

NATURAL WOMAN, NATURAL MENOPAUSE

FEATURING:

- The benefits of bio-identical plant-derived hormones—the proven safe alternative to Premarin and Provera
- Expert nutritional guidelines
- Cutting-edge research
- The secret to staying fit and beautiful

MARCUS LAUX, N.D. • CHRISTINE CONRAD

NATURAL WOMAN, NATURAL MENOPAUSE

MARCUS
LAUX, N.D.,
and
Christine Conrad



Natural Woman Natural Menopause

Raquel Martin, Judi Gerstung



Natural Woman Natural Menopause:

Natural Woman, Natural Menopause Marcus Laux, Christine Conrad, 1999-01-04 For years women thought they had only two choices for menopause avoid taking synthetic hormones altogether and suffer the occasionally debilitating side effects of menopause such as bone loss or accept a prescription for HRT and with it an increased risk of some cancers But as this groundbreaking book proves there is a better safer more effective way In **NATURAL WOMAN NATURAL MENOPAUSE** Marcus Laux and Christine Conrad cut through the confusion and show women that they can take natural plant derived hormones now widely available which match their own hormones exactly without any known side effects Accessible as well as authoritative **NATURAL WOMAN NATURAL MENOPAUSE** features stories of other women who like Christine Conrad found they didn't have to accept less than a completely safe alternative This invaluable guide also offers readers their complete plan for long lasting health and renewed vitality Following their *Natural Woman* plan which features the right combination of plant derived hormones nutritional supplements a plant rich diet and an exercise programme to eliminate and even reverse the effects of bone loss women will find not only that they will be more energetic and radiant but they also will be adding years of good health to their lives

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 Woman Leslie Korn, 2019-12-17 An herbal guide to support physical mental and spiritual health for women and their children at all stages of life by a healer with over 40 years of experience Plant medicines are a woman's ally to achieve optimal health they bring balance and nourishment to daily life and can reduce or eliminate symptoms of physical and emotional distress They can also provide alternatives to many pharmaceuticals This go to herbal sourcebook gives women the tools to thrive throughout their lives with remedies using common herbs and plants to support a healthy body mind and spirit Dr Leslie Korn brings over forty years of experience in numerous herbal traditions and healing modalities offering timeless wisdom in this herbal companion that can be shared with friends and passed down in the family for generations She offers treatments using common and easy to obtain herbs to address sleep disorders menstrual issues autoimmune conditions anxiety headaches and migraines stomach issues fertility issues postpartum recovery skin ailments

common discomforts that affect children and much more Korn also offers herbal guidance for rites of passage moments of community psychoactive herbs and a protocol for end of life care as well as a comprehensive resources section

Natural Woman Penelope Sach,2003 Natural Woman offers practical approaches to a wide range of women s concerns from appearance weight depression and insomnia to allergies hormones and menopause along with current information on diet and exercise Written by an experienced practitioner of naturopathic homeopathic and herbal medicine the book is designed for women short on time helpful suggestions are laid out in bulleted lists under categories and concepts are outlined in easy to follow paragraphs This is an easy to use guide to feeling good for women of all ages and cultures

Natural Menopause ,2021-03-02 Understand menopause with all its changes and challenges and choose practices and treatments to make this next stage in your wellness journey healthy positive and joyful Your menopause is unique to you a milestone on your personal well being journey A lucky few will breeze through it but for most women this time of hormonal upheaval brings up a variety of challenging symptoms This ebook is for you if you want to understand menopause better and find the right combination of resources for you enabling you to stay physically mentally and spiritually well throughout the process Find out how to adapt your existing wellness practices and build in new ones to smooth the path of your menopause adopt yoga poses to calm hot flashes or help you sleep use essential oils to balance hormones and lift mood enjoy foods that boost energy and sharpen focus discover the best exercises for strong bones and a healthy heart meditate and use CBT to relieve anxiety find out how Ayurveda can help you maintain thick hair and supple skin enjoy aromatherapy massage to clear mind fog or soothe joint pain Discover how to attend to your specific needs in a mindful positive way either alongside or without prescription medication Your go to e guide to helping yourself make the transition an energizing liberating experience

Natural Menopause helps you take charge and embrace the change

Menopause Without Medicine Linda Ojeda,2003 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

The Natural Menopause Handbook Amanda McQuade Crawford,2009-07-21 The Natural Menopause Handbook bases its healing advice on the belief that menopause is a natural process one that does not necessarily require medication This

revised edition focuses on herbs nutrition and other natural health approaches such as exercise aromatherapy and visualization to offer a holistic plan for wellness during perimenopause the time leading up to and including menopause and the postmenopausal years Experienced medical herbalist and author Amanda McQuade Crawford examines both the age old wisdom of nature and new research on natural therapies to address a wide range of menopausal symptoms and bodily issues This comprehensive handbook features an extensive collection of healing remedies such as Tea for Restorative Sleep Ten Minute Visualization and Elixir for Healthy Joints as well as appendices on making your own custom herbal formula and creating an herbal home medicine chest In clear supportive language McQuade Crawford explains the nature and physiology of the most common health concerns and provides more than fifty herbal therapies to ease all stages of this natural transition in every woman s life

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

Being a Woman - Naturally Janet McBarron,2010-04-28 This well researched book advises all health conscious women of any age how to benefit by applying Dr McBarron s philosophies and natural product recommendations In Part One she provides healthy alternatives to HRT and other hormone issues useful tips for preventing osteoporosis and the heart smart action plan to help reverse heart disease In Part Two she discusses preserving our natural beauty through out our lives In Part Three she details health rejuvenators exercise spiritual and emotional health and diet In Part Four she concentrates on specialized health issues including PMS candida healthy thyroid function UTIs and painful joints

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

Unveiling the Power of Verbal Beauty: An Emotional Sojourn through **Natural Woman Natural Menopause**

In a world inundated with displays and the cacophony of instant communication, the profound power and mental resonance of verbal beauty often diminish into obscurity, eclipsed by the constant onslaught of sound and distractions. However, set within the musical pages of **Natural Woman Natural Menopause**, a captivating work of fictional splendor that impulses with organic feelings, lies an unforgettable trip waiting to be embarked upon. Penned by a virtuoso wordsmith, that enchanting opus instructions visitors on a mental odyssey, softly exposing the latent possible and profound impact stuck within the complex internet of language. Within the heart-wrenching expanse of the evocative evaluation, we can embark upon an introspective exploration of the book is central styles, dissect its charming publishing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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