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**Lynne Paige Walker, Ellen Hodgson
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Natural Progesterone Cream C. Norman Shealy, 1999-09-22 Used to treat PMS migraines osteoporosis and more [A Woman's Complete Guide to Natural Health](#) Lynne Paige Walker, Ellen Hodgson Brown, 2003 A guide to natural healing for women describes 130 treatments for a variety of disorders and diseases

The Health Detective's 456 Most Powerful Healing Secrets Nan Kathryn Fuchs, 2009-06-16 The Health Detective's 456 Most Powerful Healing Secrets There's a tug of war going on and your health is at risk Business interests are pulling on one end and science is tugging at the other Veteran nutritionist and health writer Nan Kathryn Fuchs knows how confusing and frustrating this is She knows that it takes time to sift through current information and separate hype from the real deal Aware that very few people actually have the time to read technical scientific studies and to question researchers and doctors to better understand the validity of their conclusions this health detective has done it for you There are truly miraculous substances and diagnostic tools out there that can help improve how you look how you feel and even how long and how well you live Dr Fuchs has uncovered hundreds of these health secrets over nearly a dozen years of writing for Women's Health Letter In The Health Detective's 456 Most Powerful Healing Secrets Dr Fuchs has gathered the most relevant healing secrets she's come across in her years of detective work From fighting diseases reversing chronic illness and ending stomach problems to losing weight looking younger relieving fatigue controlling pain and much more Dr Fuchs reveals the natural and safe ways to go about it This book makes these healing secrets easy to use and accessible to any woman in search of better or continued health

Androgen Disorders in Women Theresa Cheung, 1999 Explains the effects of male hormone imbalance in women infertility excess facial and body hair acne hair loss fatigue weight gain menstrual dysfunction ovarian cysts metabolic problems Cover

A Woman's Guide to Natural Hormones Christine Conrad, 2005-12-06 More doctors are recommending natural also called bio identical hormones because they offer all the advantages of synthetic hormone replacement therapy HRT without the negative side effects or long term health risks Unlike synthetic HRT natural hormones are bio identical they match a woman's own hormones exactly and don't interfere with the body's normal hormone production They are safer and more effective providing protective benefits that range from alleviating unpleasant symptoms of menopause perimenopause and PMS to protecting against osteoporosis endometrial cancer and other diseases Topics covered include What are natural hormones and how do they work Why are natural hormones better and safer than synthetic HRT drugs Do natural hormones increase the risk for breast cancer Can natural hormones control midlife weight gain Does natural progesterone help alleviate PMS Will natural hormones improve skin How to find the right doctor The latest on the recent NIH study

[Natural Hormone Balance for Women](#) Uzzi Reiss, Martin Zucker, 2002 Dr Uzzi Reiss describes his program for restoring women's natural hormonal balance explaining the difference between chemical hormone prescriptions and natural hormone replacements offering advice on how to choose and use the best replacement and discussing the benefits of a natural hormone replacement regimen

Natural Q's Emil Faithe, 2004-11 Dr Faithe's guide is filled with real world guidance and advice that can help readers select natural medicines and treatments that are safe and perfect for their specific needs *Natural Hormone Therapy for Men, Women and Children* Michael E. Platt, 2004-10 A Revolutionary Approach to Permanent Weight Loss PMS The Menopause Sexual Health Male Menopause Breast Cancer Attention Deficit Disorder and more This book is written in an easy to understand format to allow people to understand why they are not well and what can be done about it The Miracle of Bio-identical Hormones Michael E. Platt, 2007 The 2nd edition of Michael E Platt M D's ground breaking health book *The Miracle of Bio Identical Hormones* How I Lost My fatigue hot flashes ADHD ADD fibromyalgia PMS osteoporosis weight sexual dysfunction anger migraines provides many answers to common medical problems and explains how balancing your hormones can contribute to your well being and your long term health Outstanding praise has been received for this intelligently written book by wellness colleagues book reviewers and patients from around the world for its new ideas and unique perspective on hormones and preventive medicine Dr Platt explores how natural non synthetic bio identical hormones can have the power to heal many maladies often considered incurable This is the most important health book published this year or any year for that matter It's an easy fascinating highly informative even life changing read states Barbara Morris compounding pharmacist and author of *Put Old On Hold* The book is also considered an excellent primer for compounding pharmacists and the wellness community The New Menopause Book Mary Tagliaferri, Isaac Cohen (O.M.D.), Debu Tripathy, 2006 Three experts give advice on HRT natural hormone therapy herbal therapies traditional Chinese medicine and more **The Natural Physician's Healing Therapies** Mark Stengler, 2010-01-05 An updated and revised edition from a leader in the new wave of true healers From fast acting natural cures for arthritis viruses and hardened arteries to fatigue burns and injuries and more this revised edition of one of the most trusted books on natural remedies includes more than 50 new entries as well as updates throughout *Women, Weight, and Hormones* Elizabeth Lee Vliet, 2001 Why don't most popular diet plans work for post menopausal women and if they do why do women have to work at it three times as hard and four times as long to lose half the weight a man does Dr Elizabeth Lee Vliet answers the questions in a groundbreaking book that will be a godsend to every woman who has tried and failed to stop the dreaded inevitable weight gain that comes with mid life In this book Dr Vliet explains how and why hormone imbalances are the major factor in the mid life woman's inability to lose weight and how balanced hormonal production combined with exercise and a proper diet can lead to a breakthrough in mid life fitness health and well being **How Not to Kill Your Husband** Sandra Cabot, 2011 Balancing your hormones can save your marriage as well as your husband's life The Bible Cure for Autoimmune Diseases Don Colbert, 2013-08-12 OVER 3 MILLION BIBLE CURE BOOKS SOLD FROM THE NEW YORK TIMES BEST SELLING AUTHOR OF THE SEVEN PILLARS OF HEALTH AND I CAN DO THIS DIET You can have a normal healthy immune system Having an autoimmune disease a condition in which the immune system becomes confused and turns the body's attack against itself is not a life

sentence In this practical informative book Dr Don Colbert offers a natural scriptural plan for your complete recovery from autoimmune diseases which afflict about 40 million Americans Autoimmune diseases such as rheumatoid arthritis lupus chronic fatigue syndrome and multiple sclerosis do not have to rob you of the vital health God intended for you to enjoy You will learn how to Restore gastrointestinal health Reduce stress Break the link between autoimmune diseases and hormonal imbalances Combat toxic overload Strengthen your immune system You want to be healthy God wants you to be healthy Finally here s a source of information that will help you live in health body mind and spirit The Estrogen Alternative Raquel Martin,Judi Gerstung,2004-11-22 This updated fourth edition of The Estrogen Alternative offers the latest information on how bioidentical progesterone therapy also known as natural HRT can provide safe natural solutions for the numerous problems women face from hormone deficiency and imbalance The authors sift through the many layers of misinformation and contradictory studies warning against corporate sponsored research in a multi billion dollar menopausal industry and guide readers to natural alternatives This fourth edition also includes new information regarding estrogen dominance as a cause of prostate cancer in men the dangers of a diet rich in soy contributing to thyroid disorders and estrogen overload unsaturated oils causing hormone imbalance and the connection between birth control pills shots implants and infertility The controversy over mammography and the importance of focusing on safer more effective methods of cancer detection are also well documented **BOOK JACKET** Women's Herbs, Women's Health Christopher Hobbs,Kathi Keville,2007 Women s Herbs Women s Health is a sourcebook of knowledge about how a woman s body works the major health issues faced by women and which herbal remedies can be used as a preventive measure or treatment Includes information on why herbal treatments result in the least amount of interference in the body s natural rhythm have the deepest effects and produces the least amount of side effects The Bible Cure for Osteoporosis Don Colbert,2000 There is good news for Americans who want to feel better look better and live longer healthier lives Here are three new Bible Cure topics that provide specific answers to questions about skin disorders hepatitis and back pain In each book readers will find helpful alternative medical information together with spiritual uplifting and faith building biblical truths for men women and children **Dr. John Lee's Hormone Balance Made Simple** John R. Lee,Virginia Hopkins,2008-12-05 From the bestselling authors of the classic What Your Doctor May NOT Tell You books about menopause and pre menopause comes an easy to use guide on balancing hormone levels safely and naturally Dr John Lee will help you answer key questions like Are my symptoms caused by a hormonal imbalance Which hormones do I need to regain hormone balance How do I use hormones for optimal health and balance Plus learn how and when to use estrogen testosterone and progesterone cream in simple effective language If you want the ABCs of using natural hormones this book is for you Stress Less Don Colbert,2008 Do you want a stress free life You won t find the answer on the shelves of a pharmacy New York Times best selling author Dr Don Colbert gives you the tools you need to address the stress in your life from a mental emotional physical and spiritual standpoint Using scientific evidence anecdotal

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