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RAQUEL MARTIN
WITH JUDI GERSTUNG, D.C.

Estrogen Alternative

Julia Schneider



Estrogen Alternative:

The Estrogen Alternative Raquel Martin, Judi Gerstung, 2004-11-22 This updated fourth edition of *The Estrogen Alternative* offers the latest information on how bioidentical progesterone therapy also known as natural HRT can provide safe natural solutions for the numerous problems women face from hormone deficiency and imbalance The authors sift through the many layers of misinformation and contradictory studies warning against corporate sponsored research in a multi billion dollar menopausal industry and guide readers to natural alternatives This fourth edition also includes new information regarding estrogen dominance as a cause of prostate cancer in men the dangers of a diet rich in soy contributing to thyroid disorders and estrogen overload unsaturated oils causing hormone imbalance and the connection between birth control pills shots implants and infertility The controversy over mammography and the importance of focusing on safer more effective methods of cancer detection are also well documented **BOOK JACKET**

The Estrogen Alternative Steven R. Goldstein, Laurie Ashner, 1998 This book answers the questions women have about traditional estrogen replacement therapy herbal estrogen therapy and SERMS and arms them with the information they need when consulting with their doctors on these topics

[Prescription Alternatives](#) Earl Mindell, Virginia Hopkins, 2003 Reveals how prescription drugs cause imbalances in the body and how to assess the ways in which your medications may be affecting your health This book also reveals the natural medicines that can counteract the side effects of various drugs

The Soy Solution for Menopause Mabelle Seibel, 2002-10-01 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 Mabelle 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 15 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

Textbook of Reproductive Medicine Bruce R. Carr, Richard E. Blackwell, 1993 This clinical reference covers all aspects of reproductive endocrinology throughout the life cycle including the problems commonly encountered by obstetricians gynaecologists and endocrinologists The subjects dealt with range from normal and abnormal puberty through referral issues related to assisted reproductive technology to hormonal treatment of menopausal women

Estrogens and Progestogens in Clinical Practice Ian S. Fraser, Robert P. S. Jansen, Rogerio A. Lobo, Malcolm I. Whitehead, 1998 This book provides a comprehensive approach to an understanding of all clinical conditions where estrogens

and progestogens are involved It encompasses the underlying science of chemistry physiology biochemistry and pharmacology There is a broad but detailed perspective on the clinical use of estrogens and progestogens in therapy contraception and hormone replacement therapy An international line up of contributors provide an up to date world view on this subject

Toxicological Profile for Methoxychlor ,2002 *Proceedings of the National Academy of Sciences of the United States of America* National Academy of Sciences (U.S.),1993 **Disease-a-month** ,1954 *Magill's Medical Guide: Fracture and dislocation - Paralysis* ,2002 **Minnesota Medicine** ,1997 Includes the Association s membership rosters

New Books on Women and Feminism ,2005 **The Menopause Handbook** Susan F. Trien,1991 Menopause is no longer the dark secret it once was Today women want to know exactly what to expect how to deal with our physical and emotional changes and how to live life to the fullest This comprehensive book full of solid up to date medical information and personal stories of women who have been there dispels many myths and explores all aspects of menopause including how and why menopause occurs and how to recognize the signs what to eat for your changing nutritional needs strategies for coping with the middle age blues and more *Feminist Bookstore News* ,1998 *The Nation's Nutrition* Eileen T. Kennedy,Richard J. Deckelbaum,2007 **Oncology Nursing Forum** ,1998 *House of Delegates Proceedings* American Medical Association. House of Delegates. Interim Meeting,1996 *Managing Stress* Brian Luke Seaward,2004 2004 AJN BOOK OF THE YEAR AWARD WINNER Referred to as the bible of stress management by students and professionals

Managing Stress Fourth Edition contains the most comprehensive approach honoring the integration balance and harmony of mind body spirit and emotions The holistic approach taken by internationally acclaimed lecturer and author Brian Luke Seaward gently guides the reader to greater levels of mental emotional physical and spiritual well being by emphasizing the ageless wisdom of mind body spirit unity Library Journal ,2001 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately *The Cumulative Book Index* ,1999

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