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USER S GUIDE TO NATURAL HORMONE REPLACEMENT



Basic Health Publications, United States, 2006. Paperback. Book Condition: New. 216 x 91 mm. Language: English. Brand New Book. 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...

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- Authored by Kathleen Barnes
- Released at 2006



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