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# Natural Hormone Replacement For Women Over 45

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Feminine Forever  
 The Estrogen Alternative  
 The Sexy Years  
 The Hormone Cure  
 Bioidentical Hormones Made Easy!  
 Dr. Susan Love's Hormone Book  
 The Natural Superwoman  
 What You Must Know About Bioidentical Hormone Replacement Therapy  
 What Your Doctor May Not Tell You About(TM): Breast Cancer  
 The Truth about Hormone Replacement Therapy  
 Age Healthier Live Happier  
 The Greatest Experiment Ever Performed on Women  
 Estrogen Matters  
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 Menopause and Estrogen  
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 I'm Too Young for This!  
 Dr. John Lee's Hormone Balance Made Simple

*Natural Hormone Replacement For Women Over 45*

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## HINES CECELIA

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**Feminine Forever** Grand Central Publishing  
 Getting older can be brutal—women gain weight, lose their sex drive, experience hot flashes, suffer memory loss, become short-tempered, find it difficult to sleep, and on and on. It's not so easy for men, either—they start to lose energy and stamina as they age, too (and they have to live with women going through menopause). After years of being thin and fit and full of energy, Suzanne herself encountered the "Seven Dwarfs of Menopause"—Itchy, Bitchy, Sweaty, Sleepy, Bloated, Forgetful, and All-Dried-Up. Instead of living out the rest of her life cranky, sleep-deprived, and libido-less, Suzanne set out to discover how she could get her mind, body, and life back and banish those pesky dwarfs for good. The result is *The Sexy Years: Discover the Hormone Connection—The Secret to Fabulous Sex, Great Health, and Vitality, for Women and Men*. In this passionately argued and enormously practical book, Suzanne supports her own research and experiences with the expertise of leading doctors in the field

of women's and men's health and sexuality to create an inspiring, accessible call-to-arms to women to radically rethink how they approach life after fifty, and give them the tools to turn their lives around. Suzanne has discovered that the second half of life has been more rewarding, fun, and purposeful than her younger years. The key to her happiness? Taking natural bioidentical hormones. Natural hormones, which mimic the hormones produced in our own bodies that are almost completely lost with aging, are the answer to the symptoms of menopause that plague women. Recent findings from the medical community show that synthetic hormone replacement therapy (HRT) may be harmful to women—thus, thousands of women are looking for what else they can do to alleviate their symptoms. In *The Sexy Years*, Suzanne comes to the rescue with a step-by-step plan and detailed information about how women can take control of their health, for themselves and for their men, including:

- What the differences are between synthetic and bioidentical hormones, and why bioidentical hormones help women lose weight, reinvigorate their sex lives, and fight the symptoms of aging
- How doctors do not receive adequate training about hormones and are slaves to the pharmaceutical industry, and what

questions every woman must ask her physician about hormone replacement therapy and her health • How Suzanne turned her life around, with information about how often she visits her doctor, blood work, what hormones she takes, how to get these hormones, and more • What male menopause, or andropause, is and how men can also take bioidentical hormones and regain the energy they had in their youth • What a variety of specialists think about natural hormones, health, and sexuality—Suzanne shares the best advice from these doctors and provides a resource list of physicians and pharmacies With bioidentical hormone replacement therapy, Suzanne has found the fountain of youth, the elixir that has made her feel thirty years old again. In combination with her Somersize diet and fitness plan, which she also writes about here, Suzanne has never felt better. The beauty of growing older, she maintains, is that you can combine the wisdom of age with the vitality of youth. Suzanne makes it perfectly clear how women and men can regain their zest for life at any age. These really are the sexy years!

[The Estrogen Alternative](#) Harper Collins

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.

[The Sexy Years](#) Cambridge University Press

Reveals what the latest studies really show about Hormone Replacement Therapy and its side effects. Here you will discover how you can get rid of your menopausal symptoms naturally.

**The Hormone Cure** World Health Organization

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

[Bioidentical Hormones Made Easy!](#) Grand Central Publishing

The new health bible for women. Women all over the world flock to Dr. Uzzi Reiss for his cutting-edge approach to women's

health. In *The Natural Superwoman*, Dr. Reiss brings his innovative philosophy to women everywhere, demonstrating how they can stop feeling overwhelmed and tired and start feeling their best—energized, focused, and ready to take on the world each day. As Dr. Reiss explains, hormone balance is the key to living with vitality. His anti-aging program combines natural hormone therapy, essential nutritional advice, simple exercise, and mind-body techniques to help you, no matter what your age, become the healthiest, most vibrant natural superwoman you can be. *The Natural Superwoman* illustrates: • Which specific hormones can enhance energy, sexuality, and memory; heal dry skin; relieve sleep disorders; alleviate depression; and more • Why you should take magnesium instead of calcium to guard against osteoporosis • How to make simple changes to your diet to help you lose weight • Why you may actually be exercising too much This book offers accessible yet authoritative information from a physician with more than thirty years of experience in understanding and working with women. *The Natural Superwoman* shows you how to take control of your well-being and feel better than ever naturally.

*Dr. Susan Love's Hormone Book* CRC Press

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.

**The Natural Superwoman** Basic Health Publications, Inc.

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.

[What You Must Know About Bioidentical Hormone Replacement Therapy](#) Simon and Schuster

Written with the busy practice in mind, this book delivers clinically focused, evidence-based gynecology guidance in a quick-reference format. It explores etiology, screening, tests, diagnosis, and treatment for a full range of gynecologic health issues. The coverage includes the full range of gynecologic malignancies, reproductive endocrinology and infertility, infectious diseases, urogynecologic problems, gynecologic concerns in children and adolescents, and surgical interventions including minimally invasive surgical procedures. Information is easy to find and absorb owing to the extensive use of full-color diagrams, algorithms, and illustrations. The new edition has been expanded to include aspects of gynecology important in international and resource-poor settings.

*What Your Doctor May Not Tell You About(TM): Breast Cancer*  
Karger Medical and Scientific Publishers

Renowned expert Dr. Erika Schwartz shares her successful program for treating the symptoms of hormone imbalance, combining her professional experience with her own story. A hormone specialist with more than 20 years of experience, Erika Schwartz subscribed to conventional methods of treating menopausal women- until she became one. When she realized that available treatment options were ineffective for her-and for millions of women-she started looking for an alternative. What she discovered are safe, effective, and natural forms of hormone replacement, virtually free of side effects, that can be used to treat a myriad of problems in women of all ages, including acne, migraines, PMS, post-partum depression, and fibroids, as well as the common symptoms of menopause. Now, in this revolutionary book, Dr. Schwartz shares her proven program to help women prevent, reduce, and even eliminate these symptoms of hormone imbalance naturally. Readers will also learn when and where to get natural hormones and why they can change women's lives for the better.

*The Truth about Hormone Replacement Therapy* Seven Stories Press

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.

[Age Healthier Live Happier](http://AgeHealthierLiveHappier.com) Lulu.com

This book covers a topic of considerable current interest and presents many of the most significant research findings available to date. Workers at the forefront of research on hormone replacement therapy and the implications for the risk of breast cancer were invited to attend a special Conference at the Royal Society of Medicine in London in September, 1991, where the latest data were presented to a distinguished audience and the implications of this research were discussed. The volume reviews various aspects of HRT and breast cancer, the physiology of the menopause, the current use of HRT in practice, osteoporosis and epidemiology and presents results from a range of European, American and Australian studies on the role of breast cancer and HRT, finishing with an overview of benefits, use and cost-effectiveness and a general summary. The book represents a definitive statement of current knowledge in this field and an informative update on the implications of recent research. It will be a valuable addition of special significance to the libraries of all those concerned with hormone replacement therapy and the study of breast cancer.

**The Greatest Experiment Ever Performed on Women**  
Proving Press

A book showing that natural hormone replacement offers a safe

and effective alternative for the treatment of menopause.

*Estrogen Matters* Inner Traditions / Bear & Co

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.

*The Menopausal Transition Balance*

Discusses menopause and how to minimize symptoms and maximize good health through the use of hormone replacement therapy, herbs, vitamins, foods, and natural supplements

**The 30-Day Natural Hormone Plan** Penguin

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.

**Menopause and Estrogen Harmony**

Oral contraceptives for family planning worldwide have revolutionized the reproductive lives of millions of women since their introduction in the 1960s. Later on, a variety of side-effects including cardiovascular diseases was recognized. In response to these concerns, new generations of combined oral contraceptives were developed that featured lower dose of estrogen and newer, more potent progestogens. The effectiveness and ease of use of combined hormonal contraceptives suggest that they will continue to be used to a significant extent in the future. This ninety-first volume of IARC Monograph.

**A Practitioner's Guide to Physiologic Bioidentical Hormone Balance** Grand Central Publishing

Established for more than thirty years as one of the world's most widely read gynecology texts, *Clinical Gynecologic Endocrinology and Infertility* is now in its Eighth Edition. In a clear, user-friendly style enhanced by abundant illustrations, algorithms, and tables, the book provides a complete explanation of the female endocrine system and its disorders and offers practical guidance on evaluation and treatment of female endocrine problems and infertility. Major sections cover reproductive physiology, clinical endocrinology, contraception and infertility. This edition has a modern full-color design. A companion website includes the fully

searchable text, image bank and links to PubMed references.

*Natural Hormone Replacement* Penguin

A review of both the potential hazards and benefits of hormone therapy after menopause.

**Natural Menopause** Kyle Cathie Limited

A compelling, "fascinating" (Robert Cialdini) defense of hormone replacement therapy, exposing the faulty science behind its fall from prominence and giving women the evidence they need to make informed decisions about their health. Now fully revised and updated. "Estrogen Matters was my antidote to the misinformation surrounding menopause. This book should be the bible for every single person going through menopause."—Naomi Watts For years, hormone replacement therapy (HRT) was the medically approved way to alleviate menopausal symptoms (ranging from hot flushes to brain fog) and reduce the risk of heart disease, Alzheimer's, and osteoporosis. But when a large study by the Women's Health Initiative (WHI) announced, with national fanfare, that women taking HRT had an increased risk of

breast cancer, women were scared off, and the treatment was abandoned. Now, Dr. Bluming, a medical oncologist, and Dr. Tavaris, a social psychologist, reveal the true story of the WHI's efforts to distort their data to exaggerate unsupported claims of estrogen's harms. Important updates in this edition include: Evidence that demolishes the WHI's claim that HRT causes breast cancer. A list of the WHI's retractions of their original scare stories. Updated findings on estrogen's benefits on heart, brain, bones, and longevity. A critical review of the alternative products and medications being marketed to treat symptoms of menopause. A sobering and revelatory read, *Estrogen Matters* sets the record straight on estrogen's benefits, providing a light to guide women through this inevitable phase of life.

*A Woman's Guide to Natural Hormones* Medical Alternative Press Arguing that giving estrogen replacement therapy to women after menopause is medically the wrong thing to do, Lee suggests that natural progesterone can prevent most of the unpleasant side effects of menopause, including osteoporosis and weight gain.

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- [The Going To Bed Book By Sandra Boynton](#)
- [World Of Eric Carle, Around The Farm 30-button Animal Sound Book - Great For First Words - Pi Kids](#)
- [The Five-star Weekend By Elin Hilderbrand](#)
- [Young Forever: The Secrets To Living Your Longest, Healthiest Life \(the Dr. Hyman Library, 11\) By Dr. Mark Hyman Md](#)
- [Bluey And Bingo's Fancy Restaurant Cookbook: Yummy Recipes, For Real Life](#)
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