

A WOMAN S GUIDE TO NATURAL HORMONES

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The co-author of Natural Woman, Natural Menopause provides a comprehensive and timely guide to hormone replacement therapy, explaining how to use natural/bio-identical hormones (instead of synthetics) to relieve PMS, headaches, depression and anxiety, and the problems of menopause and to protect oneself against the dangers of heart disease, osteoporosis, breast cancer, and other ailments. Original

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