

# 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

Description: -

-

Courses & Dishes - General

Family & Relationships / General

Culinary, Food Service

Cooking

Family / Parenting / Childbirth

General

African American authors

20th century

American fiction

People & Places - United States - African-American

Literary Criticism & Collections

History and criticism

Children: Young Adult (Gr. 7-9)

American English

Literature - Classics / Criticism

Childrens Books/Young Adult Misc. Nonfiction

Bio-bibliography

Ethnic - African American

Novels, other prose & writers: from c 1900 -

Decorating - General

House & Home / General

General

Decoration & Ornament

Home Improvement / Construction

Do-It-Yourself

House & Home

Home furnishing & decoration

Law

Antitrust

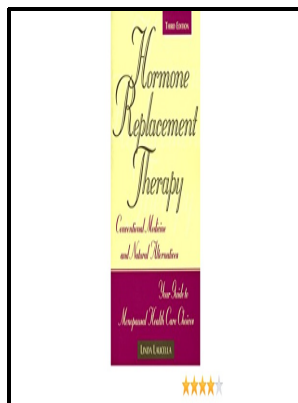
Menopause -- Hormone therapy -- Miscellanea.

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

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

Notes: Includes bibliographical references (p. 183-185) and index.

This edition was published in 1994



Filesize: 61.104 MB

Tags: #Natural #Alternatives #to #Hormone #Replacement

### 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) [perssongroup.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.

## Related Books

- [Hiitolan kylähistoria](#)
- [Mighty African children move victoriously into the twenty-first century!](#)
- [Rules for governing the standardizing and accrediting of high schools in the state of Oregon. - Adop](#)
- [Kyōdoshi jiten, Yamaguchi-ken](#)
- [Deregulierung des amerikanischen und EG-europäischen Luftverkehrs - theoretische Grundlagen und Ana](#)