
Natural Progesterone

The multiple roles of
a remarkable hormone



John R Lee MD

Foreword by Dr Shirley Bond
MB BS LRCP MRCS FRCRCS

A NEW APPROACH TO

menstrual problems ♦ osteoporosis ♦ cervical cancer

HRT and the menopause ♦ endometrial cancer

endometriosis ♦ fibrocystic breasts ♦ ovarian cysts

vaginitis ♦ PID ♦ fibroids

Natural Progesterone The Multiple Roles Of Remarkable Hormone

Raquel Martin, Judi Gerstung



Natural Progesterone The Multiple Roles Of Remarkable Hormone:

Natural Progesterone John R. Lee,1999 *Natural Progesterone* John R. Lee (M.D.),1995 **The 5-minute Herb and Dietary Supplement Consult** Adriane Fugh-Berman,2003 This unique book gives health care professionals a quick reference to herbs minerals vitamins amino acids probiotics enzymes over the counter hormones and other dietary supplements commonly used by consumers The text covers claims indications scientific evidence possible benefits adverse effects contraindications and drug interactions Compatibility BlackBerry R OS 4 1 or Higher iPhone iPod Touch 2 0 or Higher Palm OS 3 5 or higher Palm Pre Classic Symbian S60 3rd edition Nokia Windows Mobile TM Pocket PC all versions Windows Mobile Smartphone Windows 98SE 2000 ME XP Vista Tablet PC 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** *From Hormone Hell to Hormone Well* Genie James,C. W. Randolph,2010-01-01 For much too long the traditional medical community has ignored misdiagnosed and mistreated millions of women suffering from symptoms of hormone imbalance Now a world renowned expert explains a safer and more natural approach to treating hormone related conditions like PMS weight gain mood swings and hot flashes The controversy continues to rage like hormones The safety and efficacy of synthetic hormone replacement therapies HRT versus human identical hormones In this second edition of the widely successful guide From Hormone Hell to Hormone Well world renowned physician expert C W Randolph Jr M D and Genie James team up to challenge the continual promotion by the pharmaceutical industry and the physicians they have brainwashed of dangerous synthetic hormones In this hard hitting book Dr Randolph and Ms James expose the shocking truth that for decades whenever most women have complained to their doctor about menopausal symptoms the traditional approach treatment has put both their health and their lives at risk As a board certified gynecologist who has treated women with hormone balances for over a decade Dr Randolph contends that there is and has been a safe and effective alternative to synthetic hormones Bio identical hormone replacement therapy BHRT Hormone Hell to Hormone Well shows readers how to Eradicate a one size fits all approach to HRT and empower women to discover and maintain her hormonal equilibrium through her changing lifecycle Understand the new breakthroughs and discoveries in

human identical hormone therapy Naturally replace the hormones that have decreased with age with the science that supports the health benefits of biidentical hormone therapy Enjoy vast improvements in mental and emotional health as well as resolving physical issues including weight gain depression osteoporosis hot flashes low sex drive and fatigue **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 **Menopause Without Medicine** Linda Ojeda, 2003-08-26 This book is needed more than ever The National Institute of Health interrupted their huge HRT hormone replacement therapy study in July 2002 after they found that Prempro a combination of estrogen and progestin had detrimental health effects which include an increased risk for breast cancer heart disease and stroke This new edition examines the latest information about HRT and the safer alternatives It completely validates the author's long held bias against HRT and shows women whether perimenopausal menopausal or postmenopausal how they can maintain and improve their health and well being without the use of synthetic hormones The book offers complete information on menopausal symptoms and effects and ways to alleviate them Updated sections cover heart disease including hormonal effects the role of cholesterol diet and supplements osteoporosis and breast cancer The section on exercise and nutrition for health and weight is completely rewritten The latest information on non hormonal remedies to balance hormones is what is needed by every woman wanting to avoid HRT **Managing Menopause Naturally with Chinese Medicine** Honora Lee Wolfe, 1999-03 More than 40 million women in the United States are now experiencing menopause and it is affecting their sex drive energy level and emotions This book explains how Chinese medicine can aid in the diagnosis treatment and prevention of menopausal problems restoring balance to a woman's body Topics covered include Chinese self care and home remedies and information on Chinese dietary therapy exercise and deep relaxation **Biochemical Imbalances in Disease** Ann Woodruff Beirne, Lorraine Nicolle, 2010-10-15 Biochemical imbalances caused by nutritional deficiencies are a contributory factor in chronic illnesses such as cardiovascular disease diabetes auto immune conditions and cancer This handbook for practitioners explains how to identify and treat such biochemical imbalances in order to better understand and manage a patient's ill health **The Hot Flash Cookbook** Cathy Luchetti, 2003-02 Rich in estrogen as well as the vitamins and calcium that fight off osteoporosis and heart disease the delicious recipes in this cookbook are a balm for the symptoms that mark the change of life Two color illustrations throughout

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