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Hormones No
Fear A Natural
No
Journey Through
Hormones

*No Fear A
Natural
Journey
Through
Menopause*

**There is a
transcendent
awareness above**

Page 1/178

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Journey Through
Menopause

the five senses
(that we relate
to as common
sense) that is
present and
readily
accessible to
each and every
one of us. When
we realize it,
we see it is the
source of true
peace, good
health,

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Menopause

happiness,
satisfaction,
courage, and
joy. Weve got to
feel connected
to something
bigger than
ourselves.

Whether you call
it god,
universal mind,
love presence,
divine spirit,
life energy,

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there is a force
that beats our
hearts, breathes
our breaths,
keeps the sun
shining. The
more we struggle
to live, the
less we live.
Give up the
notion that you
must be sure of
what you are
doing. Instead,

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surrender to
what is real
within you by
detoxifying,
meditating
(quieting the
mind), fasting,
and praying, for
that within is
sure. And yet,
we dont know how
to access it; we
dont know how to
bring it into

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Fear A Natural
our awareness.
Journey Through
Meropress
We dont know how
to manifest it
or embody it.
It's true that
what you eat
defines you. If
you eat healthy,
you will happier
and more
productive.
Otherwise, you
won't have the
energy to get

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Journey Through
Menopause
anything on your
list done. Let
good food rule.
Let your body
enjoy a
nutritious diet
while losing
weight. Here's a
three-book
collection that
discusses the
detox and
superfoods diet
in detail. Enjoy

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Fear A Natural
Journey Through
Menopause
the good read.
Are you ready to
feel better?

This book is for
you if you are
going through
PMS,
perimenopause,
or menopause.
Here you will
read about the
myths of
menopause and
why this

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Menopause
transition does
not need to
signal a
decrease in the
quality of life.
No woman needs
to have
unpleasant
symptoms unless
she chooses to
do so. It's all
here ...
discover how
Lifting the Veil

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Fear A Natural
of Menopause can
Journey Through
change your
Menopause
life, and help
you realize that
“the change” is
just part of
another phase to
be embraced in
your vibrant,
energized, and
healthy life.
He was a kind
and friendly
person. A father

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Menopause

to five kids and
grandfather to
eight kids. He
worked on the
gold mines all
his life. He was
a hard worker
and was
dedicated to his
family. He was
very health
conscious. He
always woke up
early before he

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Fear A Natural

went to work, at
3:30 a.m., to

have a workout.

He had his gym
in the backyard.

He pumped iron
every morning.

He was always in
good shape. He

was not a

drinker or

smoker. He was a

healthy person,

till he got

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cancer. He
received
chemotherapy.

All his hair
fell out, and he
got very thin.
Even then, when
he wasn't
feeling well, he
would train with
his weights. He
got my brother
and me into
training with

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weights when we
were young. We
still do it. He
beat cancer,
once, but it
returned after a
year or two. It
eventually got
him. He wrote
two books over a
time span over
four years: From
Darkness to
Light and Walter

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the Wonder Boy.

Journey Through
He was hoping to

Menopause
get them

published, but

it never

happened. It was

his dream to

make money from

his books. He

was an excellent

father. We will

always love and

miss him.

Human poems

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Fear A Natural
Encyclopedia of
Journey Through
Aging and Public
Menopause
Health

Current trends
in Experimental
and Applied
Psychology Vol 1
The Mere
Mortal's Guide
to Fine Dining
Pharma
Bioidentical
Hormones Made
Easy!

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Most cancer research dollars have been wasted by asking the wrong questions, looking in the wrong places, and recycling the same failed approaches while expecting different results.

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Conventional
Journey Through
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cancer treatments
damage health,

cause new

cancers, lower the
quality of life, and

decrease the
chances of

survival. In fact,

most people who
die from cancer

are not dying

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from cancer, but
from their
treatments! That's
the bad news.
Here's the good
news: We can end
the cancer
epidemic. In
Never Fear
Cancer Again,
readers will gain
a revolutionary

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Fear A Natural
new
Journey Through
Menopause
understanding of
health and

disease and will
come to
understand that
cancer is a
biological process
that can be turned
on and off, not
something that
can be surgically

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Fear A Natural
removed or
Journey Through
destroyed with
Menopause
radiation or toxic
chemicals. So
whether cancer
has already been
diagnosed or if
prevention is the
concern, it is
possible to turn
off the wayward
production of

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these
Journey Through
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malfunctioning
cells once and for
all by reading this
book and
implementing its
strategies. The
key to any disease
has one simple
cause:
malfunctioning
cells that are

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created by either
deficiency or
toxicity. By
switching off the
malfunctioning
cells, you switch
off the cancer.
Never Fear
Cancer Again
guides readers
along six
pathways that

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cause deficiency
or toxicity at the
cellular level:

nutritional path,
genetic path,
medical path,
toxin path,
physical path, and
the psychological
path. By making
key lifestyle
changes, people

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truly have the
power to take
control of cancer
and transform
their health. This
radically different,
yet holistic
approach restored
author Raymond
Francis back to
health just as it
has helped

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thousands of others, many of whom were told they had no other options or that their cancer was incurable. Take back your health with this book and never fear cancer again.

Five years ago, at

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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

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Fear, A Natural
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Menopause
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

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therapy. In a
wonderfully
engaging personal
account, she
reveals how she
mastered
menopause
naturally, by
developing a
unique program
involving
exercise, diet,

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Fear. A Natural
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

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Menopause
medical studies,
which raise
troubling
questions about
estrogen
replacement for
millions of
women, No
Hormones, No
Fear is an
indispensable
primer for women

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Fear: A Natural
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Menopause

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

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modern women
Journey Through
finally have
Menopause
choices and can
empower
themselves by
taking control of
their health and
lives.

Award-winning
journalist and
New York Times
bestselling author

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Gerald Posner reveals the heroes and villains of the trillion-dollar-a-year pharmaceutical industry and delivers “a withering and encyclopedic indictment of a drug industry that

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often seems to
prioritize profits
over patients (The
New York Times
Book Review).

Pharmaceutical
breakthroughs
such as antibiotics
and vaccines rank
among some of
the greatest
advancements in

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human history.
Yet exorbitant
prices for life-
saving drugs,
safety recalls
affecting tens of
millions of
Americans, and
soaring rates of
addiction and
overdose on pre-
scription opioids

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Fear A Natural
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have caused many
to lose faith in
drug companies.

Now, Americans
are demanding a
national
reckoning with a
monolithic
industry.

“Gerald’s dogged
reporting, sets
Pharma apart

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Fear A Natural
Journey Through
Menopause
from all books on
this subject” (The
Washington

Standard) as we
are introduced to
brilliant
scientists,
incorruptible
government
regulators, and
brave
whistleblowers

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facing off against
company executives often

blinded by greed.

A business that

profits from

treating ills can

create far

deadlier problems

than it cures.

Addictive

products are part

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of the industry's
DNA, from the
days when corner
drugstores sold
morphine, heroin,
and cocaine, to
the past two
decades of
dangerously
overprescribed
opioids. Pharma
also uncovers the

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real story of the
Sacklers, the
family that
became one of
America's
wealthiest from
the success of
OxyContin, their
blockbuster
narcotic painkiller
at the center of
the opioid crisis.

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Relying on
thousands of
pages of
government and
corporate
archives, dozens
of hours of
interviews with
insiders, and
previously
classified FBI
files, Posner

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exposes the secrets of the Sacklers' rise to power—revelations that have long been buried under a byzantine web of interlocking companies with ever-changing names and hidden owners. The

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unexpected twists
and turns of the
Sackler family
saga are told
against the
startling chronicle
of a powerful
industry that sits
at the intersection
of public health
and profits.

“Explosively, even

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addictively,
readable”
Journey Through
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(Booklist, starred review), Pharma reveals how and why American drug companies have put earnings ahead of patients. The brilliantly shocking story of the ultimate

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transplant from
New York Times
bestselling author
Robert A.
Heinlein. As
startling and
provocative as his
famous Stranger
in a Strange Land,
here is Heinlein's
awesome
masterpiece about

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a man supremely
talented,
immensely old
and obscenely
wealthy who
discovers that
money can buy
everything. Even
a new life in the
body of a
beautiful young
woman.

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The Pharmacist of
Auschwitz
Adolescent

Medicine Today:

A Guide To Caring

For The

Adolescent

Patient

The Complete

Story

No Antibiotics. No

Birth Control

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Pills. No
Journey Through
Roaccutane.
Menopause

Methods of
Behavior Analysis
in Neuroscience

Heal the Body
Holistically

*Based on exclusive
and unrestricted
access to more than
5,000 pages of
personal writings and
family photos, this*

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definitive biography
of German physician

and SS-
pause

Hauptsturmführer

Josef Mengele

(1911-1979) probes

the personality and

motivations of

Auschwitz's "Angel of

Death." From May

1943 through January

1945, Mengele

selected who would

be gassed

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Journey Through
Mepyras

immediately, who would be worked to death, and who would serve as involuntary guinea pigs for his spurious and ghastly human experiments (twins were Mengele's particular obsession). With authority and insight, Mengele examines the entire life of the world's

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Fear: A Natural
most infamous
Journey Through
doctor.

While a solid
understanding of
human behavior
theory is an essential
tool for designing and
implementing
successful health
promotion programs,
changing health
behavior requires
multiple skills beyond
the ability to simply

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Hormones
apply theory. Divided
into three sections,
the book takes a
unique ecological
approach to learning
about health
behavior theory and
its application. The
reader will first gain a
broad understanding
of health, public
health, health
behavior and health
promotion planning.

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Microbes

Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition.

A collection of poems reflecting life as a human. It helped me to write them. Maybe you can relate to some of the emotions and ideas expressed.

Several photos are

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*scattered throughout
the book like
treasured moments
in life. There are no
page numbers as it is
a book that can be
dipped into
sporadically.*

*A compelling defense
of hormone
replacement therapy,
exposing the faulty
science behind its fall
from prominence and*

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empowering women
to make informed

decisions about their

health. For years,

hormone

replacement therapy

(HRT) was hailed as a

miracle. Study after

study showed that

HRT, if initiated at

the onset of

menopause, could

ease symptoms

ranging from hot

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Menopause

*flashes to memory
loss; reduce the risk
of heart disease,
Alzheimer's,
osteoporosis, and
some cancers; and
even extend a
woman's overall life
expectancy. But
when a large study
by the Women's
Health Initiative
announced results
showing an uptick in*

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breast cancer among
women taking HRT,
the winds shifted
abruptly, and HRT,
officially deemed a
carcinogen, was
abandoned. Now,
sixteen years after
HRT was left for
dead, Dr. Bluming, a
medical oncologist,
and Dr. Tavis, a
social psychologist,
track its strange

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its resurrection. They

investigate what led
the public -- and

much of the medical
establishment -- to

accept the Women's
Health Initiative's

often exaggerated
claims, while also

providing a fuller
picture of the science

that supports HRT. A

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*sobering and
revelatory read,*

*Estrogen Matters sets
the record straight on
this beneficial
treatment and
provides an
empowering path to
wellness for women
everywhere.*

*Hormones, Genes,
and Cancer
Lifting the Veil of
Menopause*

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A Memoir

*The Last Weight Loss
Program You'll Ever
Need*

*From Salad Forks to
Sommeliers, How to
Eat and Drink in Style
Without Fear of Faux
Pas*

*I Want a Love I Can
Feel*

The purpose of this
book is to serve as a

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reference for
Journey Through
Menopause
expectant parents,
providing up-to-
date medical
information. It
offers detailed
descriptions of the
events leading up to
delivery, as well as
the first three
months of the
baby's life. Index

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and sidebars.

Journey Through

Menopause

Are you a woman
suffering with

acne? Are you

embarrassed or

frustrated with

your skin? Does it

seem to have a

mind of its own?

Do you want to

take the guesswork

out of clearing your

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Fear A Natural

acne, saving you
time, money and
heartache? If you

said yes to any of
the above, this book
is for you. Dr Terry
Loong, an award-
winning integrative
cosmetic and skin
doctor, suffered
from acne herself
and found a way to

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Menopause

clear her acne
without antibiotics,
birth control pills
or roaccutane.

Since then, she has
been helping her
patients do the
same. In *The
Hormonal Acne
Solution*, she shares
with you the real
causes of hormonal

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Menopause
acne and explains
her unique holistic
approach,

combining internal
hormone-balancing
with her skin care
secrets. Written in
plain English and
with amusing
illustrations, Dr
Terry takes the
fear out of acne and

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teaches you how to work with your skin to reveal the beautiful clear complexion you were born with. Dr Terry has studied Functional Medicine and Hormone Balancing in the USA and worked

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with women in the

Journey Through

UK for eleven

Menopause
years, and she

believes acne is an

outward expression

of an imbalance

occurring within

the body. Dr

Terry's treatment

strategy includes

reducing

inflammation

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internally and
externally,
balancing sugars,
optimising
nutrition, and
balancing
hormones through
supplementation,
herbs or natural
hormones. In this
book you will also
learn how to read

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Fear A Natural
Journey Through
Menopause

your skin during
your cycles and
discover how to
choose the right
skin products and
treatments for you.
The Hormonal
Acne Solution is a
candid look at acne,
influenced by Dr
Terry's love of
writing and telling

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stories. Get ready
to be inspired,
educated and

informed on how to
clear your skin, feel
confident and love
the skin you're in.

Daily Dose of

Meds: Thirty Days

of Increased Life

Satisfaction is a

simple yet effective

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Fear A Natural
journey through
increasing
happiness and

purpose in life.

Happiness is not an entity that is out of reach. Happiness is an innate need in all humans.

Happiness is the end goal for most everything we do in

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life. Happiness is accomplished by fulfilling a purpose in life. Purpose in life inspires you to continue to grow. When life happens, you may feel down, discouraged, angry, sad, and lost. When this occurs, you may lose your focus

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on your faith, self-care and self-

compassion. People lose sight of their desired purpose.

Daily Dose of Meds is an inspiring reminder of the simple things in life which can make the most difference.

This book contains

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guidelines that can
increase happiness
and joy, but most

of all, can increase
peace in the mind.

Obtaining peace in
the mind can

restore a passion
for purpose in life.

During this thirty-
day journey, you
will evaluate

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yourself and
increase self-
awareness. Self-

awareness is
believed to be an
empowering tool
for coping with
your daily life. Self-
awareness allows
you to increase
control over your
own life, make

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wiser choices, and experience the rewards of life along the way. Self-awareness strongly influences your mindset, and mindset impacts life satisfaction. The most effective way to customize your life to what

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you desire is to
know yourself and
your needs.

Identify your
purpose and
implement your
foundation of
beliefs and values
to your everyday
life. Therefore,
when life happens
and you feel

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discouraged or lost,
you will also have
the hope that this
will not last
forever. The most
important action in
any situation is to
care for the mind,
body, relationships,
and soul.

Examines the
scientific evidence

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

Detox Diet and Superfoods Edition
A Modern Woman's Guide To

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Thriving Through
Journey Through
Midlife
Menopause
Daily Dose Of
Meds

The Untold Story
The Breakthrough
Treatment for Fear
of Flying
Learn about
bioidentical
hormone

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replacement
therapy (BHRT) in a
Menopause**
quick and easy
book. Learn about
the history of
hormone
replacement (HRT)
and discover why
all HRT is feared,
even bioidentical
hormones. Learn
how to find a
doctor who will
help you and not

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hurt you. Explore all of your BHRT options, learning how to replace your hormones safely, so that you can prevent heart disease, cancer, and all other diseases of aging. From aperitif to digestif, approach every meal with savvy and grace.

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We've all experienced Fancy-Pants Restaurant Jitters at some point – the fear that you will unknowingly commit some fine-dining crime, whether it's using the wrong fork, picking an amateur wine, mispronouncing

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foie gras, or
gasping when your
fish entrée arrives
with its head still
attached. Relax.
The Mere Mortal's
Guide to Fine
Dining is the
ultimate antidote
to restaurant
anxiety. Where
does your napkin
go when you leave
the table? Should

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Fear A Natural
Journey Through
Mexico
you sniff the wine
cork? And why,
pray tell, are there
so many forks?

This
comprehensive and
accessible primer
answers these and
dozens of other
questions and
offers the basics on
every aspect of
fine dining,
including: * How to

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Journey * Speaking

menu-ese and the

language of fine

food * A refresher

on polite and

polished table

manners * 911 for

wine novices * A

carnivore's guide

to beef, pork, lamb,

and veal * What

local, sustainable,

and organic really

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Menopause

mean * Japanese
dining dos and
don'ts * Who's who
on a restaurant's
staff * How to be a
regular—or get the
perks like one *
Top restaurants
across the country
* What the food
snobs know (and
you should, too) *
And much more...
With a little help,

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any Mere Mortal
can order wine with
confidence, get
great, attitude-free
service, decipher
menus, and finally,
truly, savor any
dining experience.

I Want a Love I Can
Feel By: Dr. Joyce
Crider-Anderson A
self-improvement
book mixed with
spirituality explains

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true love. What is love? What does love look like? What does love feel like? How do I know if I love someone? How do I know if someone loves me? All of these questions are answered by delivering a different approach to looking at how

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to love God, love yourself, and love others. This book examines the physical and chemical interactions that take place in the body when associated with love.

From two of the world's leading authorities on

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Fear A Natural
Journey Through
Menopause

dogs, an
imaginative
journey into a
future of dogs
without people
What would
happen to dogs if
humans simply
disappeared?
Would dogs be able
to survive on their
own without us? A
Dog's World
imagines a

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Journey Through
Menopause

posthuman future
for dogs, revealing
how dogs would
survive—and
possibly even
thrive—and
explaining how this
new and
revolutionary
perspective can
guide how we
interact with dogs
now. Drawing on
biology, ecology,

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Journey Through
Mesomys

and the latest findings on the lives and behavior of dogs and their wild relatives, Jessica Pierce and Marc Bekoff—two of today's most innovative thinkers about dogs—explore who dogs might become without direct human intervention

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Fear A Natural

into breeding,
Journey Through
arranged playdates

at the dog park,

regular feedings,

and veterinary

care. Pierce and

Bekoff show how

dogs are quick

learners who are

highly adaptable

and opportunistic,

and they offer

compelling

evidence that dogs

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already do survive on their own—and could do so in a world without us.

Challenging the notion that dogs would be helpless without their human

counterparts, A

Dog's World

enables us to

understand these

independent and

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Fear A Natural
remarkably
Journey Through
intelligent animals
Menopause
on their own terms.
How to Prevent and
Reverse Cancer
From Darkness to
Light
The Naked Truth
About Bioidentical
Hormones
No Hormones, No
Fear
The Harlot and the
Beast

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Fear A Natural
Soar
Journey Through
**No Hormones, No
Fear A Natural**

**Journey Through
Menopause Villard**
In England in 1662, a
time of religious
persecution, fifteen-
year-old Susanna, a
poor country girl and
a Quaker, and
seventeen-year-old
William, a wealthy

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Fear A Natural
Journey Through
Menopause
**Anglican, meet and
fall in love against all
odds.**

**In this
comprehensive
guide, Hoffmann
explains specific
actions individual
herbs have on the
body and suggests
herbal prescriptions
for a variety of
conditions. It**

Page 99/178

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includes a practical reference section listing the effects of various herbs, with prescriptions on how to use them for a wide range of illnesses.

Americans are living longer, and the elder population is growing larger. To meet the ongoing

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**need for quality
information on elder
health, the
Encyclopedia of
Aging and Public
Health combines
multiple perspectives
to offer readers a
more accurate and
complete picture of
the aging process.
The book takes a
biopsychosocial**

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approach to the
Journey Through
complexities of its
Menopause
subject. In-depth
introductory
chapters include
coverage on a
historical and
demographic
overview of aging in
America, a guide to
biological changes
accompanying aging,
an analysis of the

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Menopause

**diversity of the U.S.
elder population,
legal issues**

**commonly affecting
older adults, and the
ethics of using
cognitively impaired
elders in research.**

**From there, over 425
entries cover the
gamut of topics,
trends, diseases, and
phenomena:**

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Fear A Natural
-Specific
Journey Through
populations,
Menopause
including ethnic
minorities, custodial
grandparents, and
centenarians -Core
medical conditions
associated with
aging, from cardiac
and pulmonary
diseases to
Parkinson's and
Alzheimer's -Mental

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and emotional
Journey Through
Menopause
disorders -Drugs/vita
mins/alternative
medicine -Disorders
of the eyes, feet, and
skin -Insomnia and
sleep disorders;
malnutrition and
eating disorders
-Sexual and gender-
related concerns
-And a broad array
of social and political

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**issues, including
access to care,
abuse/neglect,
veterans' affairs, and
assisted suicide
Entries on not-quite-
elders' concerns (e.g.,
midlife crisis,
menopause) are
featured as well. And
all chapters and
entries include
references and**

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resource lists. The Encyclopedia has been developed for maximum utility to clinicians, social workers, researchers, and public health professionals working with older adults. Its multidisciplinary coverage and scope of topics make this

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Menopause
volume an invaluable
reference for
academic and public
libraries.

Ageless

**Making Informed
Choices**

**It's Not My Head,
It's My Hormones
Greed, Lies, and the
Poisoning of
America**

No Shame, No Fear

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**Imagining the Lives
of Dogs in a World
without Humans**

"Knowledge is
power! We can't all
be doctors, but we
can all understand
our hormone health.
This is a practical
and inspirational
book dedicated to
helping women be
their mental and

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Fear. A Natural
Journey Through
Menopause
physical best at any
age." Jeanette
Winterson What if
you're not actually
going crazy? What if
you don't need
antidepressants
after all? What if it's
not your head, but
your hormones?
When your
hormones are out of
control, you lose

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control, and it can feel like you've turned into someone else entirely.

Women's hormonal issues are routinely misdiagnosed and misunderstood by their doctors, but the lucky ones find their way to Dr Marion Gluck's clinic where she empowers them

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with her unique knowledge on how to take back control of their bodies and minds. With her expert advice from puberty to post-menopause, let Dr Gluck show you how hormones can become your allies in optimising your mental health and

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physical wellbeing.
It's time to feel like
yourself again. Dr
Marion Gluck is
world-renowned as
a pioneer in the use
of bio-identical
hormones for
women. She has
over 30 years'
experience working
as a medical doctor
with women all

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around the world.
Based in London,
she now trains

doctors
internationally on
this life-changing
treatment.

Captain Bunn
founded SOAR to
develop effective
methods for dealing
with flight anxiety.

Therapists who

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have found this phobia difficult to treat will find everything they need to give their clients success. Anxious flyers who have  tried everything  to no avail can look forward to joining the nearly 10,000 graduates of the

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SOAR program who
now have the whole
world open to them
as they fly anxiety
free wherever they
want. This approach
begins by explaining
how anxiety,
claustrophobia, and
panic are caused
when noises,
motions—or even the
thought of

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flying trigger
excessive stress
hormones. Then, to
stop this problem,
Captain Bunn takes
the reader step-by-
step through
exercises that
permanently and
automatically control
these feelings. He
also explains how
flying works, why it

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is safe, and teaches flyers how to strategically plan their flight, choose the right airlines, meet the captain, and so on. Through this program, Captain Bunn has helped thousands overcome their fear of flying. Now his book arms readers

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Fear A Natural
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with the information
they need to control
their anxiety and fly
comfortably.

It's the holy grail of
health and wellness:
a weight loss
program based in
science and
technology that
helps remove the
guesswork from
getting-and staying-

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healthy forever.
Journey Through
Menopause
Struggling with
weight gain takes a
toll on physical
health, but the
emotional stress
and internal conflict
it creates are
discussed less
often. Can I really
lose the weight? Do
I have the
willpower? Dr. Noel

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Aboud and Dan LeMoine have answers that will make you never question yourself again. In Fear No Food, Noel and Dan introduce you to re: vitalize, a weight loss plan that identifies your nutritional needs, fixes your

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Fear A Natural
metabolism, and
Journey Through
helps you maintain
Menopause
a healthier lifestyle.

Packed with
inspirational stories,
this book helps you
target imbalances
so you can
normalize your
metabolism and
make it work for
you. Take the first
step toward better

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health with this
blueprint for long-
term success and
key to personal
empowerment.

Using the most well-
studied behavioral
analyses of animal
subjects to promote
a better
understanding of the
effects of disease
and the effects of

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new therapeutic
treatments on
human cognition,
Methods of
Behavior Analysis in
Neuroscience
provides a reference
manual for
molecular and
cellular research
scientists in both
academia and the
pharmaceutic

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The Hormonal Acne
Solution

Thirty Days to

Increased Life

Satisfaction

Journal of the

American Medical

Association

A Natural Journey

Through

Menopause

A Dog's World

Dr. Susan Love's

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Journey Through
Menopause
Menopause and
Hormone Book

**A Lambda Literary
Award Finalist: from
"an extraordinary
new voice," a
"passionate and
clear-eyed and
unputdownable"
meditation on
queerness, family,
and desire (Mary
Karr). For as long as**

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Journey Through
Menopause

**they can remember,
Cyrus Grace**

**Dunham felt like a
visitor in their own
body. Their life was
a series of
imitations—lovable
little girl, daughter,
sister, young gay
woman—until their
profound sense of
alienation became
intolerable. Moving**

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**between Grace and
Cyrus, Dunham
brings us inside the
chrysalis of gender
transition, asking us
to bear witness to an
uncertain and
exhilarating process
that troubles our
most basic
assumptions about
who we are and how
we are constituted.**

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**Written with
disarming emotional
intensity in a voice
uniquely theirs, A
Year Without a
Name is a potent,
thrillingly
unresolved queer
coming of age story.
Named one of Fall
2019's Most
Anticipated Books
by: Time NYLON**

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**Vogue ELLE
Buzzfeed Bustle O
Magazine Harper's
Bazaar**

**Can you really feel
better as you get
older? Is aging
without illness
possible? Is your
own internal
fountain of youth
waiting to be
discovered? Yes, yes,**

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Fear A Natural

and YES! says

**Journey Through
Menopause**
Suzanne Somers, the
bestselling author of

The Sexy Years. It

can all be true when

you take advantage

of the science of

antiaging medicine—a

revolutionary

approach to

achieving the ageless

life. Suzanne Somers

has already

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Menopause

**introduced millions
of women to
bioidentical hormone
replacement therapy
and changed the way
we look at
menopause. Now, in
Ageless, Suzanne
introduces an
inspiring, medically
validated approach
to reversing the
aging process and**

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Journey Through
Menopause

**maintaining a
healthy, vibrant,
mentally sharp,
sexually active
life—while building
the body's natural
defenses against age-
related diseases.**

Suzanne talks about:

- **How antiaging
medicine can help
detox the body of
harmful pollutants**

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**and chemicals and
strengthen our
weakest glands and
organs • The
dangers of
perimenopause and
how women can treat
it • Why so many
hysterectomies are
unnecessary, how
birth control pills
may have
contributed to the**

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rise of
hysterectomies, and
Menopause
how to restore your
body to perfect
hormonal balance
after having one •
How andropause is a
real condition for
men, and how men
can lose weight,
regain their youthful
physiques, and
restore heath,

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energy, and

sexuality, all through

bioidentical HRT •

The importance of

sleep and the healing

work that nature

does during this time

to balance hormones

and increase energy

In this “antiaging

bible,” Suzanne

brings together

prominent, Western-

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Menopause

**trained antiaging
doctors to show how
the traditional
medical approach is
woefully inadequate.
Its standard of care
has been to treat all
symptoms with
drugs, but in Ageless
you will find out how
this approach does
not make us better.**

With antiaging

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Fear: A Natural
medicine you can
heal your body
rather than keep a

chronic condition at
bay with drugs.

Ageless shows you
how to keep your
“insides” young, and
how this manifests
on the outside.

Filled with short,
succinct chapters
written by experts in

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the field of

Adolescent Medicine,

this handbook covers

the major health

issues that practicing

clinicians regularly

encounter in the care

of teens and young

adults. From

menstrual concerns

and sexually

transmitted

infections, anxiety

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Menopause

**disorders and
depression, to eating
disorders and
common sports
medicine concerns,
this book is an ideal
reference guide for
busy clinical
practices. Students,
residents, and
established clinicians
alike will find the
“Adolescent Pearls”**

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**section of each
chapter particularly
useful.**

**Hormonal
carcinogenesis is an
important and
controversial area of
current research. In
addition to
accelerating existing
cancers, can
hormones play the
role of primary**

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**carcinogens? How do
genetic factors**

**influence hormone-
related cancer risk?**

**Hormones, Genes,
and Cancer**

addresses these

questions. Over the

past few decades,

cancer research has

focused on external

environmental

causes(e.g., tobacco

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**smoke, viruses,
asbestos). With the
advent of new
genetic sequencing
techniques, we are
just now beginning
to understand how
the body's internal
environment(i.e., the
hormones and
growth factors that
determine normal
development)**

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**influences cancer
etiology and
prevention. From
molecular insights to
clinical analyses, this
volume provides
state-of-the-art
information on the
complex interactions
between hormones
and genes and
cancer. The
epidemiology and**

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molecular
Journey Through
Menopause

**endocrinology of
prostate, breast,
uterine, ovarian and
testicular cancer are
detailed in this
timely treatise.**

**Why Taking
Hormones in
Menopause Can
Improve Women's
Well-Being and
Lengthen Their**

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**Lives -- Without
Raising the Risk of
Breast Cancer**

**Closeness without
Fear, Distance
without Guilt**

**The Herbal
Handbook**

**The New Hormone
Solution**

Fear No Food

Health Behavior

Theory for Public

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Health
Journey Through
Hormones,
Menopause
Brain, and
Behavior,
Second Edition
is a
comprehensive
work
discussing the
effect of
hormones on
the brain and,

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*subsequently,
behavior. This
major*

reference work

has 109

chapters

covering a

broad range of

topics with an

extensive

discussion of

the effects of

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*hormones on
insects, fish,
amphibians,
birds,
rodents, and
humans. To
truly
understand all
aspects of our
behavior, we
must take
every*

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influence
(including the
hormonal
influences)
into
consideration.
Donald Pfaff
and a number
of well-
qualified
editors
examine and

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*discuss how we
are influenced
by hormonal
factors,
offering
insight, and
information on
the lives of a
variety of
species.*

Hormones,

Brain, and

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Journey Through
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comprehensive
coverage of
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of research,
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rmonally-
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behaviors.
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*This reference
provides
unique
treatment of
all major
vertebrate and
invertebrate
model systems
with excellent
opportunities
for relating*

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*behavior to
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genetics. The
topics cover
an unusual
breadth (from
molecules to e
cophysiology),
ranging from
basic science
to clinical
research,*

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making this
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interest to a
broad range of
scientists in
a variety of
fields.
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online
exclusively
via
ScienceDirect.

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*A limited
edition print
version is*

also

available.

*Comprehensive
coverage of a
growing field
of research*

Unique

*treatment of
all major*

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*vertebrate and
invertebrate
model systems
with excellent
opportunities
for relating
behavior to
molecular
genetics*
Covers an
unusual
breadth

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*ranging from
molecules to
ecophysiology,
and from basic
science to
clinical
research*

*Forget
everything you
ever thought
you knew about
Menopause and*

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expert Dr.
Soma Mandal
takes a light-
hearted
approach to
discussing
everything you
need to know
about

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menopause but
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were too shy
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to ask. From
hot flashes to
fitting into
those skinny
jeans; from
night sweats,
mood swings
and bald spots
- to hormone
therapy,

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*wrinkles and
low self-
esteem. Dr.*

*Mandal has you
covered in
this easy-to-
read, light-
hearted yet
medically
comprehensive
discussion of
menopause.*

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Included is an

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discussion on

the latest in

natural

therapies

(including

Ayurvedic

treatments),

what works and

what to avoid,

as well as a

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special
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chapter on
Menopause
menopause

*considerations
for women of
color. "Dear
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Do Not Fear
You" will have
you laughing
out loud,
feeling*

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empowered and

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hands! An

inspirational

must-read for

women

everywhere!

Stay healthy,

stay young,

and stay in

balance with

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*Dr. Erika's
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groundbreaking
prevention and

wellness anti-
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Hormones

*regulate our
bodies and run
our lives—when
they're in
balance we
feel great,*

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look
beautiful, are
fertile and
sexual, and
enjoy every
moment of our
existence.
When they're
out of
balance,
whether during
adolescence,

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pregnancy,
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menopause, or
Menopause
from

medication or
surgically
induced, it
can lead to
devastating
conditions
like
infertility,
postpartum

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depression,
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insomnia,
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weight gain,
loss of
libido, memory
loss, and
unnecessary
tests and
surgeries.

Erika

Schwartz, MD,
is the leading

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*authority on
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mentation in
wellness and
disease
prevention. In
The New
Hormone
Solution Dr.
Erika shares
her
successful,*

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proven program
Journey Through
to help women
Menopause
(and men) of
all ages
prevent and
eliminate the
symptoms of
hormone
imbalance in
an integrated
and caring
approach.

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*Learn what
hundreds of
thousands of
healthy men
and women have
learned from
following Dr.
Erika's unique
and caring
programs. In
The New
Hormone*

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Solution,
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*discover: How
to identify
the symptoms
of hormone
imbalance at
different
stages of your
life from
teens,
twenties,*

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thirties,
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easy options
are for
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imbalances How
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conventional
medicine with

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for your
hormones and
supplements
How to take
ownership of

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your health
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becoming a
victim of
uncaring and
money-hungry
systems How IV
infusions can
improve your
quality of
life How the
cutting edge

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data,
Menopause
statistics and
clinical cases
from the
practice of
Dr. Erika can
be applied to
your needs
A User's Guide
to Medical
Herbalism

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Eating &
Nutrition:
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Superfoods
Edition
A Year Without
a Name
A Natural
Solution**

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Mengele
Journey Through
How to tame
Menopause
your hormones
and feel like
yourself again