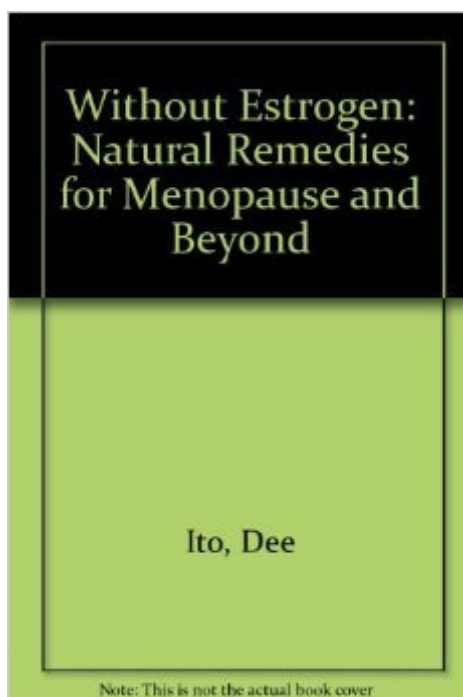


The book was found

Without Estrogen: Natural Remedies For Menopause And Beyond



Synopsis

An in-depth report on safe, natural alternatives to estrogen replacement therapy--using vitamins, herbs, and lifestyle changes--for women who prefer not to take estrogen. "Supplies encouraging examples of women who have succeeded in managing menopause naturally."--Publishers Weekly.

Book Information

Hardcover: 246 pages

Publisher: Clarkson Potter; 1 edition (May 31, 1994)

Language: English

ISBN-10: 0517588250

ISBN-13: 978-0517588253

Product Dimensions: 1.2 x 6 x 8.8 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #1,019,242 in Books (See Top 100 in Books) #65 inÂ Books > Health, Fitness & Dieting > Women's Health > Menopause

Customer Reviews

Dee Ito has the right idea. Wild Yam cream or gel (or as I call it "wildyamjam"), red clover, black cohosh. For you perimenopausal women out there, you can use these natural supplements with a great deal of success. I'm not growing hair in weird places. My moods are generally upbeat, my libido is fine, and I don't need synthetic estrogens or progesterones (which made me depressed) and I attribute it to the above alternative supplements.

I liked Ito's book. I found it well organized but also it has a very supportive tone to it. I don't want "fake" hormones to get me through menopause. I ordered some cream that contained wild yam and other phytoestrogens from my favorite site [recommended in Ito's books],... I think we can follow Ito's suggestions and not be barraged with the effects of "the change."

[Download to continue reading...](#)

Without Estrogen: Natural Remedies for Menopause and Beyond The Estrogen Window: The Breakthrough Guide to Being Healthy, Energized, and Hormonally Balanced--Through Perimenopause, Menopause, and Beyond Estrogen: The Natural Way: Over 250 Easy and Delicious Recipes for Menopause Secrets about Bioidentical Hormones to Lose Fat and Prevent

Cancer, Heart Disease, Menopause, and Andropause, by Optimizing Adrenals, Thyroid, Estrogen, Progesterone, Testosterone, and Growth Hormone! Natural Gas Trading: From Natural Gas Stocks to Natural Gas Futures- Your Complete, Step-by-Step Guide to Natural Gas Trading The Natural Menopause Handbook: Herbs, Nutrition, & Other Natural Therapies Natural Woman, Natural Menopause Menopause and the Mind: The Complete Guide to Coping with Memory Loss, Foggy Thinking, Verbal Confusion, and Other Cognitive Effects of Perimenopause and Menopause The Menopause Makeover: The Ultimate Guide to Taking Control of Your Health and Beauty During Menopause The Menopause Thyroid Solution: Overcome Menopause by Solving Your Hidden Thyroid Problems The Menopause Bible: The Complete Practical Guide to Managing Your Menopause The Estrogen Decision: Self Help Book The Bible Cure for Candida and Yeast Infections: Ancient Truths, Natural Remedies and the Latest Findings for Your Health Today (New Bible Cure (Siloam)) The New Bible Cure for Chronic Fatigue and Fibromyalgia: Ancient Truths, Natural Remedies, and the Latest Findings for Your Health Today (New Bible Cure (Siloam)) The Bible Cure for Prostate Disorders: Ancient Truths, Natural Remedies and the Latest Findings for Your Health Today (New Bible Cure (Siloam)) The Bible Cure Recipes for Overcoming Candida: Ancient Truths, Natural Remedies and the Latest Findings for Your Health Today (New Bible Cure (Siloam)) New Choices in Natural Healing for Dogs & Cats: Over 1,000 At-Home Remedies for Your Pet's Problems Candida Albicans: Natural Remedies for Yeast Infection Essential Oils Set #6: Body Butters, Homemade Body Scrubs & Masks for Beginners: Natural Remedies Essential Oils Box Set 5: Soap Making for Beginners & Homemade Body Scrubs & Masks for Beginners: Natural Remedies

[Dmca](#)