoms of perimenopause, you can continue to feel great through this vital phase of your life. With this essential do-it-yourself program, you can say good-bye to hormone havoc and sail through your perimenopause, the period of about ten years leading up to menopause, by understanding and controlling its symptoms. Before the Change. .clearly explains the symptoms of perimenopause and offers a self-diagnosis quiz; .details safe and natural alternatives to hormone therapy, including healing vitamins, minerals, herbs and natural hormones.gives you a powerful Changing Diet, with tips and recipes for foods that prevent and alleviate symptoms

Menopause

Embracing Menopause Naturally

User's Guide to Natural Hormone Replacement

What to Eat

Natural Woman, Natural Menopause

The Pocket Guide to Hysterectomy

Stories, Portraits, and Recipes

A woman's guide to surviving menopause shows women how to manage this difficult transition, covering medical options, psychological health, risk factors, and much more. Original.

Understand menopause with all its changes and challenges, and choose practices and treatments to make this next stage in your wellness journey healthy, positive, and joyful. Your menopause is unique to you--a milestone on your personal well-being journey. A lucky few will breeze through it, but for most women this time of hormonal upheaval brings up a variety of challenging symptoms. This ebook is for you if you want to understand menopause better and find the right combination of resources for you--enabling you to stay physically, mentally, and spiritually well throughout the process. Find out how to adapt your existing wellness practices and build in new ones to smooth the path of your menopause: adopt yoga poses to calm hot flashes or help you sleep; use essential oils to balance hormones and lift mood; enjoy foods that boost energy and sharpen focus; discover the best exercises for strong bones and a healthy heart; meditate and use CBT to relieve anxiety; find out how Ayurveda can help you maintain thick hair and supple skin; enjoy aromatherapy massage to clear mind-fog or soothe joint pain. Discover how to attend to your specific needs in a mindful, positive way, either alongside or without prescription medication. Your go-to e-guide to helping yourself make the transition an energizing, liberating experience, Natural Menopause helps you take charge and embrace the change.

A guide to natural alternatives to hormone replacement therapy in treating and preventing the effects of menopause ranges from herbs and other holistic therapies to changes in diet and exercise regimes.

Reprint.

More doctors are recommending natural (also called bio-identical) hormones-because they offer all the advantages of synthetic hormone replacement therapy (HRT) without the negative side effects or long-term health risks. Unlike synthetic HRT, natural hormones are bio-identical: they match a woman's own hormones exactly and don't interfere with the body's normal hormone production. They are safer and more effective, providing protective benefits that range from alleviating unpleasant symptoms of

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menopause, perimenopause, and PMS to protecting against osteoporosis, endometrial cancer, and other diseases. Topics covered include: - What are natural hormones and how do they work? - Why are natural hormones better and safer than synthetic HRT drugs? - Do natural hormones increase the risk for breast cancer? - Can natural hormones control midlife weight gain? - Does natural progesterone help alleviate PMS? - Will natural hormones improve skin? - How to find the right doctor - The latest on the recent NIH study

Learn how Safe Dietary & Herbal Supplements Can Ease Your Midlife Changes Before The Change

Everything You Need to Know to Stay Healthy in the Decade Before Menopause I'm Too Young for This!

Natural Health for Women, Second Edition

Hormone Intelligence

Making Informed Choices

Updated to include new research and findings on such therapies as Black Cohosh and HRT and recent evidence of cancer risks, this resource focuses on herbs, nutrition, and other natural approaches that offer a holistic plan for wellness during menopause.

Original.

From a renowned nutritionist and author of the bestselling Fat Flush Plan comes a revised and updated edition of the popular alternative guide for taking charge of your perimenopause, filled with up-to-date research, including the latest information on Hormone Replacement Therapy, mood swings, weight gain, and nutrition for women thirty-five and older. Before the Change offers a gentle, proven, incremental program for understanding your body's changes and controlling your symptoms during perimenopause—the period of about ten years leading up to menopause—to help you feel great through this vital phase of life. Inside you'll find: A clear explanation of the symptoms of perimenopause and a self-diagnosis quiz; Safe and natural alternatives to hormone therapy, including healing vitamins, minerals, herbs, and natural hormones; A guide to nutrition and healthy diet, with tips for foods that prevent and alleviate symptoms. In addition, this revised and updated edition includes: An expanded section on the pros and cons of soy as a natural phytoestrogen; An expanded discussion of hypothyroidism, its connection to hormonal imbalances, and the best natural treatments; A full analysis of HRT, including advice for safely weaning yourself off of synthetic hormones, and an overview of herbal, lifestyle, and diet options and modifications available for women who have had a hysterectomy, have risk factors or a history of breast cancer, osteoporosis, or heart disease. With this essential do-it-yourself program, say good-bye to hormone havoc simply, safely, and naturally!

Menopause is an inevitable journey that reflects your medical history, lifestyle, and personal philosophy. This book will help you: understand the med., botanical, and lifestyle options available for treatment of menopause symptoms; develop an action plan that promotes wellness of body, mind, and spirit; understand how other health issues can worsen the signs of menopause; and determine your risk factors for osteoporosis, cardiovasc. disease, breast and colon cancer, Alzheimer's disease, and diabetes. Provides a step-by-step approach for evaluating risk factors and symptoms, thereby simplifying decision making and reducing uncertainty about the wisdom of menopausal treatment. Includes an unbiased review of conventional, complementary, and alternative options.

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For years women thought they had only two choices for menopause; avoid taking synthetic hormones altogether and suffer the occasionally debilitating side effects of menopause, such as bone loss, or accept a prescription for HRT and with it an increased risk of some cancers. But, as this groundbreaking book proves, there is a better, safer, more effective way. In NATURAL WOMAN, NATURAL MENOPAUSE, Marcus Laux and Christine Conrad cut through the confusion and show women that they can take natural, plant-derived hormones, now widely available, which match their own hormones exactly without any known side effects. Accessible as well as authoritative, NATURAL WOMAN, NATURAL MENOPAUSE features stories of other women who, like Christine Conrad, found they didn't have to accept less than a completely safe alternative. This invaluable guide also offers readers their complete plan for long-lasting health and renewed vitality. Following their 'Natural Woman' plan, which features the right combination of plant-derived hormones, nutritional supplements, a plant-rich diet and an exercise programme to eliminate and even reverse the effects of bone loss, women will find not only that they will be more energetic and radiant, but they also will be adding years of good health to their lives.

*How The Secrets of Natural and Chinese Medicine Can Create A Lifetime Of Wellness
Bridging the Gap Between Natural and Conventional Medicine*

No Hormones, No Fear

AARP Menopause Drug Alternatives

Natural Choices for Menopause

Natural Remedies for Women's Health Issues

The Six-Week Guide to Calming Hot Flashes & Night Sweats, Getting Your Sex Drive Back, Sharpening Memory & Reclaiming Well-Being

This new Concise Manual takes a straightforward look at menopause. What is it? When does it occur? What can be expected? How can it be managed? Dr Louise Newson is a well-known specialist in menopause and saw the need for a fact-based manual for women and their families. Menopause is a natural condition that affects all women at some stage of their life. At least one in four women have severe symptoms, which detrimentally affect their family, home and work life. This book will explain and clarify the stages and symptoms, and detail what treatments are safe and effective for particular needs. Migraines, depression, anxiety, osteoporosis, low libido, relationships, diet and HRT are just some of the areas covered in this new concise manual.

With clarity and compassion, Dr. Love helps the 40 million women entering menopause sort through all the choices they face. She explains how to cope with short-term symptoms (hot flashes, night sweats, mood swings, etc.) and addresses such long-term concerns as osteoporosis, heart disease, breast cancer, and endometrial cancer. Dr. Love also discusses:

lifestyle changes (diet, exercise, stress management), alternatives (including herbs and homeopathic remedies), other medications, and the pros and cons of hormone therapy. A new Introduction discusses the controversies raised by the hardcover publication.

Five years ago, at the age of forty-six, Trisha Posner was surprised to learn from a blood test that she was in full-blown menopause. Her gynecologist urged her to begin hormones immediately, but, mindful of her family's history of breast cancer, she refused. No Hormones, No Fear is the story of Posner's search for an alternative to the AMA's sanctioned regimen of hormone replacement therapy. In a wonderfully engaging personal account, she reveals how she mastered menopause naturally, by developing a unique program involving exercise, diet, nutrition, and herbs. She not only successfully alleviated her symptoms but actually significantly improved her health and quality of life. Now updated with the latest major medical studies, which raise troubling questions about estrogen replacement for millions of women, No Hormones, No Fear is an indispensable primer for women confronting the thicket of conflicting information about whether or not to choose hormones during menopause. Trisha Posner, through her own inspiring story, shows that today's modern women finally have choices and can empower themselves by taking control of their health and lives.

INSTANT NEW YORK TIMES BESTSELLER • WALL STREET JOURNAL BESTSELLER • #1 GLOBE AND MAIL BESTSELLER • USA TODAY BESTSELLER

You are not broken. Being a woman is not a diagnosis. Take your body back with the groundbreaking new science for women in Hormone Intelligence. Hormonal. We all know what it means when we hear it - and feel it. While hormonal shifts are natural throughout women's lives, too many experience distressing period symptoms, struggle daily with PCOS, endometriosis, a fertility challenge, pain, low sex drive, sleep problems, acne, bloating, hot flashes, and more - all due to hormone-related problems. And too many are unable to get the answers they're really seeking from their doctors. There is a solution. In Hormone Intelligence, Yale trained and internationally renowned women's health expert, Dr. Aviva Romm, helps you identify the root causes of your symptoms and guides you through a 6-week proven program to achieve lifelong hormonal and gynecologic health. Using a holistic, dietary and lifestyle changing approach, Hormone Intelligence

goes beyond treating symptoms to the deeper factors impacting women's health, so you can reclaim your body, hormones, and self. Inside Hormone Intelligence, you'll find: · Hormone Health 101: Understand the key components of the hormone epidemic and associated dietary and lifestyle triggers. · Symptoms and Root Causes Demystified: Discover what your symptoms are saying about your hormones with quizzes, checklists, trackers, and more. · A 6-Week Action Plan: Learn what foods you should indulge and avoid, how to repair your microbiome to support hormone health, how to identify environmental hormone disruptors, engage your body's natural detoxification systems and reduce hidden inflammation, and the lifestyle changes that lead to happy, healthy hormones. · Delicious, done-for-you meal plans to take you through the entire program, including vegan options. Hormone Intelligence is an invitation to a whole new relationship with your body and hormones, the exhale you've been waiting for, and the first step on the road to realizing that a diagnosis does not have to be your destiny. Extended references, a complete index, and additional resources for

Herbs, Nutrition, and Other Natural Therapies

AARP Prescription for Drug Alternatives

Safe, Effective Alternatives to Hormone Replacement Therapy

The Natural Menopause Handbook

10 Steps to Rejuvenate Your Health and Rediscover Your Inner Glow

Basic Health Publications User's Guide to Natural Hormone Replacement

Menopause and Hormone Replacement

Examines the scientific evidence for and against hormone therapy for women past menopause, reviews the alternatives to it, and discusses its risks and limitations.

Natural medicine has become a very popular choice for women looking to relieve the symptoms of menopause because of its low side effect profile, its widespread availability, and its consistent effectiveness. In *4 Steps to Natural Menopause Relief*, a professional alternative medicine practitioner outlines the most effective natural medicine techniques that have been successful for hundreds of women going through menopause. The author presents these techniques as steps, emphasizing that none are a pre-requisite for the other but work best when practiced together. The steps are simple to understand with easy explanations devoid of hard to pronounce words, exotic therapies, and difficult scientific

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processes. Instead the author focuses on giving the reader tangible steps to take, asserting: "This guide is about giving you options you can find anywhere. I don't want to blow your mind with what you could include that may work, but rather introduce you to what you should include that will likely benefit you." Complete with testimonials from the author's own clients, this short guide proves to be useful in helping women manage the discomforts of menopause naturally in a safe, gentle, and effective manner.

AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. James Balch and Mark Stengler, coauthors of the hugely successful Prescription for Natural Cures, and Robin Young Balch have teamed up to create the most comprehensive and up-to-date book available on natural alternatives to prescription medications. The book provides natural, safe, and effective ways to treat a wide range of common ailments, including ADHD, allergies, diabetes, depression, erectile dysfunction, eczema, heart disease, headaches, and PMS. You'll read in-depth information, not found in any other popular book, about the pros and cons of prescription and over-the-counter drugs compared with natural treatment alternatives ranging from diet and lifestyle changes to supplements and herbal medicines. "This book is essential reading for anyone who wants to take charge of his or her health. Read it to live long and well." —Hyla Cass, M.D., author of Supplement Your Prescription: What Your Doctor Doesn't Know about Nutrition "An outstanding resource for comparing common pharmaceutical and holistic treatments." —Ronald M. Lawrence, M.D., coauthor of Preventing Arthritis and The Miracle of MSM "A must-read for every person who wants to achieve better health and avoid the dangers of synthetic medications. The authors do an exceptional job by telling you everything you need to know about getting well and how to use supplements correctly and safely." —Suzy Cohen, R.Ph., author of The 24-Hour Pharmacist

What to Eat is a classic—"the perfect guidebook to help navigate through the confusion of which foods are good for us" (USA Today). Since its publication in 2006, Marion Nestle's What to Eat has become the definitive guide to making healthy and informed choices about food. Praised as "radiant with maxims to live by" in The New York Times Book Review and "accessible, reliable and comprehensive" in The Washington Post, What to Eat is an indispensable resource, packed with important information and useful advice from the acclaimed nutritionist who "has become to the food industry what . . . Ralph Nader [was] to the automobile industry" (St. Louis Post-Dispatch). How we choose which foods to eat is growing more complicated by the day, and the straightforward, practical approach of What to Eat has been praised as welcome relief. As Nestle takes us through each supermarket

section—produce, dairy, meat, fish—she explains the issues, cutting through foodie jargon and complicated nutrition labels, and debunking the misleading health claims made by big food companies. With Nestle as our guide, we are shown how to make wise food choices—and are inspired to eat sensibly and nutritiously.

Menopause Naturally

All-Natural Options for Better Health without the Side Effects

The Natural Hormone Makeover

Manage Your Menopause Naturally

The Complete Guide to Calming Hormone Chaos and Restoring Your

Body's Natural Blueprint for Well-Being

Dr. Susan Love's Hormone Book

The Natural Menopause Plan

Integrating the key features of natural medicine from both the Western tradition and ancient Chinese teachings, a groundbreaking guide to women's health outlines ten crucial components of a woman's health and provides tips on how to maintain peak condition with a variety of natural, nontoxic methods and therapies. Original. 15,000 first printing.

Minimize the symptoms of perimenopause and menopause naturally through a sustainable, enjoyable eating plan, physical activity, and other beneficial lifestyle habits “My friends and well-respected colleagues have written The Menopause Diet Plan to help you feel healthier, happier, and more confident during this change in your life.”—Maye Musk, MS, RDN, and author of A Woman Makes a Plan Menopause is uncharted territory for women, and it can be difficult to know how to ease the effects of hormonal changes that can often start in your 40s. With honesty and optimism, The Menopause Diet Plan encourages a positive, fad-free approach to managing your physical and emotional health during perimenopause and menopause. It highlights current scientific knowledge about the best diet and lifestyle choices to manage your weight; keep your heart, brain, and bones healthy; and decrease the risk for cancer and other chronic conditions. It also offers natural strategies to help diminish hot flashes, manage sleep difficulties and mood swings, improve energy, and more. The Menopause Diet Plan takes a unique approach to eating before, during, and after menopause. Registered dietitians Hillary Wright and Elizabeth Ward provide a customizable, plant-based eating plan that is rich in protein, fiber, and other beneficial nutrients, moderate in carbohydrates, and low in saturated fat, sodium, and added sugars. Balancing evidence-based advice

with real-life circumstances and personal experience, it combines the best of the world's healthiest diets with the latest nutrition research for women in the menopause transition. Recipes such as Peanut Butter Smoothie, Chicken Italiano, and Chocolate Oatmeal Energy Balls make it easier to eat delicious, satisfying foods that nourish your body. With a comprehensive approach to better health, The Menopause Diet Plan helps women take charge of their well-being and live life to the fullest.

The effects of menopause can be utterly debilitating for women, ravaging their physical, mental and emotional health and often their careers and relationships too. But conventional therapies come with side effects that sometimes seem nearly as bad. Bestselling author Maryon Stewart shows how you can alleviate the symptoms of menopause - naturally and effectively; through diet, supplements, herbal remedies, exercise and relaxation. The Natural Menopause Plan includes more than 90 delicious recipes. All are easy to make and brimming with vital nutrients, such as calcium, magnesium and essential fatty acids. Many are especially designed to include naturally occurring estrogens (phytoestrogens); a safe and effective alternative to HRT. You'll find delicious smoothies, pancakes and muesli recipes for breakfast. Lunch and dinner choices include fresh salads, soups, risotto, bakes, curries, stir-fries and more, with plenty of options for special diets. Desserts and snacks offer choices like cheesecake, fruit salads, cakes, bars and breads. Each is specially designed to alleviate menopausal symptoms in a healthful, lasting way. Complete with authoritative nutritional information, this is the ultimate guide to combating the effects of menopause the natural way.

Natural approaches and mind-body strategies for women's most pressing health concerns.

**All Natural Options for Better Health without the Side Effects
The Change Before the Change**

Dr. Susan Love's Menopause and Hormone Book

The Menopause Manager

Natural Choices for Women's Health

**How to Overcome the Symptoms with Diet, Supplements,
Exercise and More Than 90 Recipes (16pt Large Print Edition)**

A Woman's Guide to Natural Hormones

Accompanied by worksheets, a glossary of terms, and detailed lists of health and provider organizations, a groundbreaking guide explores a wealth of treatment options for menopause, covering such topics as herbal

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therapies, hormones, natural remedies, sexuality, and much more. Original. 15,000 first printing.

We are familiar with its symptoms: hot flashes, night sweats, and more. While menopause triggers physical changes, it also brings forth spiritual issues that, for many women, mark a redefinition of the feminine self. To address the impact of menopause, Gabriele Kushi has created a practical guide to dealing with this special time. The author first provides a clear understanding of the overall process of menopause, from biological changes to emotional challenges. She then offers research-based nutritional guidelines that can help relieve menopausal symptoms, as well as healthful kitchen-tested recipes based on a natural foods diet. However, it is the stories and portraits of twenty menopausal women that are the heart and soul of the book. Here is a true companion for any woman who wants to nurture her own spiritual growth, adopt a natural foods diet, and enjoy good health throughout the midlife years.

AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. James Balch and Mark Stengler, coauthors of the hugely successful *Prescription for Natural Cures*, and Robin Young Balch have teamed up to create the most comprehensive and up-to-date book available on natural alternatives to prescription medications. The book provides natural, safe, and effective ways to treat menopause. You'll read in-depth information, not found in any other popular book, about the pros and cons of prescription and over-the-counter drugs compared with natural treatment alternatives ranging from diet and lifestyle changes to supplements and herbal medicines. "This book is essential reading for anyone who wants to take charge of his or her health. Read it to live long and well." —Hyla Cass, M.D., author of *Supplement Your Prescription: What Your Doctor Doesn't Know about Nutrition* "An outstanding resource for comparing common pharmaceutical and holistic treatments." —Ronald M. Lawrence, M.D., coauthor of *Preventing Arthritis and The Miracle of MSM* "A must-read for every person who wants to achieve better health and avoid the dangers of synthetic medications. The authors do an exceptional job by telling you everything you need to know about getting well and how to use supplements correctly and safely." —Suzy Cohen, R.Ph., author of *The 24-Hour Pharmacist*

A female doctor who has spent more than two decades studying the relationship between hormones and menopause presents a safe, effective program for using natural and bioidentical hormones to combat hot flashes, insomnia, mood swings, and many other symptoms linked to menopause-related hormone imbalances. Combining traditions of Chinese medicine with the latest Western developments and discoveries, this easy-to-follow ten-step program helps you create a personalized course of treatment using supplements, herbs, natural and bio-identical hormones,

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and diet to enhance both safety and hormone effectiveness.

Taking Charge of Your Perimenopause

The Natural Hormone Solution to Enjoy Perimenopause

Learn How Safe Dietary and Herbal Supplements Can Ease Your Midlife Changes

All you need to know in one concise manual: Signs and symptoms - Time to rethink HRT - Holistic treatments - Coping at work - Advice for all the family

Making Informed Choices about Menopause

Over the Symptoms with Diet, Supplements, Exercise and More Than 90 Recipes

Herbal Remedies, Aromatherapy, CBT, Nutrition, Exercise, HRT...for Perimenopause, Menopause, and Beyond

Hormonal imbalances can occur at any age—before, during, or after menopause—and for a variety of reasons. While most hormone-related problems are associated with menopause, fluctuating hormonal levels can also cause a variety of other conditions, and for some women, the effects can be truly debilitating. *What You Must Know About Women's Hormones* is a clear guide to the treatment of hormonal irregularities without the health risks associated with standard hormone replacement therapy. This book is divided into three parts. Part I describes the body's own hormones, looking at their functions and the problems that can occur if these hormones are not at optimal levels. Part II focuses on the most common problems that arise from hormonal imbalances, such as PMS, hot flashes, and endometriosis. Lastly, Part III details hormone replacement therapy, focusing on the difference between natural and synthetic hormone treatments. Whether you are looking for help with menopausal symptoms or you simply want to enjoy vibrant health, *What You Must Know About Women's Hormones* can make a profound difference in your life.

From menopause to pregnancy, there are some medical problems that affect only women. While there are isles of products dedicated to women's health products at your local grocery store, some women have turned to nature's super market to treat their ills. We have covered natural remedies for over 40 women health issues & this is what you will get from the eBook: ?Home Remedies For Sore Throat During Pregnancy ?Home Remedies To Remove Unwanted Body Hair ?Apple Cider Vinegar Benefits For Women ?Home Remedies For Leg Cramps During Pregnancy?Safe Home Remedies For Cold And Cough During

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Pregnancy ?Home Remedies For Menopause Relief ?Home Remedies For Acidity During Pregnancy ?Home Remedies For Oily Skin ?Home Remedies For Itching In Private Parts ?Home Remedies For Swollen Feet During Pregnancy ?Natural Relief Options: Home Remedies For Pregnancy Rhinitis ?Home Remedies To Treat Constipation During Pregnancy ?Super-Foods Every New Mother Needs To Eat ?Top Super-Foods For Women ?Natural Remedies To Manage Breast Tenderness And Pain At Home ?Safe And Natural Ways To Prevent Pregnancy Stretch Marks ?Japanese Women Secrets For Staying Slim And Younger Looking ?Natural Makeup Removers That Get The Job Done Quickly ?Hypertension During Pregnancy: Facts, Prevention, And Natural Remedies ?Home Remedies For Vaginal Thrush ?Home Remedies For Pilonidal Cysts (Large Pimple At Bottom Of Tailbone) ?Inexpensive Beauty Remedies Every Girl Should Know ?How To Dye Your Hair Naturally Top Super-Foods To Boost Fertility Home ?Remedies For Female Infertility (Sterility ?Home Remedies For Staph Infection ?Home Remedies For Vaginitis ?Home Remedies To Help You Conceive ?Home Remedies For Anorexia ?Home Remedies For Breast Infection (Mastitis) ?Home Remedies For Skin Rejuvenation ?Home Remedies For Heavy Menstrual Bleeding ?How To Reduce Breast Size Naturally ?Home Remedies For Fibromyalgia ?Top Foods To Prevent Breast Cancer ?Top Vitamins For Women ?Super-Foods To Prevent Hair Loss ?How To Balance Hormone Levels Naturally ?Home Remedies For Nail Growth ?Home Remedies For Hot Flashes In Women ?Home Remedies For Brittle Nails ?Home Remedies For Smooth And Shiny Hair ?Home Remedies For Sore Nipples ?Home Remedies For Leukorrhea (Vaginal Discharge) ?Home Remedies For Endometriosis ?Home Remedies For Ovarian Cysts ?Home Remedies For Breast Enlargement ?Home Remedies For Multiple Sclerosis ?Home Remedies For Genital Warts ?Home Remedies For A Stomach Ulcer ?Top Super Foods For Women ?Home Remedies For Melasma (Skin Hyper-Pigmentation) ?Home Remedies For Menstrual Cramps ?Home Remedies For Irregular Periods ?Home Remedies For Restless Legs Syndrome ?Home Remedies For Rosacea ?Home Remedies For Unwanted Facial Hair ?Home Remedies For Morning Sickness ?How To Lighten A Dark Upper Lip ?How To Deal With Nosebleeds During Pregnancy ?How To Stop Hair Thinning And Prevent Balding ?Herbs That Help Fight Hair Loss ?How To Treat Hormonal Acne ?Conditions That Increase Your Risk Of Early Menopause ?How To Recover Faster After A C-Section ?How To Tighten Loose Skin After Pregnancy

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?Know The Benefits Of Exercising While You're Pregnant ?How To Help Manage ADHD During Pregnancy ?How To Remove Upper Lip Hair ?Blocked Fallopian Tubes: Causes, Treatment, Prevention And Symptoms ?How To Stop Your Period Early ? How to Use Rice Water for Beautiful Skin and Hair ? Side Effects of Birth Control Pills that Your Doctor May Not Tell You ? Bad Habits that Damage Your Hair ? Habits That Make You Age Faster and Look Older ? DIY Hibiscus Hair Masks for Beautiful and Silky Hair ? How to Lighten Dark Skin Around Your Pubic Area ? How to Keep Your Bones Strong and Healthy ? Beauty and Health Benefits of Raw Onions ? How to Cleanse and Detox Your Lungs ?How to Get Strong Teeth and Gums ? Know When a Woman Should See a Gynecologist ?Bad Beauty Habits that are Giving You Wrinkles ?Symptoms that are Perfectly Normal during Menstruation ?How to Tone Your Hips and Thighs ?How to Get Rid of Cellulite in Thighs ?Super Foods to Reduce Belly Fat ?Foods to Prevent Breast Cancer ?How to Get Rid of Vaginal Odor

The Essential Book for Every Woman Over 35 You're in the prime of life. As far as you know, menopause could be years away. So why is your body sending you such weird messages? Women today can't afford to lose time and energy to the common, but often misdiagnosed, symptoms of perimenopause – from mood swings and stubborn extra pounds to hot flashes and insomnia – that precedemenopause by as much as a decade. In this lively and solution-packed book, renowned ob/gyn Dr. Laura Corio provides all the information you need to take charge of your physical and emotional well-being:

- Hormone treatment before menopause, including all the new, natural, and low-dose forms that are making this a safe choice for more women
- Herbs, soy, and other alternative therapies that are backed by solid medical research
- How perimenopause affects fertility – and what to do if you want to get pregnant
- How your skin, hair, and nails reflect deeper changes – and how to make them vibrant again
- Ways to combat cancer fears – and what tests you absolutely must have
- Whether a high-protein diet is right for you – and what vitamins and minerals you should be taking
- What to do now to protect your breasts, uterus, bones, and heart in the years to come
- Diet and exercises to prevent or minimize symptoms, and much more!

Every day, millions of women are subject to their changing hormones, which play a vital role in the functioning of a

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healthy body. When hormones are not produced in the proper amounts or they are not in balance with one another, a number of health problems can occur, including premenstrual syndrome (PMS), pelvic inflammatory disease (PID), menstrual dysfunction, fibrocystic breasts, and menopause. Symptoms of hormonal imbalance can range from mild cramping, irritability, and food cravings to hot flashes, night sweats, and mood swings. Even serious conditions and diseases, such as osteoporosis, arthrities, diabetes, premature aging, and cancer, can result. Standard hormone replacement therapies are often used to maintain proper balance; but they can have dangerous side effects. Roger Mason, in his newly revised *Natural Health for Women*, offers safe and naturally effective alternatives to help keep hormones in balance. *Natural Health for Women* begins by first explaining how the body produces and uses different hormones, and how hormonal levels change during a women's lifetime. It goes on to discuss the various hormone replacement options, as well as safe, natural alternatives. A healthy diet and exercise program is also presented as an effective preventive measure against hormone imbalance. Other topics include natural cures for osteoporosis and arthritis, steps for maintaining good breast health, and how to avoid a hysterectomy. There is even a useful chapter on how to test hormone levels from home. Hormones do not have to control your life. With *Natural Health for Women*, you can learn to effectively maintain their proper balance safely and naturally.

A Natural Journey Through Menopause

Before the Change

Help for Menopause

Your Guide to Natural Hormone Treatments for PMS, Menopause, Osteoporis, PCOS, and More

Natural/Bio-identical Hormones for Every Age and Every Stage, Revised and Updated Edition

The Estrogen Alternative

Natural Menopause