



## Natural Menopause Remedies: Which Drug-Free Cures Really Work

By Nadine Taylor

New American Library. Paperback / softback. Book Condition: new. BRAND NEW, Natural Menopause Remedies: Which Drug-Free Cures Really Work, Nadine Taylor, Learn the most effective ways to ward off specific menopausal symptoms- without the use of synthetic hormones. We learned the bad news: Women on Hormone Replacement Therapy have a higher risk of heart disease, blood clots, stroke, and breast cancer than those who are not. Some six million women were taking synthetic hormones (HRT) when the news broke. And the Women's Health Initiative, a prestigious, long-term study of 16,000 women, had to stop three years earlier than planned, leaving millions of women unsure what to do next. But there is good news. Women can use all natural remedies for their hot flashes, insomnia, heart disease, osteoporosis, low libido, and vaginal dryness-without risking serious side effects." Natural Menopause Remedies" uncovers the truths and myths about nature's remedies, including foods, herbs, supplements, lifestyle changes, and alternative techniques. Based on clinically proven evidence drawn from thorough research, this book reveals which natural remedies work, how they work, and how to use them. With the information in this book, women can implement a personalized plan for their specific symptoms.



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### Reviews

*It in one of the most popular publication. It really is writter in easy words and not difficult to understand. You are going to like how the author write this book.*

-- **Prof. Evans Balistreri DDS**

*Completely essential go through book. This is for all who statte there had not been a worthy of reading through. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Lydia Legros**