

Menopause Without Medicine: The Trusted Women's Resource with the Latest Information on HRT, Breast Cancer, Heart Disease, and Natural Estrogens

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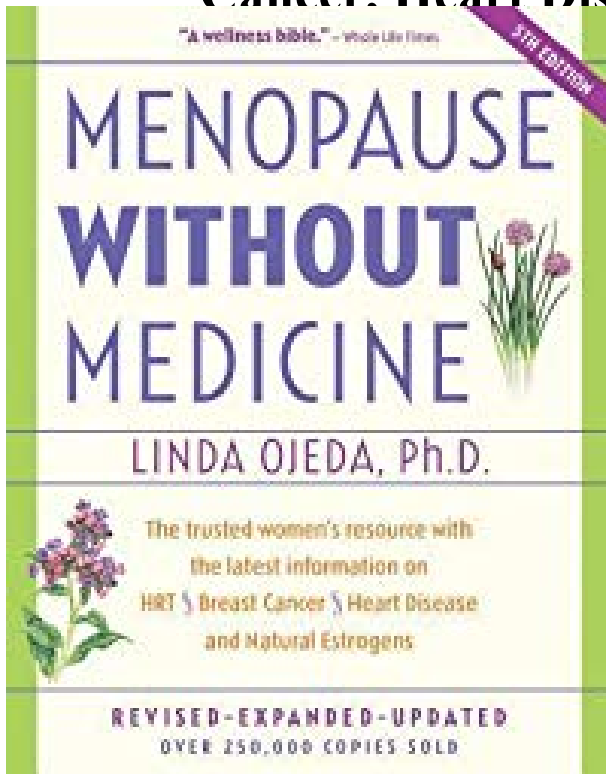
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This book is needed more than ever. The National Institute of Health interrupted their huge HRT (hormone replacement therapy) study in July 2002 after they found that Prempro, a combination of estrogen and progestin, had detrimental health effects 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.