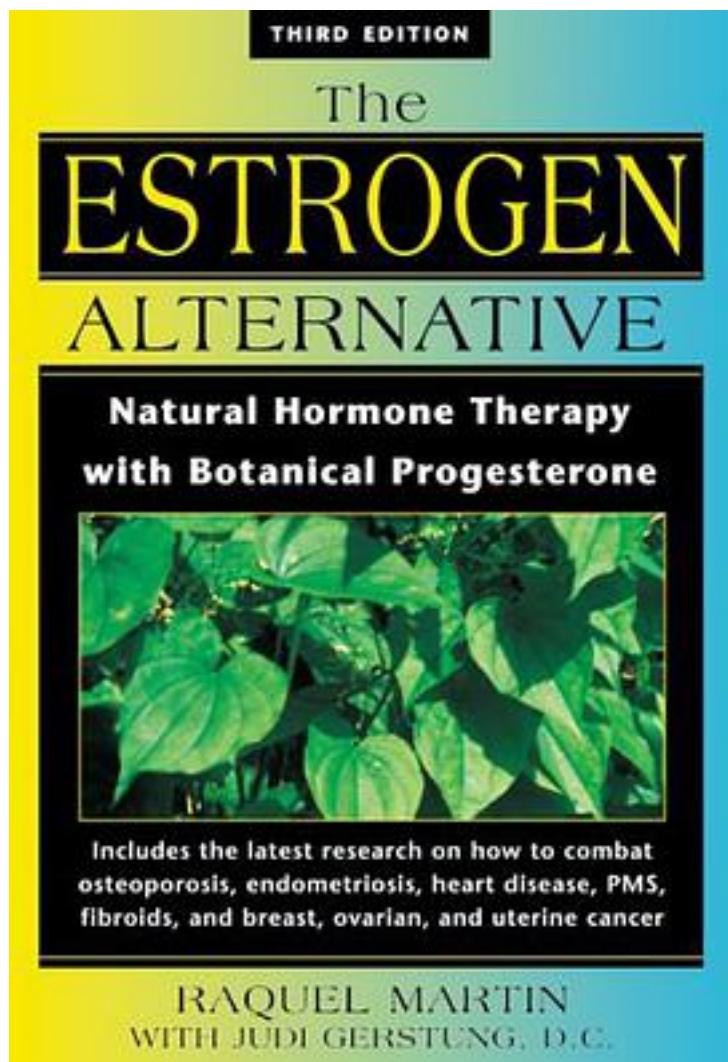


The New Estrogen Alternative



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Includes the latest research on how to combat osteoporosis, endometriosis, heart disease, PMS, fibroids, and breast, ovarian, and uterine cancer. * A must - read for any woman taking synthetic hormones for infertility or birth control, PMS, or menopause. * Explains the most recent research on diet, endometriosis, osteoporosis, and breast, ovarian, and uterine cancer. * Previous editions have sold more than 50,000 copies. More and more women are seeking nondrug alternatives to synthetic hormones and their dangerous side effects. In this revised and expanded third edition, Raquel Martin offers the most up-to-date information on how botanical progesterone therapy can provide safe, natural relief for many of the problems women face from hormone deficiency, including PMS, menstrual irregularity, miscarriages, uterine fibroids, infertility, depression, and fibromyalgia. Botanical progesterone supplementation is also extremely effective in relieving hot flashes, insomnia, night sweats, vaginal dryness, and other symptoms of menopause. The authors sift through the often confusing spate of studies on hormone replacement therapy and guide readers to natural alternatives. The book also offers advice on how to work with a sympathetic physician and provides mail-order sources for botanical progesterone.

作者介绍:

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