


[DOWNLOAD](#)


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

By Glenville, Marilyn

St. Martin's Paperbacks, 1999. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service!

Summary: The choice is yours. If you're looking for an alternative to Hormone Replacement Therapy (HRT)-the traditional, but potentially dangerous treatment for menopausal symptoms-one of today's leading nutritional therapists, Dr. Marilyn Glenville, describes a multitude of options for treating most of the common ailments associated with menopause. With natural therapies, including herbal supplements, and changes in diet and exercise programs, today you have more choices than ever in alleviating your symptoms-without the use of HRT. For instance, did you know: -Hot flashes can be treated by eating soy foods such as soy milk, tofu, and miso? -Avoidance of caffeine, alcohol, sugar, and refined foods can keep menopausal mood swings at bay? - Brisk walking and yoga will go a long way toward preventing osteoporosis? -The herb Black Cohosh will help you regain hormonal balance? Easy-to-follow charts and tables help outline treatment plans for your symptoms; clear, concise language helps you understand what your body is going through, and what will temper it; and authoritative, up-to-the-minute information helps you make your own choices and take an active role in your treatment.



READ ONLINE
[6.84 MB]

Reviews

It is an amazing publication which i actually have at any time go through. It really is written in easy words and phrases rather than hard to understand. It's been developed in an extremely easy way which is merely following i finished reading through this pdf in which actually changed me, affect the way i think.

-- Garry Lind

It is a single of my personal favorite pdf. It really is written in basic words instead of hard to understand. Your daily life period will be transform as soon as you complete looking over this pdf.

-- Vena Sauer DDS

See Also



Maisy's Christmas Tree

Candlewick, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: The final scene of the gang caroling around the tree, complete with paper crowns from British Christmas crackers, is delightful. Toddlers celebrating the holiday will enjoy...



Grandpa Spanielson's Chicken Pox Stories: Story #1: The Octopus (I Can Read Book 2)

HarperCollins, 2005. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Foreword by Raph Koster. Introduction. I. EXECUTIVE CONSIDERATIONS. 1. The Market. Do We Enter the Market? Basic Considerations. How and Which Niche? Market Analysis: Who Are...



The Web Collection Revealed, Premium Edition: Adobe Dreamweaver CS6, Flash CS6, and Photoshop CS6 (Stay Current with Adobe Creative Cloud)

Cengage Learning, 2012. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: You can now maximize and integrate the design and development power of Adobe Creative Suite 6 with WEB COLLECTION REVEALED PREMIUM EDITION. This one of...



Star Flights Bedtime Spaceship: Journey Through Space While Drifting Off to Sleep

CreateSpace Independent Publishing Platform, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Star Flights Bedtime Spaceship" is a charming and fun story with the purpose to help children unwind and go to sleep. The underlying...



Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English] (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



Children s Educational Book Junior Leonardo Da Vinci : An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English] (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...