

# Natural Alternatives to HRT\* Cookbook

Understanding estrogen and foods that benefit your health

Marilyn Glenville

# **Natural Alternatives To Hrt Cookbook**

**Linda Parkinson-Hardman** 

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popular journalists and broadcasters addresses the menopause She looks at what the menopause is its symptoms and how it affects overall health She also looks at the psychological and social implications. There is an overview of the latest research on HRT its benefits and drawbacks and the new work which is being done on various alternative therapies. She includes discussions on sex life social life face lifts or otherwise exercise or otherwise keeping your figure and discovering one s place in life as a middle aged woman in a feminist era. The section on rethinking the menopause looks at changing attitudes and how to cope with post menopausal life offering a new agenda for post menopausal women. Throughout the tone is inquiring but accessible making it one of the most appealing books on the menopause written to date. History of Soybeans and

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