



## User s Guide to Natural Hormone Replacement

By Kathleen Barnes

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 vitamins, herbs, and other supplements that scientific studies have found helpful in easing a natural transition and for lowering the long-term risk of age related diseases.

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