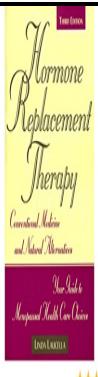


Hormone replacement therapy - conventional medicine and natural alternates, your guide to menopausal health care choices

Lowell House - Estrogen and Menopause: Why Hormone Replacement Therapy Helps

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Notes: Includes bibliographical references (p. 183-185) and index.
This edition was published in 1994



★★★

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Natural Alternatives to Hormone Replacement

Other studies strongly suggest that ingestion of soy products can help maintain bone density.

Menopause and complementary therapies

When breast cancer cells in a test tube were exposed to a standardized black cohosh extract, no stimulation was observed—in fact, their growth was inhibited.

Menopause: Medicines to Help You

To help prevent urinary incontinence , do regular Kegel exercises.

Options & alternatives for hormone replacement therapy (HRT)

Dealing with symptoms of menopause.

Hormone replacement therapy: Uses, types, and alternatives

Lower hormone levels may lead to symptoms like night sweats, hot flashes, and vaginal dryness along with thin bones. Flax-supplemented diets also have been shown to lower LDL cholesterol levels in at least two published human studies. .

Alternatives to Hormone Replacement Therapy

For example, at the 1998 annual meeting of the North American Menopause Society, it was reported that flaxseed supplementation had been observed to improve the anxiety and depressed mood associated with menopause. The decreased amount of estrogen can produce uncomfortable side effects that, depending on the woman, can last over ten years surrounding the cessation of their cycle, including.

Hormone replacement therapy : conventional medicine and natural alternates, your guide to menopausal health care choices (Book, 1994) [persongroup.materialsproject.org]

Combine cardio with weight-bearing and strength training exercises for optimal bone health. With hormone medications, nutrition advice, and lifestyle counseling, your practitioner will work with you to reach your highest wellness goals.

Options & alternatives for hormone replacement therapy (HRT)

Talk with and learn from other women going through menopause.

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