

# What Are The Best **Natural Alternatives** to **HRT**?

Alternative treatments can bring the desired hormonal balance without compromising women's health.



# Smart Medicine Of Menopause Hormone Replacement Therapy And Its Natural Alternatives

**Chrystle Fiedler**



## **Smart Medicine Of Menopause Hormone Replacement Therapy And Its Natural Alternatives:**

*Smart Medicine for Menopause* Sandra Cabot,1995 Discusses menopause and how to minimize symptoms and maximize good health through the use of hormone replacement therapy herbs vitamins foods and natural supplements Menopause Sandra Cabot,1998

**No Hormones, No Fear** Trisha Posner,2007-12-18 Five years ago at the age of forty six Trisha Posner was surprised to learn from a blood test that she was in full blown menopause Her gynecologist urged her to begin hormones immediately but mindful of her family s history of breast cancer she refused No Hormones No Fear is the story of Posner s search for an alternative to the AMA s sanctioned regimen of hormone replacement therapy In a wonderfully engaging personal account she reveals how she mastered menopause naturally by developing a unique program involving exercise diet nutrition and herbs She not only successfully alleviated her symptoms but actually significantly improved her health and quality of life Now updated with the latest major medical studies which raise troubling questions about estrogen replacement for millions of women No Hormones No Fear is an indispensable primer for women confronting the thicket of conflicting information about whether or not to choose hormones during menopause Trisha Posner through her own inspiring story shows that today s modern women finally have choices and can empower themselves by taking control of their health and lives

Smart Medicine for Healthier Living Janet Zand,James B. LaValle,1999-05-01 Written by a medical doctor a naturopath and a registered pharmacist Smart Medicine for Healthier Living is a complete A to Z guide to the most common disorders and their treatments using both alternative care and conventional medicine Comprehensive and easy to follow Smart Medicine for Healthier Living is divided into three parts Part one explains the full spectrum of approaches used to effectively treat common health problems It provides an overview of the history fundamentals and uses of conventional medicine herbal medicine homeopathy acupressure aromatherapy diet and nutritional supplements It also includes a helpful section on home and personal safety Part two contains a comprehensive A to Z listing of various health problems Each entry clearly explains the problem and offers specific advice using a variety of approaches Part three provides step by step guidance on using the many therapies and procedures suggested for each health problem Smart Medicine for Healthier Living is a reliable source that you and your family can turn to time and time again whenever the need arises

**HRT Solution (rev. edition)** John M Kells,Marla Ahlgrimm, R.Ph.,2003-10-13 MARLA AHLGRIMM R PH is the founder and chair of Women s Health America WHA Group and cofounder of Madison Pharmacy Associates Inc the first pharmacy in the United States devoted entirely to women s health care Ms Ahlgrimm was one of the first health professionals in the United States to recognize define and develop treatment options for premenstrual syndrome PMS JOHN M KELLS is the cofounder and chief executive of Aeron LifeCycles Clinical Laboratory a leader in research on the impact of hormones on breast cancer and women s health CHRISTINE MacGENN RODGERSON is a writer and editor who specializes in scientific health and medical issues

**The Pocket Guide to Hysterectomy** Linda Parkinson-Hardman,2013-03-25 The Pocket Guide to Hysterectomy

offers you simple easy to understand information about hysterectomy the menopause and hormone replacement therapy It talks you through the various gynaecological complaints that might lead to hysterectomy and explains the most common alternative options It also contains a handy list of common terminology that is helpfully explained and a useful list of other UK women s health organisations and other resources can also be found which might be helpful as well Find out more about Hysterectomy and Women s Health on the Hysterectomy Association website here [www.hysterectomyassociation.org.uk](http://www.hysterectomyassociation.org.uk)

The Estrogen Alternative Raquel Martin,Judi Gerstung,2004-11-22 With almost 100 000 copies sold in earlier editions this revised edition provides the most up to date information on natural alternatives to synthetic hormone replacement therapy A must read for any woman taking synthetic hormones for infertility birthcontrol PMS or menopause Includes the latest research on using natural progesterone to combat osteoporosis endometriosis heart disease PMS fibroids and breast ovarian and uterine cancer More and more women are seeking alternatives to synthetic hormones and their harmful side effects Despite increasing awareness of the dangers of synthetic hormones over prescription of estrogen is still rampant as is confusion among doctors and patients whether the benefits of conventional hormone replacement therapy HRT outweigh the risks This updated fourth edition offers the latest information on how botanical progesterone therapy also known as natural HRT can provide safe natural relief for many of the problems women face from hormone deficiency including PMS fibromyalgia depression menstrual irregularity miscarriages uterine fibroids and infertility Botanical progesterone supplementation can be also extremely effective in relieving hot flashes insomnia night sweats vaginal dryness and even cancer The authors sift through 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 studies regarding the dangers of a diet rich in soy contributing to the onset of premature menopause as well as thyroid disorders The dangers of mammography and the importance of focusing on safer more effective methods of cancer detection are also well documented

**Alternative Medicine Magazine's Definitive Guide to Sleep Disorders** Herbert Ross,Keri Brenner,2013-08-20 If you suffer from insomnia sleep apnea restless leg syndrome or other sleep disorders you don t have to endure another long sleepless night This second edition of ALTERNATIVE MEDICINE MAGAZINE S DEFINITIVE GUIDE TO SLEEP DISORDERS holds the keys to lasting relief from such sleep disturbing factors as toxic overload and body clock disruptions Outlining seven reasons why people have trouble falling and staying asleep sleep specialist Dr Herbert Ross recommends several natural techniques detoxification dietary change mind body therapies exercise and more to promote better sleep while enhancing your overall health Unlike sleeping pills which decrease sleep quality and become less effective over time these holistic treatments will benefit your whole body over the long term to help you lose weight increase immune system function boost energy improve mood and enhance concentration Good health and vitality are just a good night s sleep away **The Publishers Weekly** ,2002 *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

**Botanical Medicine for Women's Health E-Book** Aviva Romm, 2009-05-22

A comprehensive resource of medical and herbal interventions related to women's health issues Botanical Medicine for Women's Health provides a unique combination of traditional and modern scientific data on herbal medicine Written by Aviva Romm MD an experienced herbalist physician and midwife this guide blends a clinician sensitive and patient centered approach to women's health issues Coverage of menstrual health fertility breast conditions and more makes this an essential resource for everyday practice Winner of the 2010 American Botanical Council's James A Duke Excellence in Botanical Literature Award Expert author Dr Aviva Romm combines her experience as an herbalist physician and midwife for a fully integrated approach to medical and botanical interventions Convenient organization begins with herbal medicine and then covers health conditions organized chronologically by lifecycle help you understand the relationship between herbal medicine and women's health Plant profiles include principle uses clinical indications and safety information on the 10 most commonly used botanicals for women's health Detailed illustrations and professional plant photographs enable you to identify herbs visually as well as by substance make up Specialized focus on women's health and botanical medicine provides the specific information you need for treating women at any stage of life Content on over 150 botanicals for over 35 different conditions make this a comprehensive resource for current evidence based information Appendices on common botanical names quick dose reference charts adverse interactions and botanical medicine resources offer practical information at a glance Over 30 expert contributors with a combination of practical experience as clinicians and teachers provide a unique clinically based perspective on botanical medicine Each chapter follows a consistent format particularly when it comes to presenting a health condition and is 2-7 pages in length The chapter coverage includes a definition of the condition a brief discussion of the incidence of the condition the etiology the pathophysiology clinical manifestations diagnosis including relevant tests suggested medical management prevention and botanical treatment strategies including pertinent nutritional information typically prescribed by those using botanical medicines when applicable

*30-Day Natural Hormone Plan* Erika Schwartz, 2007-10-15 An expert in natural

hormone supplementation presents a comprehensive program to help women feel younger without hormone replacement therapy. The symptoms of hormone imbalance are all too familiar for the millions of women who suffer from hot flashes, depression, night sweats, insomnia, mood swings, and loss of libido on a daily basis. Many of these women turn to synthetic hormone replacement therapy, commonly known as HRT, for relief. But HRT can lead to other serious health issues, including a higher risk of breast cancer, heart disease, and stroke. Now Dr. Erika Schwarts presents an effective and safe alternative to HRT: a proven 30-day program that includes a natural hormone regimen and dietary advice, as well as information on exercise, vitamins, and supplements. The 30-Day Natural Hormone Plan can help women alleviate symptoms of hormone imbalance and keep them looking and feeling young.

**The Complete Idiot's Guide to Natural Remedies** Chrystle Fiedler, 2009. Every day, researchers at top universities around the world are discovering new facts about how the right foods, supplements, and lifestyle practices can help prevent, manage, and sometimes reverse the symptoms of a wide range of health issues, such as heart disease, walnuts, Type II diabetes, blueberry, yogurt, mental acuity, cold water fish oils, and insomnia, tryptophan-containing foods. Natural remedies can also come in handy when it comes to motion sickness: a drop of peppermint oil on the tongue eases nausea; acne? try lavender oil for blemishes and wrinkles; vitamin C builds collagen. *The Complete Idiot's Guide to Natural Remedies* is a complete reference book for readers who want scientifically researched recommendations for the best treatments for specific conditions, presented in an easy-to-follow format. It covers myriad conditions, from the most serious ailments like heart disease, cancer, and diabetes to important issues like high cholesterol and blood pressure, sleep disorders, memory problems, allergies, PMS, migraines, and arthritis, to more common complaints like rashes, athlete's foot, and bug bites. For each condition, the book succinctly describes the problem and symptoms, explains the cause, and offers a variety of natural remedies for treatment, based on the latest research studies, including diet and nutrition, nutritional supplements, herbs, traditional Chinese medicine, and a variety of alternative therapies. *American Book Publishing Record*, 2003. *History of Soy Nutritional Research (1990-2021)* William Shurtleff; Akiko Aoyagi, 2021. The world's most comprehensive, well-documented, and well-illustrated book on this subject. With extensive subject and geographical index, 30 photographs, and illustrations, mostly color. Free of charge in digital PDF format.

**The Complementary and Alternative Medicine Information Source Book** Alan Rees, 2001-03-30. From acupuncture to yoga, the increasing popularity of unconventional medical therapies has risen sharply during the past decade. Consumers are turning to complementary and alternative medicine (CAM) for a variety of reasons and are spending billions annually for treatments. Recognizing the growing need to locate authoritative CAM information, award-winning author Alan M. Rees has compiled a first-stop resource for those seeking information to guide their decisions. Noted health information expert Alan Rees organizes the best of complementary and alternative medicine (CAM) information resources in this new guide for librarians and patients. The book is divided into twelve sections, beginning with an overview of CAM terminology, safety concerns, ongoing research, and education, and the movement

towards integrative medicine Best of lists of books magazines newsletters CD ROMs and professional publications are augmented with contact information for several hundred CAM associations and professional groups an extensive section on the Internet as a source of CAM related information and reviews of 355 popular books on CAM Librarians will use the Source Book as a collection development tool Consumers and students will find it an easy to use guide for locating hard to find resources about the latest in alternative medical therapies and treatments This unique volume brings together in one volume print and electronic resources pertaining to an in demand topic provides recommendations of authoritative sources of current information on a wide variety of unconventional medical therapies will fill the information gap in the rapidly growing field of CAM

**Indianapolis Monthly**, 1997-04 Indianapolis Monthly is the Circle City's essential chronicle and guide an indispensable authority on what's new and what's news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy's cultural landscape

*The Health Detective's 456 Most Powerful Healing Secrets* Nan Kathryn Fuchs, 2006 A veteran nutritionist and health writer reveals some of the health secrets she has learned in the course of her career the diagnostic tools and truly miraculous substances that can have a dramatic impact

**The Consumer Health Information Source Book** Alan M. Rees, 1998 How can an award winning source book that helps consumers find health information be improved Health expert Alan Rees has done just that in his sixth edition by providing practical advice on using the Internet tips on where to find Spanish language health pamphlets and recommendations on what's most important in the world of alternative medicine The sixth edition provides users with an annotated guide to health related resources hotlines newsletters pamphlets Web sites CD ROMS magazines books and more Readers are given a description on each resource and how to best use it

Hormones and Your Health Winnifred Cutler, 2009-03-30 Many women are at a loss when it comes to charting their best course through menopause but you don't have to be Connecting recent scientific evidence among hormones sexuality bone and cardiovascular health memory surgery and breast cancer Dr Cutler explains how valuable good HRT regimens are to your longevity and general health and how to improve your vitality with diet exercise and hormonal and alternative therapies that work Excellent job reviewing the many issues relating to perimenopause and menopause Your chapter on fibroids will be very valuable to consumers The text is easy to follow the illustrations are beautifully clear and the references are excellent John J Sciarra M D Ph D past president International Federation of Gynecology and Obstetrics What impressed me most were the passionate commitment to rigorously conducted research and the clarity with which the results were presented so any intelligent woman can understand them Regula Burki M D FACOG gynecological surgeon and menopause specialist Dr Cutler dispassionately reviews and synthesizes the available literature to craft scientifically sound recommendations that can be used to optimize the quality of women's health Elizabeth Genovese M D FACOEM FAADEP A welcome reference for my patients and others interested in women's health Readable informative and concise Long overdue Millicent Zacher D O

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