Natural Choices For Menopause Safe Effective Alternatives To Hormone Replacement Therapy

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

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 nutritionally.

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, RD, 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.

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.

Dr. Susan Love's Menopause and Hormone Book
4 Steps to Natural Menopause Relief
Stories, Portraits, and Recipes
The Natural Menopause Plan
Natural Choices for Women's Health
The Six-Week Guide to Calming Hot Flashes & Night Sweats, Getting Your Sex Drive Back, Sharpening Memory & Reclaiming Well-Being
A Natural Journey Through Menopause

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

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

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

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.

Natural Woman, Natural Menopause
The Natural Hormone Solution to Enjoy Perimenopause
Menopause
Menopause and the Vindication of Natural Life
The Menopause Diet Plan
The Menopause Manifesto
The Wisdom of Menopause

Menopause is an inevitable journey that reflects your medical history, lifestyle, and personal philosophy. This book will help you: understand the medical, 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, cardiovascular 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.

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.

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's 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 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
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 ■ 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

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.

What to Eat

Before the Change

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

Taking Charge of Your Perimenopause

Help for Menopause

Managing menopause: a review of the bio-medical evidence

10 Steps to Rejuvenate Your Health and Rediscover Your Inner Glow

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.

Natural Choices for Menopause Safe, Effective Alternatives to Hormone Replacement Therapy Macmillan

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
Access Free Natural Choices For Menopause Safe Effective Alternatives To Hormone Replacement Therapy

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.

An Instant New York Times, Washington Post, USA Today, San Francisco Chronicle, and Publishers Weekly Bestseller! #1 Canadian Bestseller Just as she did in her groundbreaking bestseller The Vagina Bible, Dr. J en Gunter, the internet's most fearless advocate for women's health, brings you empowerment through knowledge by countering stubborn myths and misunderstandings about menopause with hard facts, real science, fascinating historical perspective, and expert advice. "I feel more equipped to care for my patients, challenge the patriarchy, and empower & educate thanks to her work and advocacy." — Dr. Danielle Jones (Mama Doctor J ones) "An exhilarating read and a comprehensive review of all things menopause." — North American Menopause Society "Gynecologist Gunter (The Vagina Bible) helps women navigate the ins and outs of menopause in this delightfully conversational and strongly feminist guide. Readers looking to separate menopausal fact from fiction should take note."

— Publishers Weekly "Gunter mixes sound medical information with a bit of humor and a lot of candor...[this] frank and expert guide provides an informative and reassuring look at a long, often baffling and infuriating phase of life." — Booklist

The only thing predictable about menopause is its unpredictability. Factor in widespread misinformation, a lack of research, and the culture of shame around women's bodies, and it's no wonder women are unsure what to expect during the menopause transition and beyond. Menopause is not a disease—it's a planned change, like puberty. And just like puberty, we should be educated on what's to come years in advance, rather than the current practice of leaving people on their own with bothersome symptoms and too much conflicting information. Knowing what is happening, why, and what to do about it is both empowering and reassuring. Frank and funny, Dr. J en debunks misogynistic attitudes and challenges the over-mystification of menopause to reveal everything you really need to know about: *Premenopause* *Hot flashes* *Sleep disruption* *Sex and libido* *Depression and mood changes* *Skin and hair issues* *Outdated therapies* *Breast health* *Weight and muscle mass* *Health maintenance screening* *And much more!*

Filled with practical, reassuring information, this essential guide will revolutionize how women experience menopause—including how their lives can be even better for it! "Read this book immediately." — New York Times bestseller Ayelet Waldman, author of A Really Good Day and Love & Treasure "This is the new it book for women who want to prepare for or understand what menopause is (and isn't)." — Dr. Jennifer Lincoln

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

User's Guide to Natural Hormone Replacement

The Soy Solution for Menopause

The Natural Menopause Handbook

Embracing Menopause Naturally

Creating Physical and Emotional Health and Healing During the Change

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.

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, Machelle 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. 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.

"Many days I believe menopause is the new (if long overdue) frontier for the most compelling and necessary philosophy; Darcey
Steinke is already there, blazing the way. This elegant, wise, fascinating, deeply moving book is an instant classic. I’m about to buy it for everyone I know." —Maggie Nelson, author of The Argonauts

A brave, brilliant, and unprecedented examination of menopause. Steinke hit Darcey Steinke hard. First came hot flashes. Then insomnia. Then depression. As she struggled to express what was happening to her, she came up against a culture of silence. Throughout history, the natural physical transition of menopause has been viewed as something to deny, fear, and eradicate. Menstrual signals fertility and life, and childbirth is revered as the ultimate expression of womanhood. Menopause is seen as a harbinger of death. Some books Steinke found promoted hormone replacement therapy. Others encouraged acceptance. But Steinke longed to understand menopause in a more complex, spiritual, and intellectually engaged way. In Flash Count Diary, Steinke writes frankly about aspects of Menopause that have rarely been written about before. She explores the changing gender landscape that comes with reduced hormone levels, and lays bare the transformation of female desire and the realities of prejudice against older women. Weaving together her personal story with philosophy, science, art, and literature, Steinke reveals that in the seventeenth century, women who had hot flashes in front of others could be accused of being witches; that the model for Duchamp's famous Étant donnés was a post-reproductive woman; and that killer whales—one of the only other species on earth to undergo menopause—live long post-reproductive lives. Flash Count Diary, with its deep research, open play of ideas, and reverence for the female body, will change the way you think about menopause. It’s a deeply feminist book—honest about the intimations of mortality that menopause brings while also arguing for the ascendency, beauty, and power of the post-reproductive years.

A Natural Guide to Managing Hormones, Health, and Happiness
The Complete Guide to Calming Hormone Chaos and Restoring Your Body’s Natural Blueprint for Well—Being
The Estrogen Alternative
Bridging the Gap Between Natural and Conventional Medicine
Natural Health for Women, Second Edition
Menopause Manager, The

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

The editors of "Prevention" and integrative medicine specialist Ring distill research into the easy-to-follow 30-day slim-down, cool-down diet, which can help women lose 21 percent more body weight. 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, diet and 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!

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. Find Y ourself A gain with a Natural Approach to a Natural Transition M enopause 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 M aryon Stewart outlines her wonderfully comprehensive and practical Six-W eek Natural M enopause 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 fogginess 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.

Natural Remedies for Women's Health Issues
Hormones after menopause
Flash Count Diary
Natural Cures for Women's Health Issues
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.

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 precede menopause 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 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 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. AARP Prescription for Drug Alternatives
Own Your Health with Facts and Feminism
Dr. Susan Love's Hormone Book
No Hormones, No Fear
All Natural Options for Better Health without the Side Effects
Natural Menopause
An Effective Plan to Relieve Hot Flashes, Night Sweats, Insomnia, and Other Common Menopause Symptoms
Are you having a hysterectomy? If the answer is yes then the 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 - 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. An unconventional mind-body approach to women's health after menopause discusses the impact of hormonal changes, the myths and realities of menopause, and ways to prevent long-term health problems.

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.

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.

The Natural Hormone Makeover
Everything You Need to Know to Stay Healthy in the Decade Before Menopause
The Change Before the Change
Learn How Safe Dietary and Herbal Supplements Can Ease Your Midlife Changes
Herbs, Nutrition, and Other Natural Therapies
How The Secrets of Natural and Chinese Medicine Can Create A Lifetime Of Wellness
Safe, Effective Alternatives to Hormone Replacement Therapy

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.

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 microbe biome 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 Hormone Intelligence can be found at the author's website.

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 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.

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 midlife. 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.

All-Natural Options for Better Health without the Side Effects

Expert Advice for Melting Stubborn Midlife Pounds, Reducing Hot Flashes, and Getting Relief from Menopause Symptoms

Menopause Naturally

Making Informed Choices about Menopause

The Natural Menopause Solution

Manage Your Menopause Naturally

The Menopause Manager

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, and diet to enhance both safety and hormone effectiveness.

Hormone Intelligence

Basic Health Publications User's Guide to Natural Hormone Replacement

A Safe Path for a Natural Change

Natural Choices for Menopause

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

Making Informed Choices