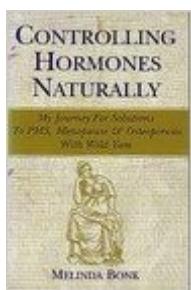


The book was found

Controlling Hormones Naturally: My Journey For Solutions To Pms, Menopause & Osteoporosis With Wild Yam



Synopsis

Read this book to discover natural approaches for hormone replacement therapy, PMS, Menopause and Osteoporosis with phytoestrogens and natural progesterone. **AUTHOR COMMENTS:** Today, women read about the benefits and risks of estrogen. Now if you are one of the 40 million women facing menopause, you are faced with many questions in order to decide for yourself how you'll experience the process. This book helps inform you with the knowledge and answers, so you can make an intelligent decision. You may have hot flashes, night sweats or you have read of the dangers of shrinking or broken bones. You don't want to end up like that. If you had breast cancer and can't take estrogen, What choice do you have? With this book, you'll have the information you need to make decisions. This book includes: A complete vitamin and mineral chart, a descriptive list of phytoestrogens, to a complete description of hormones and how they work in the body.

Book Information

Paperback

Publisher: M B Pub; Softcover Ed edition (April 1996)

Language: English

ISBN-10: 0965082709

ISBN-13: 978-0965082709

Product Dimensions: 0.8 x 5.2 x 8.5 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #814,820 in Books (See Top 100 in Books) #43 in Books > Health, Fitness & Dieting > Women's Health > Menopause #763 in Books > Health, Fitness & Dieting > Alternative Medicine > Holistic

Customer Reviews

Controlling Hormones Naturally My Journey For Solutions To PMS, Menopause & Osteoporosis With Wild Yam This book is for the millions of women searching for natural approaches to hormonal replacement therapy. You'll be amazed to learn--yesterday's medicine is today's alternatives. You'll Discover: The healing power of wild yam The benefits of natural progesterone How to relieve hot flashes and mood

Melinda Bonk, MB Publishers is also the Author of Alternative Medicine Yellows, by Future Medicine Publishing. While discovering the latest state of the art natural remedies she cured her PMS with

wild yam and natural progesterone. Presently, she lectures about the benefits of natural progesterone and phytoestrogens for women.

As owner of a health food & supplement company in the UK, I was very surprised to find a book such as this available. The book is very simple to follow and does the main job of EDUCATING people that there are alternatives to DRUGS. We sell Wild Yam Cream here, but the main problem is getting women to understand how it works and why it is best to try this natural remedy first - not last! I enjoyed the humour in the book and could sympathise with many of the situations the author found herself in. I'm very pleased to give this book my backing. It ought to be a 'must' for EVERY woman on the western world. Should anyone in the UK wish to try Wild Yam Cream, they can email me here at SunLHealth@AOL.Com. Or write to: Sunlife Health, 84 Scott Drive, WICKFORD SS12 9RU. Many thanks, Paula Pont

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

Controlling Hormones Naturally: My Journey for Solutions to Pms, Menopause & Osteoporosis With Wild Yam Easy Sweet Potato and Yam Cookbook: 50 Delicious Sweet Potato and Yam Recipes for the Cool Autumn Months What You Must Know About Women's Hormones: Your Guide to Natural Hormone Treatments for PMS, Menopause, Osteoporis, PCOS, and More From PMS to menopause: Female hormones in context Okay, So I Don't Have a Headache: What I learned (and what all women need to know) about PMS, hormones, stress, diet, menopause--and sex Internal Cleansing : Rid Your Body of Toxins to Naturally and Effectively Fight Heart Disease, Chronic Pain, Fatigue, PMS and Menopause Symptoms, and More (Revised 2nd Edition) The Miracle of Bi-identical Hormones: How I Lost My : Fatigue, Hot flashes, ADHD/ADD, Fibromyalgia, PMS, Osteoporosis, Weight, Sexual dysfunction, Anger, Migraines... It's Your Hormones: The Women's Complete Guide to Soothing PMS, Clearing Acne, Regrowing Hair, Healing PCOS, Feeling Good on the Pill, Enjoying a Safe ... Recharging Your Sex Drive . . . and More! Balancing Your Hormones With Essential Oils: How Essential Oils Can Help To Reset Your Hormones Men's Hormones Made Easy: How to Treat Low Testosterone, Low Growth Hormone, Erectile Dysfunction, BPH, Andropause, Insulin Resistance, Adrenal Fatigue, Thyroid, Osteoporosis, High Estrogen, and DHT: Bioidentical Hormones, Book 8 Iâ™m a Girl, Hormones! (For Ages 10 and Older): Anatomy For Kids Book Explains To Older Girls How Hormones Are Changing Their Body (I'm a Girl) Hormones, Health, and Happiness: A Natural Medical Formula for Rediscovering Youth with Bioidentical Hormones Sex, Lies, and Menopause: The Shocking Truth About Synthetic Hormones and the Benefits of Natural Alternatives Chicken Soup for the Soul in Menopause: Living and Laughing

through Hot Flashes and Hormones 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! The Wisdom of Bioidentical Hormones in Menopause, Perimenopause, and Premenopause: How to Balance Estrogen, Progesterone, Testosterone, Growth Hormone; Heal Insulin, Adrenals, Thyroid; Lose Belly Fat Dr. Susan M. Lark's The Menstrual Cramps Self Help Book: Effective Solutions for Pain & Discomfort Due to Menstrual Cramps & PMS Menstrual Cramps Self Help Book: Effective Solutions for Pain and Discomfort Due to Menstrual Cramps and PMS Mayo Clinic The Menopause Solution: A doctor's guide to relieving hot flashes, enjoying better sex, sleeping well, controlling your weight, and being happy! Wild Men, Wild Alaska: Finding What Lies Beyond the Limits (Wild Men, Wild Alaska Series Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)