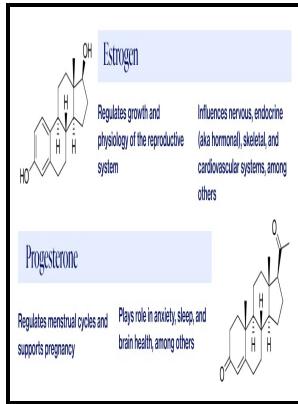


# Hormones and your health - the smart womans guide to hormonal and alternative therapies for menopause

**Wiley - Hormones and Your Health: The Smart Woman's Guide to Hormonal and Alternative Therapies for Menopause by Winnifred Cutler, Hardcover**

Description: -



- Interdisciplinarité -- guide pédagogique -- 1re à la 3e année.

Reason.

Thought and thinking.

Hume, David, -- 1711-1776.

Italy -- Politics and government -- 1945-1976.

Liberalism -- Italy.

Electric discharge lighting.

Women -- Health risk assessment -- Popular works

Menopause -- Alternative treatment -- Popular works

Menopause -- Hormone therapy -- Popular works  
Hormones and your health - the smart womans guide to hormonal and alternative therapies for menopause

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Notes: Includes bibliographical references and index.

This edition was published in 2009



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## Hormones and Your Health Chapter 8 Protect Your Bones with Exercise, Vitamin D, Calcium and Hormones

The Top Four Treatments and Why They May or May Not Work for You 8.

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The text is easy to follow, the illustrations are beautifully clear, and the references are excellent. If you continue to have bothersome menopausal symptoms, review treatment options with your doctor on a regular basis. I am enjoying your presentation at BMPC! The text is easy to follow, the illustrations are beautifully clear, and the references are excellent.

### Hormone therapy: Is it right for you?

You can take estrogen in the form of a pill, patch, gel, vaginal cream, or slow-releasing suppository or ring that you place in your vagina. Menopausal hormone therapy: Benefits and risks. Even the elderly, with their reduced levels of previtamin D 3 still have a large capacity to make adequate vitamin D if they get enough sunlight! I will show you how to keep your bones strong, your whole life long.

### Hormone therapy: Is it right for you?

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