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

By Glenville, Marilyn

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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.



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