

Natural Hormone Replacement

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HRT Solution (rev. edition) - John M Kells 2003-10-13

Now revised and updated, the comprehensive program for restoring vitality, sexuality, and health using natural hormones—just the ones each individual woman needs, and just the amount she needs. The decision of whether or not to use hormone replacement therapy (HRT) during menopause is perhaps more controversial—and more confusing—than ever before. The HRT Solution provides a balanced discussion of the issues and, most important, offers a choice that goes beyond "yes" or "no." The authors explain the shortcomings of the conventional, "cookie-cutter" approach to HRT, which gives women standardized amounts of synthetic hormone substitutes or animal-derived hormone products. Instead, they recommend a program designed to meet each woman's particular needs. Their approach emphasizes the importance of testing and ongoing monitoring to determine precisely which hormones a woman may want to supplement. The solution lies in the prescription of individualized doses of custom-made natural hormones—exact matches for the ones a woman's body produces. The HRT Solution makes it possible for each woman to maintain a hormonal balance that is optimal for her body and her well-being, without the unpleasant side effects and potential for long-term health problems associated with conventional HRT.

[Natural Menopause](#) - Myra Hunter 2021-03-02

Your go-to guide to understanding the changes and challenges of menopause Together with a team of experts, this comprehensive handbook will equip you with mindful practices and treatments to help alleviate menopause symptoms in a mindful, positive way, either alongside or without prescription medication. Coping with menopause can be tough, draining, and sometimes utterly debilitating for women. For years it has been seen as an illness that needed to be cured. Natural Menopause takes a different approach. Throughout the pages of this calm, authoritative, beautiful reference book, you'll find that menopause is a normal, natural process that does not need to be over-medicalized. Your journey is unique. This insightful book about menopause will help you find the right combination of resources that work for you. It includes:

- Specialist expert writers for each section of the book - HRT, Natural Remedies, Exercise, Nutrition, and Mental Wellness
- Practical strategies on how to manage menopause naturally and make it a more positive, empowering experience
- A Symptom Finder in the introductory pages to help direct you to the correct section in the book

Explore an extensive collection of natural remedies and complements to hormone replacement therapy. Adopt yoga poses to reduce stress and help you sleep. Use essential oils to manage mood swings and soothe headaches. Discover detoxifying foods that aid weight management and regulate hormones. Find the best exercises to boost your mood and energy levels.

Finally, use CBT and mindfulness to relieve anxiety and calm hot flashes. Embrace the Change Filled with a wealth of invaluable information, this book will help you stay physically, mentally, and spiritually well throughout your menopause journey. It's perfect for women over 40 who are already invested in natural wellness and want to apply the same principles to their menopause.

The Miracle of Bio-identical Hormones - Michael E. Platt 2007

Looks at a variety of health problems that can be attributed to hormone imbalance and describes how to treat them using bio-identical hormones.

The Safe Uses of Natural Bioidentical Hormone Therapy -

Alexander Haskell Nd 2020-04-12

The Women's Health Initiative in the late 1990s involving 160,000 women with a long-term trial of various hormones ended abruptly with devastating consequences for those in the Premarin and Prempro group. This created fear in women about hormone replacement and reticence with prescribing physicians. All in all, there's definitely a negative attitude around female hormones. Even today, there are physicians prescribing both synthetic and bio-identical hormones in dosages which are too high and in the wrong forms resulting in unfortunate outcomes. My goal is education, for you to become more knowledgeable and proactive, and to understand ways to extend the quality of your life. My feeling is that if you have a better understanding of how your body works, this wisdom within you will guide your every step and decision, knowing what is beneficial and what is harmful. Here's a remark you might find difficult to accept quite yet, but by the time you finish, you will be more informed about health and hormones than your physician. I have included documented research from the last 40 years, proving the efficacy and safe uses of estradiol, estriol, progesterone and testosterone, and for those of you who prefer the 'natural' approach, a full listing of supplements and herb to correct sex hormone imbalances.

Sex, Lies, and Menopause - T. S. Wiley 2009-10-13

Turning thirty years of medical and cultural wisdom on its head, *Sex, Lies, and Menopause* challenges both the medical establishment and modern feminists to prove that menopause does not have to be deadly. In

this revolutionary work -- a landmark that signals the true beginning of feminist medicine -- a doctor, a philosopher, and a scientist prove that by postponing marriage and motherhood, women have accelerated the aging process, resulting in earlier menopause and, ultimately for thousands, earlier death. In *Sex, Lies, and Menopause*, T. S. Wiley, Julie Taguchi, M.D., and Bent Formby, Ph.D., offer strong evidence that the use of synthetic hormones leads to cancer and advise women to turn to natural hormone-replacement therapy -- derived from plants, not drugs -- to help them elevate their estrogen level for greater energy, libido, and intellectual capacity. Provocative, empowering, and scientifically sound, *Sex, Lies, and Menopause* addresses the inherent benefits of natural progesterone, reveals the lies advanced by the medical and drug establishments, and challenges women to demand a medical future where their health comes first. The research presented in *Sex, Lies, and Menopause* will at last allow women to create their own plan of action to put themselves safely on the path to better health and hormonal balance at any stage of life.

Menopause - Normally and Naturally - Zoltan Rona 2002

In clear and simple terms, Dr. Rona shares with readers the truth about hormone replacement therapy. Learn about the adrenal gland connection, the side effects of hormone replacement therapy, a diet to relieve menopausal discomforts, nutritional supplements, herbal relief, and more.

What Your Doctor May Not Tell You About Menopause (TM) - John R. Lee 2004-05-01

The Revolutionary Book About Bioidentical Hormone Replacement Therapy Now Fully Revised and Updated Over a decade ago, Dr. John Lee first published his startling conclusions about conventional hormone replacement therapy (HRT): synthetic hormones don't work as predicted and, worse, they pose a health threat to women. His findings touched off a storm of controversy. But years later, research has proved him right. Now millions of women concerned about aging must decide whether or not to undergo synthetic hormone replacement therapy and suffer its side effects and increased health risks. Hundreds of thousands of women

have listened to Dr. Lee's potentially life-saving advice and followed his groundbreaking, natural hormone program-experiencing amazing results. Newly revised and updated, this revolutionary book has the latest research, and Dr. Lee's effective plan for restoring balance using bioidentical hormones, including natural progesterone. Discover the benefits of his breakthrough program: * Reduce or eliminate premenopausal and menopausal symptoms * Help eliminate hormone-related problems such as osteoporosis, hot flashes, night sweats, vaginal dryness, weight gain, and fibrocystic breasts * Reduce "middle age" weight gain * Help restore sex drive * Protect against breast cancer * Maintain mental acuity * Help stop and reverse osteoporosis * Restore energy and vibrancy...slow the signs of aging.

The Clinical Utility of Compounded Bioidentical Hormone Therapy

- National Academies of Sciences, Engineering, and Medicine 2020-10-22
The U.S. Food and Drug Administration (FDA) has approved dozens of hormone therapy products for men and women, including estrogen, progesterone, testosterone, and related compounds. These products have been reviewed for safety and efficacy and are indicated for treatment of symptoms resulting from hormonal changes associated with menopause or other endocrine-based disorders. In recent decades, an increasing number of health care providers and patients have turned to custom-formulated, or compounded, drug preparations as an alternative to FDA-approved drug products for hormone-related health concerns. These compounded hormone preparations are often marketed as "bioidentical" or "natural" and are commonly referred to as compounded bioidentical hormone therapy (cBHT). In light of the fast-growing popularity of cBHT preparations, the clinical utility of these compounded preparations is a substantial public health concern for various stakeholders, including medical practitioners, patients, health advocacy organizations, and federal and state public health agencies. This report examines the clinical utility and uses of cBHT drug preparations and reviews the available evidence that would support marketing claims of the safety and effectiveness of cBHT preparations. It also assesses whether the available evidence suggests that these preparations have clinical utility

and safety profiles warranting their clinical use and identifies patient populations that might benefit from cBHT preparations in lieu of FDA-approved BHT.

The Natural Woman's Guide to Hormone Replacement Therapy -

M. Sara Rosenthal 2003

Women's health and hormone replacement

Natural Menopause - Anne Henderson 2021-03-02

Understand the menopause with all its changes and challenges, and choose practices and treatments to make this next stage in your wellness journey healthy, positive, and joyful. Your menopause is unique to you, a milestone on your personal wellbeing journey. A lucky few will breeze through it, but for most women this time of hormonal upheavals throws up a variety of challenging symptoms. Understand the menopause better and find the right combination of resources for you - to stay physically, mentally, and spiritually well throughout. Find out how to adapt your existing wellness practices and build in new ones to smooth the path of your menopause- adopt yoga poses to reduce stress or help you sleep; use essential oils for a relaxing massage to lift mood; enjoy foods that boost energy and sharpen focus; discover the best exercises for strong bones and a healthy heart; use CBT and mindfulness to relieve anxiety and calm hot flushes; choose the best herbal remedies to balance hormones and diminish mood swings. Discover how to attend to your specific needs in a mindful, positive way, either alongside or without prescription medication.

[A Practitioner's Guide to Physiologic Bioidentical Hormone Balance - Jim Paoletti 2015-04-01](#)

There is a lot of misinformation and less than optimal treatment of patients with bioidentical hormones. This book will give insight into appropriate patient assessment, physiologic dosing, and dosage form considerations. The book takes a functional approach to the treatment of common endocrine system dysfunctions, including adrenal, thyroid insulin, and the sex steroids and their interactions and balances.

The 30-day Natural Hormone Plan - Erika Schwartz 2004-01-01

Introduces a thirty-day regimen to help women feel younger, without the

dangers of hormone replacement therapy, integrating a natural hormone program, dietary advice, and tips on vitamins, exercise, and nutritional supplements.

Dr. John Lee's Hormone Balance Made Simple - John R. Lee

2008-12-14

From the bestselling authors of the classic *What Your Doctor May NOT Tell You* books about menopause and pre-menopause comes an easy-to-use guide on balancing hormone levels safely and naturally. Dr. John Lee will help you answer key questions like: Are my symptoms caused by a hormonal imbalance? Which hormones do I need to regain hormone balance? How do I use hormones for optimal health and balance? Plus, learn how and when to use estrogen, testosterone and progesterone cream, in simple, effective language. If you want the ABCs of using natural hormones, this book is for you.

Natural Menopause Remedies - Nadine Taylor 2009-12-01

Learn the most effective ways to ward off specific menopausal symptoms--without the use of synthetic hormones. We learned the bad news: Women on Hormone Replacement Therapy have a higher risk of heart disease, blood clots, stroke, and breast cancer than those who are not. Some six million women were taking synthetic hormones (HRT) when the news broke. And the Women's Health Initiative, a prestigious, long-term study of 16,000 women, had to stop three years earlier than planned, leaving millions of women unsure what to do next. But there is good news. Women can use all-natural remedies for their hot flashes, insomnia, heart disease, osteoporosis, low libido, and vaginal dryness--without risking serious side effects. *Natural Menopause Remedies* uncovers the truths and myths about nature's remedies, including foods, herbs, supplements, lifestyle changes, and alternative techniques. Based on clinically proven evidence drawn from thorough research, this book reveals which natural remedies work, how they work, and how to use them. With the information in this book, women can implement a personalized plan for their specific symptoms.

What You Must Know About Women's Hormones - Pamela Wartian Smith

2012-04-10

Hormonal imbalances can occur at any age—before, during, or after menopause—and for a variety of reasons. While most hormone-related problems are associated with menopause, fluctuating hormonal levels can also cause a variety of other conditions, and for some women, the effects can be truly debilitating. *What You Must Know About Women's Hormones* is a clear guide to the treatment of hormonal irregularities without the health risks associated with standard hormone replacement therapy. This book is divided into three parts. Part I describes the body's own hormones, looking at their functions and the problems that can occur if these hormones are not at optimal levels. Part II focuses on the most common problems that arise from hormonal imbalances, such as PMS, hot flashes, and endometriosis. Lastly, Part III details hormone replacement therapy, focusing on the difference between natural and synthetic hormone treatments. Whether you are looking for help with menopausal symptoms or you simply want to enjoy vibrant health, *What You Must Know About Women's Hormones* can make a profound difference in your life.

Slim Sane and Sexy - Jay H. Mead 2009-05-01

With the increasing popularity of bioidentical hormones and research and support warning against using conventional synthetic hormone replacement (HRT), the attack by big pharmaceutical corporations is in full force. The recent media frenzy that links HRT with breast cancer* has again reinforced the dangers and sent thousands of women searching for other solutions to hormonal imbalance. This book is about bioidentical hormone balancing--the exciting, effective, and safer alternative to HRT. This is the only definitive guide written by experts in the field with a combined 40 years of clinical experience and who offer a bridge between the conventional and complementary medical perspectives: an MD and an ND. This book offers comprehensive, practical advice on hormone health. It provides clear answers to women who are seeking to turn back the clock and feel better--regardless of stage of life and age! The book empowers women to understand their choices and take immediate action! It provides: *Honest, smart talk about hormone imbalances (including PMS, perimenopause and

menopause) *Unflinching historical context for HRT history, its popularity, and demise *Self-assessment tools to determine the imbalances *Immediate action steps involving clinically proven treatment approaches *A step-by-step guide to hormone balancing *Guidelines and resources for how to get the right medical help *Advice on how to optimize hormone balance without creating a greater likelihood of breast, endometrial, and ovarian cancer

From Hormone Hell to Hormone Well - Genie James 2010-01-01

For much too long the traditional medical community has ignored, misdiagnosed, and mistreated millions of women suffering from symptoms of hormone imbalance. Now, a world-renowned expert explains a safer and more natural approach to treating hormone-related conditions like PMS, weight gain, mood swings, and hot flashes. The controversy continues to rage like hormones: The safety and efficacy of synthetic hormone replacement therapies (HRT) versus human-identical hormones. In this second edition of the widely successful guide *From Hormone Hell to Hormone Well*, world-renowned physician expert, C.W. Randolph, Jr., M.D., and Genie James team up to challenge the continual promotion by the pharmaceutical industry--and the physicians they have brainwashed--of dangerous synthetic hormones. In this hard-hitting book, Dr. Randolph and Ms. James expose the shocking truth that for decades, whenever most women have complained to their doctor about menopausal symptoms, the traditional approach treatment has put both their health and their lives at risk. As a board certified gynecologist who has treated women with hormone balances for over a decade, Dr. Randolph contends that there is--and has been--a safe and effective alternative to synthetic hormones: Bio-identical hormone replacement therapy (BHRT). *Hormone Hell to Hormone Well* shows readers how to: Eradicate a "one-size-fits-all" approach to HRT and empower women to discover and maintain her 'hormonal equilibrium' through her changing lifecycle Understand the new breakthroughs and discoveries in human-identical hormone therapy Naturally replace the hormones that have decreased with age--with the science that supports the health benefits of biidentical hormone therapy Enjoy vast improvements in mental and

emotional health as well as resolving physical issues, including weight gain, depression, osteoporosis, hot flashes, low sex drive, and fatigue
Natural Hormone Replacement for Men and Women - Neal Rouzier 2001

I'm Too Young for This! - Suzanne Somers 2014-09-23

Why Wait to Feel Good Again? If you're in your thirties or forties, your body is changing, and so are your moods, sleep, health, and weight. Tired of being at the mercy of your hormones? Armed with the knowledge in this book, you don't have to be. Perimenopause can be enjoyable if you know what to do. *I'm Too Young for This!* details how you can get your body and mind back on track, safely and without drugs, including: - How our bodies transition hormonally—from puberty through perimenopause. - The common complaints of perimenopause—and hidden factors that may keep you symptomatic. - What are the minor and major hormones, and the important role they play in feeling good and staying vibrant and healthy. - What to eat—including Perimenopausal Power Foods—as well as other lifestyle shifts that are critical to your successful transition. - Cutting-edge research that proves the safety and efficacy of bioidentical hormone replacement (BHRT). - The Symptom Solver: a state-of-the-art guide to immediate relief for your hormonal complaints. Plus, how to find the right doctor as well as get your most frequently asked questions answered by expert hormone specialists. Your life is about to change for the better. You can feel great, be vibrant, healthy, thin, and sexy! This book shows you how.

Natural Hormone Balance for Women - Uzzi Reiss 2002

An easy-to-follow anti-aging program draws on the principles of natural hormone replacement to promote a healthier, younger-looking skin, weight control, muscle tone, enhanced energy and sexual function, better sleep habits, balanced moods, better memory, and more. Reprint.
[Hormone Replacement](#) - Sandra Cabot 2002-01-01
How natural hormones can be the ideal therapy for symptoms of the menopause.

Discovering Your Truebalance with Bioidentical Hormones - Ron

Brown 2011-04-08

PUT MORE YEARS IN YOUR LIFE AND MORE LIFE IN YOUR YEARS, THE SAFE AND NATURAL WAY One day, on a routine visit, a patient of Dr. Brown's asked a simple question: "What do you know about bioidentical hormone therapy?" His lack of knowledge started to gnaw at him. What happened next is the story of his mission to teach himself all that he could on the topic, only to find solid information scarce. Now, in his detailed new book, *Discovering Your Truebalance With Bioidentical Hormones*, he shares what he learned through extensive research and collaboration with like-minded practitioners. He is a zealous convert to the practice of bioidentical hormone replacement therapy, not only for his patients, but for himself and his family. He has found this highly individualized and underused method of treatment very effective at treating disorders that includemhot flashes, depression, low sex drive, fatigue and obesity. Bio-identical hormone therapy, in his carefully designed system, has been found to be far more successful than the conservative medical establishment is willing to acknowledge. Treatment is not the same for everyone. Talk to your doctor about what personal program is right for you and regain control of YOUR life, today!

Basic Health Publications User's Guide to Natural Hormone Replacement
- Kathleen Barnes 2005-09

With the health risks associated with conventional hormone-replacement therapy, women are searching for safe and effective ways to reduce hot flashes, prevent osteoporosis, and reduce the risk of heart disease during menopause. In this User's Guide, health writer Kathleen Barnes describes a variety of natural and safe options for navigating the biological changes that come with mid-life. She suggests vitamins, herbs, and other supplements that scientific studies have found helpful in easing a natural transition and for lowering the long-term risk of age related diseases.

Ageless - Suzanne Somers 2007-12-31

In this #1 New York Times bestseller, Suzanne Somers reveals the secrets to a younger, healthier, and sexier you. What if you could really feel better as you get older, or age without illness? What could be better

than having your doctor tell you that you have the bones of a twenty-year-old, or the heart of a thirty-year-old? Follow the advice in *Ageless*, and you'll discover your own internal fountain of youth! Jam-packed with updated information on bioidentical hormone replacement and antiaging, *Ageless* will change your life forever. Suzanne talks about: • Antiaging medicine and how it can help work against the environmental assault that is making us sick • Menopause, which can become an enjoyable passage once the body is in perfect hormonal sync with bioidentical hormone replacement therapy • Why so many hysterectomies are unnecessary, how birth control pills may have contributed to the rise of them, and how to restore your body to perfect hormonal balance after having one • The importance of sleep and the healing work that nature does during this time

Get Off the Menopause Roller Coaster - Shari Lieberman 1999-12-31
Drawing on the latest medical and scientific research, the coauthor of *The Real Vitamin and Mineral Book* presents an all-natural approach to coping with the symptoms of menopause, explaining how to use herbs, vitamins, natural hormones, and other supplements to alleviate menopausal symptoms, enhance energy, and promote increased vitality and health. Original.

A Woman's Guide to Natural Hormones - Christine Conrad
2005-12-06

More doctors are recommending natural (also called bio-identical) hormones-because they offer all the advantages of synthetic hormone replacement therapy (HRT) without the negative side effects or long-term health risks. Unlike synthetic HRT, natural hormones are bio-identical: they match a woman's own hormones exactly and don't interfere with the body's normal hormone production. They are safer and more effective, providing protective benefits that range from alleviating unpleasant symptoms of menopause, perimenopause, and PMS to protecting against osteoporosis, endometrial cancer, and other diseases. Topics covered include: - What are natural hormones and how do they work? - Why are natural hormones better and safer than synthetic HRT drugs? - Do natural hormones increase the risk for breast cancer? - Can

natural hormones control midlife weight gain? - Does natural progesterone help alleviate PMS? - Will natural hormones improve skin? - How to find the right doctor - The latest on the recent NIH study *Menopause* - Sandra Cabot 1991

Answers common questions about menopause and ageing, and includes an anti-ageing naturopathic diet plan based on natural hormones and youth-promoting foods. Author has also published 'Women's Health' and is a consultant to the Australian Women's Health Advisory Service.

Stay Young & Sexy with Bio-Identical Hormone Replacement - Jonathan V. Wright 2009-12-01

This is the long-awaited follow-up to Dr. Jonathan Wright's best seller *Natural Hormone Replacement for Women Over 45*; the book that started the bio-identical hormone revolution. In their new updated book, with a powerful foreword by Suzanne Somers, the authors update the science, safety, and clinical successes surrounding this controversial subject and share the secrets that will allow the reader to *Stay Young & Sexy*.

The Estrogen Alternative - Raquel Martin 2004-11-22

Provides up-to-date information on natural alternatives to synthetic hormone replacement therapy, including new studies on using natural progesterone to combat a multitude of illnesses such as hormone deficiency, PMS, fibromyalgia, depression, miscarriages, and infertility. Original.

The Hormone Shift - Dawn M Cutillo 2018-04-02

Would you like to lose those last, stubborn 10-20 pounds, diminish your hot flashes, improve your sleep and banish your mood swings... all in 30 days? *The Hormone "Shift"* outlines a unique protocol of "Natural Hormone Balancing," that can totally rebalance your hormones, without the risks or side effects of traditional HRT or Bio-Identical Hormone Therapy. This safe, natural and fast approach to rebalancing your body will allow you to lose stubborn fat from your most desired areas (hips, stomachs and thighs), and you will feel great WHILE you lose weight! This is due to the calming affect that hormone balancing will have on your overall mood and sleep, as well as the regulation of your female

cycle, calming all PMS and Menopausal symptoms! *The Hormone "Shift"* will cover: - The one major hormone "shift" all women deal with that can start at puberty, and peak around menopause. - How this hormone imbalance affects your weight, mood, sleep, hair, monthly cycles, female health, and the aging process. - How "Natural Hormone Balancing" takes a more comprehensive approach to balancing female hormones by getting to the root of the problem... stress. - The risks of traditional HRT and the Birth Control Pill, as well as foundational inadequacies in the now popular Bio-Identical Hormone Replacement Therapy. - A special protocol to balance blood sugar and insulin that will have a profound effect on balancing your key hormones; cortisol, estrogen and progesterone. - Key ways to maintain this balance long-term, for results that will change your life. Experience the Highest Quality of Life through *Natural Hormone Balance*...

The Hormone Solution - Dr. Thierry Hertoghe 2010-04-07

America's perceptions about the inevitable effects of aging are about to be completely rethought, thanks to groundbreaking new information from an internationally known expert on hormones and antiaging medicine. Thierry Hertoghe, M.D., has an important message to share: people are aging unnecessarily. Based on thirty-five years of scientific studies, *The Hormone Solution: Stay Younger Longer with Natural Hormone and Nutrition Therapies* is the first book that offers a prescriptive program to counter memory loss, weight gain, wrinkles, shrinking muscle mass, impotence, hair loss, and a host of other signs and symptoms of aging. Dr. Hertoghe offers an effective program of hormone replacement therapy using safe, low doses of natural hormones—in conjunction with a healthy diet and vitamin and mineral supplements—to help people maintain physical, mental, and emotional health and literally restore their bodies to a state that's three to twelve years younger than their actual age. He identifies the fifteen main, crucial hormones found in the body and explains the process that restores each one to its correct level. With a foreword by renowned doctor Barry Sears, *The Hormone Solution* is filled with self-scoring checklists, eating plans, nutritional prescription plans, and hormone

shopping lists that help every reader calculate his or her personal hormone profile. Dr. Hertoghe is revolutionizing the medical field with his work, showing us how to treat chronic illnesses and the large and small aspects of aging by using preventive measures to drastically slow the aging process and its effects without costly procedures and surgeries. The Hormone Solution is a landmark publication that will revolutionize how people age, enabling us to live longer, healthier, and happier lives

What You Must Know About Bioidentical Hormone Replacement Therapy

- Amy Lee Hawkins 2013-02-12

Many women are confused about the treatments available for menopause. While they may be experiencing severe symptoms, the news about Hormone Replacement Therapy (HRT) use is not encouraging. HRT may increase the risk of heart attack, stroke, breast cancer, and blood clots in the lungs and legs. On the other hand, there is lesser known treatment-Bioidentical Hormone Replacement Therapy (BHRT)-that can help effectively diminish menopausal symptoms without the dangers of synthetic drugs. In her new book, Dr. Amy Lee Hawkins provides women with a complete guide to understanding and using BHRT to diminish or eliminate the symptoms of menopause. What You Must Know About Bioidentical Hormone Replacement Therapy is written in easy-to-understand language. It covers the basics of hormones, discusses the controversy surrounding hormone replacement, details hormone treatment principles, and provides a guide to maintaining a healthy weight and metabolism. Each discussion is supported by up-to-date scientific articles published in respected research journals and medical texts. In addition, the book's appendix includes numerous questionnaires that can help you understand your personal situation. If you are struggling with the symptoms of menopause, you want to choose the safest and most effective route to feeling better. What You Must Know About Bioidentical Hormone Replacement Therapy provides the information you need to make the best possible decisions about your health.

The Natural Hormone Makeover - Phuli Cohan 2008-01-14

A female doctor who has spent more than two decades studying the relationship between hormones and menopause presents a safe, effective program for using natural and bioidentical hormones to combat hot flashes, insomnia, mood swings, and many other symptoms linked to menopause-related hormone imbalances. Combining traditions of Chinese medicine with the latest Western developments and discoveries, this easy-to-follow ten-step program helps you create a personalized course of treatment using supplements, herbs, natural and bio-identical hormones, and diet to enhance both safety and hormone effectiveness.

Bioidentical Hormone Replacement Therapy - Rudy Dragone
2014-02-20

A guide to understanding the role hormones have in assessing symptoms that may be aggravated by hormonal imbalances or deficiencies. The last half of this book contains a clinical reference guide to help healthcare practitioners check for hormonal imbalances and recommend dosing of bioidentical hormones in the treatment of their patients. The author is a compounding pharmacist and consultant on natural hormones, vitamins, and testing for health issues.

The Clinical Utility of Compounded Bioidentical Hormone Therapy - National Academies of Sciences, Engineering, and Medicine 2020-09-22
The U.S. Food and Drug Administration (FDA) has approved dozens of hormone therapy products for men and women, including estrogen, progesterone, testosterone, and related compounds. These products have been reviewed for safety and efficacy and are indicated for treatment of symptoms resulting from hormonal changes associated with menopause or other endocrine-based disorders. In recent decades, an increasing number of health care providers and patients have turned to custom-formulated, or compounded, drug preparations as an alternative to FDA-approved drug products for hormone-related health concerns. These compounded hormone preparations are often marketed as "bioidentical" or "natural" and are commonly referred to as compounded bioidentical hormone therapy (cBHT). In light of the fast-growing popularity of cBHT preparations, the clinical utility of these compounded preparations is a substantial public health concern for various stakeholders, including

medical practitioners, patients, health advocacy organizations, and federal and state public health agencies. This report examines the clinical utility and uses of cBHT drug preparations and reviews the available evidence that would support marketing claims of the safety and effectiveness of cBHT preparations. It also assesses whether the available evidence suggests that these preparations have clinical utility and safety profiles warranting their clinical use and identifies patient populations that might benefit from cBHT preparations in lieu of FDA-approved BHT.

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

Natural Choices for Menopause - Marilyn Glenville 1999-04-15

A guide to natural alternatives to hormone replacement therapy in treating and preventing the effects of menopause ranges from herbs and other holistic therapies to changes in diet and exercise regimes. Reprint.

Natural Hormone Replacement - Jonathan V. Wright 1997

A book showing that natural hormone replacement offers a safe and effective alternative for the treatment of menopause.

Bioidentical Hormone Replacement Therapy - Rudy Dragone 2014-02-21

All through our lives we are plagued with certain truths, we are born, we live and we die. Many of us live life never really having great health. Everywhere you turn these days you hear and see more and more news and advertising about Hormone Replacement Therapies (HRTs). From large pharmaceuticals marketing the latest synthetic low testosterone

replacement roll-on to celebrities extolling the virtues of Bioidentical Hormone Replacement Therapy, (BHRT) as a virtual fountain of youth. The truth is there are a lot of mistruths about the role bioidentical hormones can have in the cure of several severe symptoms; the overall wellbeing of your patients and safety concerns about their use. This book is to serve as a guide to understanding the role hormones have in assessing symptoms that may be aggravated by hormonal imbalances or deficiencies. The last half of this book contains a clinical reference guide to help healthcare practitioners check for hormonal imbalances and recommend dosing of bioidentical hormones in the treatment of their patients. The goals of this book are to: 1. Educate healthcare professionals about the role of hormones in the wellness of their patients. 2. Educate the public of the significant role hormonal imbalances can play in their overall wellness. 3. Provide the necessary tools to determine if bioidentical hormone replacement therapies are appropriate for your patients. 4. Help expand healthcare practices through referrals by happy, healthy patients and bioidentical hormone replacement therapies that improve patient lives while making sound business sense to your practice. The roll that bioidentical hormone replacement therapy has in overall wellbeing for millions of people is simply remarkable.

Natural Hormone Therapy for Men, Women and Children - Michael E. Platt 2004-10

"A Revolutionary Approach to Permanent Weight Loss, PMS, The Menopause, Sexual Health, Male Menopause, Breast Cancer, Attention Deficit Disorder, and more.." This book is written in an easy to understand format to allow people to understand why they are not well.. and, what can be done about it.