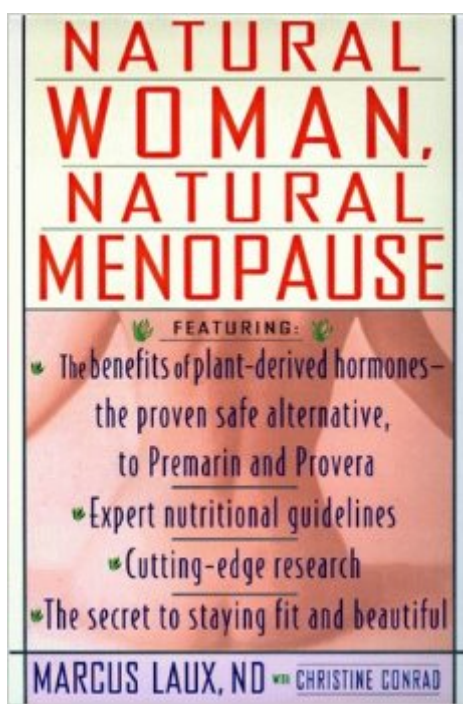


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# Natural Woman, Natural Menopause



## Synopsis

Combining cutting-edge scientific and medical research with the principles of naturopathic medicine, Laux and Conrad present the definitive guide to natural menopause, featuring everything women need to know about plant-derived hormone replacement--the proven safe alternative to Premarin and Provera. 10 line drawings.

## Book Information

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## Customer Reviews

I am a 53 year old woman who underwent menopause at 43, and since I still have my uterus, I struggled with Premarin and it's ugly sidekick Provera for almost 8 years. I even tried Dr. John Lee's Progesterone alternative, but to no avail. Then finally, a female friend suggested that I go see her naturopathic MD here in Scottsdale. She put me on the "naturals" and within a few months I was feeling better than I had in years. With just a couple more "tweaks" I was feeling great, and mentally I knew I was now free from all the looming fears of HRT induced breast or uterine cancer. I have (and would) recommend this book to any woman who will listen to it's message. It is a thorough, direct and comprehensive alternative to horse pee and PMS (as we "natural women" refer to our previous regimen) and it is my belief that these are the hormone replacements of the future. And, thanks to Laux and Conrad, some of us have it now!

I've read six books on menopause and "the Naturals" and I think it is the best. This book has the most information presented in the most concise format. There is much useful "hands on" information about diet, exercise and the use of natural progesterone. If I could buy only 1 book on the subject,

this would be it.

As a medical professional, RN, I feel qualified to tell everyone that this book saved my life. After 12 years of Premarin, I had developed every side effect listed in this book. I thought I had a terrible disease process happening to my body. Then I asked myself "If a patient came to you with these symptoms, what would be the first thing you asked that patient." The answer was simple, "What medications are you taking?" The culprit was Premarin!!! And I now have a new lease on life. I take the Tri Est/ Progesterone discussed in this book and I feel 20 years younger, some say I look it too!

This is a MUST read book for every woman who is concerned about menopause and the decision to take hormones or not. We CAN have the best of both worlds: relief without the risk of cancer. It should also be read by every doctor who writes HRT prescriptions for their patients. I loved the book and found it to be very easy, exciting, informative reading, I was glued to every page. Buy it, read it, and pass it on to all of your friends and doctors! I just ordered a second copy for my doctor as a gift.

I've read many books on this subject and absolutely none compare in terms of thoroughness. I first started using a Native American herb during my first pregnancy 20 years ago and was so astounded by its effectiveness that I have been a believer ever since. But I had not been able to find a comprehensive 'manual' for dealing with menopause and its symptoms. By the time you finish this book, you will know exactly what therapies to try that will help you through whatever you may be experiencing. I have yet to find a doctor who will listen, but I have been adamant from the beginning about NOT using prescription drugs. I'm going to buy several copies of this book and throw it at a couple of those physicians and then never go back.

After perusing several other books on HRT and reading their reviews, I am changing the rating from my previous review to 10. "Natural Woman, Natural Menopause" offers refined information for helping yourself through menopause beyond what is available in other books. Knowledge of natural plant-derived hormones is necessary in order to make an informed decision on whether to use HRT or not, and this is the only book I know that gives sufficient information to add to the equation. Before you either start hormones or decide they are not for you, read this book. If I decide to use hormones, based on the evidence presented, they will indeed be the natural ones

"Natural Woman, Natural Menopause" is for people looking for menopausal therapeutic alternatives

beyond the current medical protocol. It is the only resource I have found that discusses in detailed, non-technical language, littleknown information on prescription-strength, plant- derived hormones made from soybeans and yams. With all the controversy and conflicting studies of HRT (Hormone Replacement Therapy) this is a "must-read" for anyone who is considering using hormones. The studies of these plant-based alternatives, albeit of limited scope, as well as anecdotal reports, indicate that they are much safer and gentler than synthetics, yet just as effective. The cautious New York Times published a report that natural progesterone was found superior in results to synthetic progestins, thus the research is probably well-founded. Natural hormones may be an answer for a safe and comfortable menopausal passage. Like other books on menopause, this one covers non-hormonal therapies such as diet, herbs, and exercise, both to augment an HRT regimen, and for those who wish to completely avoid all hormones. But unique to "Natural Woman, Natural Menopause" is the only thorough, yet easily understood explanation of HRT using plant-based hormones. Scientifically oriented minds can obtain more technical information from women's organizations and pharmacies that supply the natural hormones. Most or all of these are listed in the book, as well as important resources (like home testing kits, etc.) for managing one's own menopause. Although the authors are enthusiastic proponents of natural hormone therapy, I feel it is still a serious personal decision for anyone approaching or in menopause. Yet for reference, the book really breaks new and optimistic ground

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