

THE ESTROGEN ALTERNATIVE

THE SOY SOLUTION FOR MENOPAUSE

A HEALTHY ALTERNATIVE TO HORMONE
REPLACEMENT THERAPY, SOY CAN:

- Help reduce risk for certain cancers
- Help maintain weight
- Slow the effects of osteoporosis
- Protect against heart disease
- Minimize hot flashes
- And more!



MACHELLE SEIBEL, M.D.

Soy Solution For Menopause The Estrogen Alternative

Raquel Martin, Judi Gerstung



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The Soy Solution for Menopause Machel Seibel, 2002-10-01 If you're looking for a safe natural way to treat symptoms of menopause The Soy Solution for Menopause is for you Based on his groundbreaking work in the field of fertility and menopause Machel Seibel M D reveals how the soybean and its by products afford new hope to menopausal women Alleviating symptoms ranging from hot flashes and sleeplessness to vaginal dryness and weight gain and reducing the risk of osteoporosis heart disease and diabetes soy provides a natural and safe alternative to commonly recommended treatments For the millions of women concerned that hormone replacement therapy may increase the risk of blood clotting and breast and uterine cancer soy provides a superb alternative Here Seibel explains how the female body processes soy how soy products naturally restore hormonal balance by behaving like estrogen and how to add soy to your diet for maximum effect For the 15 million American women who turn fifty each year The Soy Solution for Menopause is an invaluable companion a striking breakthrough in the quest to ease a natural but difficult transition *The Soy Solution for Menopause* Machel Seibel, 2004-01-01 Based on his groundbreaking work in the field of fertility and menopause Seibel reveals how the soybean and its byproducts afford new hope to menopausal women Alleviating symptoms ranging from hot flashes and sleeplessness to vaginal dryness and weight gain and reducing the risk of osteoporosis heart disease and diabetes soy provides a natural and safe alternative to commonly recommended treatments For the millions of women concerned that hormone replacement therapy may increase the risk of blood clotting and breast and uterine cancer soy provides a superb alternative Explains how the female body processes soy how soy products naturally restore hormonal balance by behaving like estrogen and how to add soy to your diet for maximum effect Illus **Eat to Defeat Menopause** Karen Giblin, Machel Seibel, 2011-07-12 Eat to Defeat Menopause combines easy to understand health information to combat the symptoms of perimenopause and menopause with delicious and healthy recipes from both the authors and some of America's top chefs Along with practical advice essential information on women's health and a healthy dose of humor Eat to Defeat Menopause offers dietary strategies to improve sleep hot flashes and other menopausal symptoms key foods for health and wellness during menopause information on soy foods the perfect food for menopause dietary guidelines and healthy weight tips and more [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 [A Woman's Book of Yoga](#) Machel M. Seibel, Hari Kaur Khalsa, 2002-11-11 Interest in yoga is at an all time high especially among women Whether readers wish to begin the practice or are already involved in yoga this innovative book will help them understand the unique benefits yoga provides for a woman's health and mental well being The authors lead women of all ages through the health and life cycles specific to females by illustrating the spiritual and physical advantages of Kundalini yoga as taught by yoga master Yogi Bhan Hari Khalsa applies

ancient wisdom to explain how to determine and enhance one's own special relationship with the mind body and soul Using his expertise on women's health issues Dr Siebel reveals the scientific basis for yoga's positive effects on the brain Together Dr Siebel and Hari Khalsa create a dialogue of spiritualism and science elucidating how every woman can reap the rewards of yoga for a lifetime

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

The New Hormone Solution Erika Schwartz, 2017-05-09 The author shares her program to help women and men of all ages prevent and eliminate the symptoms of hormone imbalance in an integrated and caring approach

Public Library Catalog Juliette Yaakov, 2004 More than 8 000 books in the main volume More than 2 400 new titles in annual paperbound supplements More than 2 000 analytic entries for items in collections and anthologies

Nutrition for Women, Second Edition Elizabeth Somer, 2003 A complete guide to diet and nutrition for women offers practical dietary guidelines that meet women's special nutritional needs and includes worksheets to help readers evaluate personal nutritional requirements

The Wrong Prescription for Women Maureen C. McHugh, Joan C. Chrisler, 2015-07-14 This groundbreaking book challenges the medicalized approach to women's experiences including menstruation pregnancy and menopause and suggests that there are better ways for women to cope with real issues they may face Before any woman diets douches botoxes reduces reconstructs or fills a prescription for antidepressants statins hormones menstrual suppressants or diet pills she should read this book Contesting common medical practice the book addresses the many aspects of women's lives that have been targeted as deficient in order to support the billion dollar profits

of the medical pharmacological industry and suggests alternatives to these remedies. The contributors, psychologists, sociologists, and health experts, are also gender experts and feminist scholars who recognize the ways in which gender is an important aspect of the human experience. In this eye-opening work, they challenge the marketing and science that increasingly render women's bodies and experiences as a series of symptoms, diseases, and dysfunctions that require treatment by medical professionals who prescribe pharmaceutical and surgical interventions. Each article in the book addresses the marketing of a specific condition that has been constructed in a way that convinces a woman that her body is inadequate or her experience and behavior are not good enough. Among the topics addressed are menstruation, menopause, pregnancy, post partum adjustment, sexual desire, weight, body dissatisfaction, moodiness, depression, grief, and anxiety.

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