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# The Natural Estrogen Diet: Healthy Recipes For Pre Menopause And Menopause

**The Natural Estrogen Diet**

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and Recipe Book provides an alternative to menopause treatment that avoids hormone replacement therapy. The book not only features nutritious and tasty recipes but also explains how plant estrogens can alleviate the

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symptoms of menopause.

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information on natural  
alternatives to synthetic  
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including new studies on  
using natural progesterone  
to combat a multitude of

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inflammatory healing recipes  
to help reduce your symptoms  
of endometriosis The aim of  
the advice and the recipes  
in this book is to help:  
Reduce inflammation Reduce  
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estrogen Balance hormones

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Help to heal your gut

Support your immune system

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book provides guidance why

certain food groups are

omitted from your diet and

how they can trigger your

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symptoms. Advice is given regarding hormones and diet, how to balance estrogens through diet, details of specific supplements that can help with pain and inflammation, as well as tips and recipes for

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alternatives for dairy, sugar and gluten. This comprehensive book covers all your dietary needs including healing drinks, filling soups, creative salad options, nourishing main meals, quick and easy

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pasta dishes, sweet dishes using sugar alternatives, baking recipes using gluten free alternatives, tasty dips & spreads, sauces to broaden your recipe ideas - all being compiled to give you tasty nutritious options

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that will not aggravate your symptoms of endometriosis By the time you have digested the book you will be left with no doubt of what you can safely eat and what you are advised not eat - but not left having to eat a

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bland and boring diet.

Research to the benefits of diet to help endometriosis is gaining ground as well as feedback from those who have followed the diet with success. The ultimate aim of the diet for endometriosis

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is to help minimize the symptoms and reduce the impact this disease has on your life.

Minimize the symptoms of perimenopause and menopause naturally through a sustainable, enjoyable

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eating plan, physical activity, and other beneficial lifestyle habits  
“My friends and well-respected colleagues have written The Menopause Diet Plan to help you feel healthier, happier, and more

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confident during this change in your life.”—Maye Musk, MS, RDN, and author of *A Woman Makes a Plan* Menopause is uncharted territory for women, and it can be difficult to know how to ease the effects of hormonal

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changes that can often start in your 40s. With honesty and optimism, The Menopause Diet Plan encourages a positive, fad-free approach to managing your physical and emotional health during perimenopause and menopause.

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It highlights current scientific knowledge about the best diet and lifestyle choices to manage your weight; keep your heart, brain, and bones healthy; and decrease the risk for cancer and other chronic

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conditions. It also offers natural strategies to help diminish hot flashes, manage sleep difficulties and mood swings, improve energy, and more. The Menopause Diet Plan takes a unique approach to eating before, during,

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and after menopause.

Registered dietitians  
Hillary Wright and Elizabeth  
Ward provide a customizable,  
plant-based eating plan that  
is rich in protein, fiber,  
and other beneficial  
nutrients, moderate in

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carbohydrates, and low in saturated fat, sodium, and added sugars. Balancing evidence-based advice with real-life circumstances and personal experience, it combines the best of the world's healthiest diets

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satisfying foods that nourish your body. With a comprehensive approach to better health, The Menopause Diet Plan helps women take charge of their well-being and live life to the fullest.

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nutrition and herb expert, has worked with this healing principle for over two decades and has written this book as your primary guide to using food as your best medicine. In Diets for Healthy Healing, each

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chapter reviews a health problem and provides an easy-to-follow nutrition plan. Healing recipes, nutritional supplements, whole herbs, bodywork and exercise recommendations are included as part of the healing

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America's perceptions about  
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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

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loss, weight gain, wrinkles,  
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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

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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

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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

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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

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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

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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

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being, free of tiredness,  
insomnia, memory loss, anxiety  
and depression? Then, Healthy  
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**Susan Richards, M.D., one of the most renowned women's alternative medicine experts, this book provides the most up-to-date and essential information on healthy, natural estrogens. Millions of women**

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**have turned away from using  
conventional estrogen  
replacement therapy with its  
many side effects and health  
issues like increasing the risk of  
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**with low estrogen levels. It is also based on her thorough knowledge of the medical and alternative research in this field. The lack of estrogen creates many uncomfortable symptoms including hot flashes, insomnia,**

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**mood changes, anxiety,  
depression, loss of sex drive,  
memory loss, wrinkling and  
thinning of the skin and weight  
gain. The incidence of  
osteoporosis, heart disease,  
high blood pressure and arthritis**

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**also increases dramatically as estrogen levels diminish. Her patient Maria was distressed by her lack of energy and loss of sex drive, while Tamara consulted Dr. Richards because her low estrogen levels were**

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**causing hot flashes and  
sleepless nights. Judith came to  
see her because she had low  
bone density and was  
concerned about her weight gain  
and moodiness. All of these  
women benefited greatly from**

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her all-natural estrogen support program. In *Healthy Natural Estrogens*, Dr. Richards has included: - Essential information about estrogen, how women produce and metabolize estrogen in their bodies as well

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heart, bones and memory for the long term. The effects of menopause can be utterly debilitating for women, ravaging their physical, mental and emotional health and often

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their careers and relationships too. But conventional therapies come with side effects that sometimes seem nearly as bad. Bestselling author Maryon Stewart shows how

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you can alleviate the symptoms of menopause – naturally and effectively; through diet, supplements, herbal remedies, exercise and relaxation. The Natural Menopause Plan

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includes more than 90 delicious recipes. All are easy to make and brimming with vital nutrients, such as calcium, magnesium and essential fatty acids. Many are especially

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Includes the latest research on using natural progesterone to combat osteoporosis, endometriosis, heart disease, PMS, fibroids, and breast, ovarian, and

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For Pre Menopause And Menopause

uterine cancer More and more women are seeking alternatives to synthetic hormones and their harmful side effects. Despite increasing awareness of the dangers of synthetic

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hormones, over-prescription of estrogen is still rampant, as is confusion among doctors and patients whether the benefits of conventional hormone replacement

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therapy (HRT) outweigh the risks. This updated fourth edition offers the latest information on how botanical progesterone therapy, also known as natural HRT, can provide

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safe, natural relief for many of the problems women face from hormone deficiency, including PMS, fibromyalgia, depression, menstrual irregularity, miscarriages, uterine

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fibroids, and infertility.

Botanical progesterone supplementation can be also extremely effective in relieving hot flashes, insomnia, night sweats, vaginal dryness, and even

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cancer. The authors sift through misinformation and contradictory studies, warning against corporate-sponsored research in a multi-billion dollar menopausal industry, and

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guide readers to natural alternatives. This fourth edition also includes new studies regarding the dangers of a diet rich in soy contributing to the onset of premature

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menopause, as well as thyroid disorders. The dangers of mammography and the importance of focusing on safer, more effective methods of cancer detection are also well

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documented.

Provides information on how to manage the symptoms of perimenopause and menopause by eating foods high in natural estrogen, discussing some of the

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symptoms of menopause; explaining how plant, or phytoestrogens, can work to relieve those symptoms; considering the additional benefits of phytoestrogens; and

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including recipes.

Many of us experience signs and symptoms of hormonal imbalance every day. Do you have trouble dragging yourself out of bed in the morning? Ever

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have an uncontrollable sugar craving at 3 p.m.? Chronic headaches? Lack of energy? Do you get stressed just sitting in your office? Our bodies are wired to send us

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signals when something isn't right, but often we're too busy to hear them. Compounding the problem is a lack of understanding about the consequences if these

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symptoms are left unaddressed. Without hormonal balances, we are more likely to succumb to many diseases and illnesses. The Hormone Diet lays out a foolproof

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plan to balance your life, one hormone at a time. But it is more than just a diet book. Along with advice for weight loss, Dr. Natasha Turner provided recommendations

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for anti-inflammatory detox, nutritional supplements, exercise, sleep, stress management, toxin-free skin care, and natural hormone replacement combined with

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a diet plan—all incorporated into a 3-step wellness program focused on the essentials of hormone balance for lasting health.

Part I provides important

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facts about estrogen as well as how women produce and metabolize estrogen in their bodies. Part II discusses natural estrogen therapies including best foods, vitamins, minerals,

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herbs, essential fatty acids and bioidentical estrogen therapy that can be used as an alternative to conventional ERT. Part III provides the dietary choices to maintain

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healthier estrogen levels and to support your health. Dr. Lark discusses foods to avoid that deplete estrogen levels, and also the estrogen support benefits of stress

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reduction and aerobic exercise.

[Over the Symptoms with Diet, Supplements, Exercise and More Than 90 Recipes](#)  
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No More Horse Estrogen

A Guide to Natural

Hormonal Balance

Healthy Eating During

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Alternatives  
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Natural Progesterone for Women : a Safe, Natural and Effective Means of Helping Women with PMS, Menstrual Dysfunction, Menopause, and Aging Diet, Energy, and Hormone

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Regulation  
Her Healthy Heart  
The Hunter-gatherer Within

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flashes, insomnia, fatigue,  
anxiety, depression, vaginal and  
skin dryness and other***

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*uncomfortable symptoms of  
menopause? Do you want to  
restore your hormonal health  
and balance and enjoy radiant  
health and wellness? Then, Dr.  
Susan's Solutions: Healthy  
Menopause is an essential book*

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*for you. Written by Susan M. Lark, M.D., best selling author and one of the most renowned women's alternative medicine experts, this incredible guide to healing from menopause symptoms and restoring your*

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*hormonal health and balance  
contains her all natural and very  
effective treatment program. Her  
program has helped thousands  
of her menopause patients gain  
dramatic relief from their  
debilitating and uncomfortable*

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***symptoms. Dr. Lark's program for menopause relief is incredibly effective, safe and fast acting and has enabled her patients to avoid the use of conventional hormone replacement therapy with its***

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*many side effects and health issues including an increased risk of heart disease and breast cancer. Her book also includes her expert knowledge of the most up-to-date medical and alternative therapy research in*

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*this field. In this book, Dr. Lark shares with you: - Important information on the major female hormones, estrogen, progesterone, testosterone, and DHEA and how they affect the body and how production of*

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*these hormones changes as a woman enters menopause - In-depth discussion of the symptoms of menopause including hot flashes, sleeplessness and insomnia, mood swings, fatigue and*

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*vaginal and bladder changes.*

*Other topics discussed include  
osteoporosis, arthritis, skin and  
hair thinning and dryness, heart  
disease and stroke and how to  
prevent and correct these issues  
using Dr. Lark's all natural*

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*treatment program - Very helpful  
workbook for evaluating your  
menopause symptoms and  
questionnaires to assess your  
risk factors of other midlife  
health conditions like heart  
disease, osteoporosis, thyroid*

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***disease and breast cancer -  
Essential chapters on  
bioidentical hormone therapy,  
including estrogen,  
progesterone, testosterone and  
their benefits; who should use  
these therapies, their side***

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*effects, guidelines for their use, best recommended dosages as well as how to safely stop conventional hormone replacement therapy - Her delicious menopause relief diet including menus, meal plans and*

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*scrumptious, high nutrient recipes that help eliminate menopause symptoms and promote radiant health and well-being Dr. Lark has included both vegetarian emphasis, high complex carbohydrate recipes as*

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***well as high protein, meat-based  
recipes, depending on the type  
of diet that your body needs  
most for optimal health - Many  
helpful charts including the  
foods that contain menopause  
relief nutrients, menopause food***

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***shopping list and substitution  
charts for high stress foods and  
ingredients that worsen  
menopause symptoms - The  
most effective vitamins,  
minerals, antioxidants, essential  
fatty acids, herbs and healthy***

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*plant based sources of estrogen to relieve menopause symptoms, their best therapeutic dosages and recommendations for use; essential guidelines on how to best use supplements; and a great sample nutritional*

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*supplement formula for  
menopause relief - How to  
support your own estrogen  
production and detoxification  
Discusses menopause and how  
to minimize symptoms and  
maximize good health through*

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*the use of hormone replacement  
therapy, herbs, vitamins, foods,  
and natural supplements  
"FOR THE WOMAN WHO IS IN  
ON, OR ABOUT TO HIT  
MENOPAUSE" You need to arm  
your self quick, to handle and*

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*cope with this phase of your life.*

*And this book will do just that!*

*What you will learn This book  
has been organized into six  
parts, so you can head to the  
topic that interests you the most:  
Chapter I: Menopause Defined –*

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***This chapter will help you know what menopause is, and why women experience it at one point in their lives. It will also give you an overview on what happens in a woman's body before, during, and after menopause. Chapter II:***

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***Coping with Early Menopause –  
Not every woman goes through  
menopause at the expected age  
range. There are certain factors  
that can cause a woman to  
experience early menopause,  
such as after a surgical***

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***procedure. Chapter III:  
Familiarizing Yourself with the Symptoms – There are many symptoms associated with menopause, but how do you know if it is really the cause of those hot flushes and***

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***headaches? Chapter IV: Sex Life  
and Menopause – Going through  
menopause does not mean you  
will no longer appreciate sex.  
Chapter V: Alternative Non-  
Hormone Therapies – Hormone  
therapy is a controversial***

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*treatment plan because of the possible negative effects on the woman's body. If you are concerned about its effects, then you can consider the many alternative options available that do not require using hormones.*

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**Chapter VI: Menopausal Myths  
Busted – There are a lot of  
misconceptions about  
menopause that continue to  
brainwash a lot of people until  
today, and you should not be  
one of them. Get informed and**

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*check out these myth busters.*

*After reading this book, you will learn that menopause is a natural process that involves different stages. It will also talk about the controversial and alternative approaches that can help protect*

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*you from the health risks associated with menopause.*

*Always remember that you deserve to be happy, and be well-informed on what is happening in your body as you continue to enjoy life. Menopause is not a*

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***medical condition Nobody is going to die from menopause or any of its symptoms. However, women die every day from the effects of low estrogen levels. Your risks of certain health problems rise after menopause.***

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*It is true that estrogen has a role in a woman's overall health, including protecting your organs, slowing down degeneration, and increasing your immunity. The transformation caused by*

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*menopause impacts your health  
in significant ways, and this  
book will help you understand  
the story behind each symptom  
and disease. **DOWNLOAD YOUR  
COPY TODAY!***

*Describes the risk factors for*

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*heart disease, recommends*

*Menopause*  
*lifestyle and diet changes, and*  
*discusses antioxidants, B*  
*vitamins, minerals, and*  
*supplements*

*Past studies have been done on*  
*the effects specific foods have*

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Menopause  
*on the adrenal glands and other  
hormones. This study is  
concerned with the combined  
effect that a well-rounded,  
healthy, nutrient-dense food  
program while eliminating the  
use of selected substances*

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*known to alter hormones, such as alcohol, caffeine, soy, hormone-laced meat, common allergy foods, would have on the adrenal glands and specific hormones. The investigator studied six individuals that had*

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*never been on hormone  
replacement therapy and were on  
a less than optimal diet. One  
post-menopausal woman, four  
menstruating women, and one  
male volunteered to be test  
subjects. A salivary assay*

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***baseline was taken of the hormones: cortisol, dehydroepiandrosterone sulfate (DHEA-S), testosterone, progesterone, and estradiol before they began the eight-week dietary change. Participants were***

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*given a list of approved foods and a list of foods during the eight-week program. They kept a detailed list of foods they consumed on a daily basis during the eight-week program as well as the week prior to the*

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*study when they consumed their usual foods. They reported in a detailed journal any changes in their energy, drive, bowel habits, and mood changes. At the end of eight weeks, the same salivary assay was taken of the five*

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*hormones and the pre and post lab reports were evaluated. There was an increase in testosterone for five of the subjects and a slight decrease in the one test subject that was not 100% compliant. The male test subject*

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*was the only one that noted a substantial increase in drive in his journal. Even though four of the women test participants also had a rise in testosterone levels, they did not note an increase in their libido. Fifty percent showed*

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*a healthy increase in 8:00 a.m. cortisol. Four test participants began with erratic circadian cortisol rhythms. Of those four, three showed a return to normal circadian rhythms on the post-test. With respect to weight and*

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***body mass index (BMI), 100% lost weight and had a drop in BMI. There was no significant shift in DHEA-S, progesterone and estradiol in all six of the test participants. Although the study period was short and there were***

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*only six participants, there was an improvement in adrenal function, an increase in testosterone, and a positive shift in weight and body mass index. A healthy well-rounded nutrient-dense food program can have a*

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*positive effect on the adrenal glands and the hormones they produce. Further investigation needs to be done in this area to see the effects a nutrient-dense diet would have on adrenal function and hormone*

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*production over a longer period  
of time and with a larger  
participant base.*

*Many common conditions are  
discussed, including  
constipation, headaches, skin  
problems, teeth problems, mood*

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***swings, cravings and natural sources of estrogen.***

***"We want to examine what the scientific evidence suggests is really going on when we eat food, and how we can eat and live in a way that best gives us***

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*the health benefits of a hunter-gatherer lifestyle while living in and enjoying the advantages of the modern world. We also hope to use the evidence to explore how we can increase our chances of avoiding chronic*

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*diseases, obesity, and other health problems -- the "Diseases of Civilization." -- page 7.*

*Presenting recent advancements in research findings and the resulting new schools of thought on the physiology of human*

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*bone, this comprehensive reference examines information on dietary pattern and specific nutrients in bone health. Written by experts in the areas of nutrition, bone function, and medicine, chapters include*

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*research on a variety of bone-related topics including effects of vitamins, nutrients, and antioxidants; dietary requirements; physical exercise; bone hormones; lifestyle and effects through the life cycle;*

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*race and ethnicity; and  
prevention of bone diseases  
including osteopenia and  
osteoporosis.*

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Chemicals Are Making You Fat](#)

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The Right Food at the Right Time  
Dr. Susan's Solutions  
A Natural Guide to Managing  
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**Happiness**

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**Healthy Natural Estrogens**

**A Natural Approach to Breast**

**Cancer, Heart Disease, Fibroids,**

**PMS, Bulimia, Childbirth,**

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**Menopause, and Osteoporosis  
Macular Degeneration**

*Make menopause a change for the better! Are you entering menopause? Would you like to be prepared for it when it arrives? Whether the change*

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***of life is upon you or years  
away, now is the best time to  
find out all you can about this  
natural life process. The more  
you know, the better you can  
take care of yourself. And the  
healthier you are, the easier***

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***your menopause is likely to  
be. Written by two authorities  
in complementary medicine  
and women's health issues,  
Menopause the Natural Way is  
a compassionate guide that  
combines mainstream and***

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***alternative medical***

***approaches into a simple, six-  
step program that helps you  
create a healthy and  
empowering passage through  
menopause. You'll learn  
about: \* Using a journal as a***

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*valuable tool for managing  
your menopause \* Nutrition  
and menopause-foods and  
vitamins for your body's  
changing needs \* Using herbs  
to balance your body and to  
treat and reverse symptoms \**

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***Pleasurable exercises proven  
to reduce menopause  
symptoms and promote health-  
from yoga and tai chi to  
aerobic and weight-bearing  
routines \* Managing stress  
known to trigger menopause***

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***symptoms \* Rebalancing your  
hormones through natural and  
medical hormone therapy  
Uniquely created from a  
woman's perspective,  
Menopause the Natural Way  
offers you a supportive,***

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*natural, noninvasive way to  
manage your menopause  
while feeling great.*

*Women need estrogen, but  
estrogen levels diminish with  
age. In the short term,  
estrogen's departure leaves*

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*most women in a frequently  
overheated, uncomfortable  
state. In the long term, its  
exodus places their hearts,  
bones, and brains in harm's  
way. And conventional  
hormone replacement therapy,*

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*with its potentially distressing side effects and increased risk of breast cancer, doesn't provide a reassuring rescue. Faced with every menopausal woman's frightening estrogen dilemma, Nina Shandler*

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***discovered exciting news:  
Some foods contain estrogen.  
She headed straight for the  
kitchen and created this easy-  
to-swallow alternative. Part  
eating program, part  
cookbook, Estrogen: The Nat-***

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***atural Way shows women how  
to make fast, fun food using  
nature's estrogenic  
ingredients. From breakfast  
bars to soups, from main  
courses to desserts, Estrogen:  
The Natural Way provides a***

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*gentle yet effective version of  
estrogen replacement therapy.  
This well-researched book  
advises all health-conscious  
women of any age how to  
benefit by applying Dr.  
McBarron's philosophies and*

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***natural product***

***recommendations. In Part  
One, she provides healthy  
alternatives to HRT and other  
hormone issues, useful tips  
for preventing osteoporosis,  
and the heart smart action***

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*plan to help reverse heart disease. In Part Two, she discusses preserving our natural beauty through-out our lives. In Part Three, she details health rejuvenators: exercise, spiritual and emotional health,*

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*and diet. In Part Four, she concentrates on specialized health issues - including PMS, candida, healthy thyroid function, UTIs, and painful joints.*

*A nutrition and fitness expert*

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***shares an effective, no-fuss way to lose weight—and keep the pounds off—through a diet rich in anti-estrogenic foods, spices, and herbs Estrogenic chemicals—known for causing the near extinction of various***

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***living species—are found in some of the most common foods we eat. In this revolutionary diet book, Ori Hofmekler addresses the millions of overweight and obese individuals who have***

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***failed or are disappointed with other diets—those who suffer from yoyo dieting, weight gain rebounds, or accumulation of stubborn fat in the belly and other estrogen-sensitive areas. He shows you how to: •***

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***Lower your risk of metabolic disorders, disease, and chronic weight gain • Protect yourself against the estrogenic substances in the environment, products, water, and food • Pick foods and***

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***herbs that can protect you  
Focusing on our current over-  
exposure to estrogenic  
chemicals in the environment,  
foods, and water, The Anti-  
Estrogenic Diet provides a  
practical solution to fat gain,***

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***estrogen-related disorders  
(PMS, endometriosis,  
fibrocystic disease), and  
increased risk of common  
cancers in women and men  
(breast, ovarian, cervical,  
prostate). Allowing you to still***

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***enjoy your favorite foods, the program is based on incorporating anti-estrogenic foods, spices, and herbs into your diet, while eliminating estrogenic foods and chemicals. Exposing dietary***

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***myths and fallacies, Hofmekler  
teaches readers that some  
foods commonly regarded as  
“healthy” may actually be  
harmful and vice versa.***

***Special chapters dedicated to  
readers with different needs***

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***and health conditions, recipes, a question-and-answer section, and a list of scientific references are also included in this valuable resource. Offers alternatives to estrogen replacement therapy,***

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*including herbs, homeopathic  
treatments, diet, and exercise*

*Do you want to maintain your  
health and energy level as you  
age? If so, then it is essential  
that you replenish your  
declining hormones. In*

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***Hormones, Health, and  
Happiness, Dr. Steven Hotze  
reveals how restoring  
hormones to optimal levels  
using natural, bioidentical  
hormones enables women and  
men to regain their vitality. Dr.***

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***Hotze discusses the frequently overlooked problem of hypothyroidism, which commonly affects women in midlife. Too often, women with all the signs of low thyroid are told that their blood results are***

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***normal. Find out why women should believe what their bodies are telling them rather than the results of a blood test. The conventional medical approach treats symptoms with “anti” drugs, such as***

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***antidepressants,  
antihistamines,  
antispasmodics, anti-  
arthritics, and others, rather  
than discovering and  
correcting the underlying  
problems of these symptoms.***

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***In Hormones, Health, and  
Happiness, Dr. Hotze***

***discusses symptoms of  
women and men in midlife,  
which include fatigue, weight  
gain, headaches, depression,  
insomnia, hot flashes, joint***

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***and muscle pain, brain fog, loss of interest in sex, allergies, and recurrent infections, to name a few, and addresses their solutions. His comprehensive eight-point wellness program will help***

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***you strengthen your immune system, balance your hormones, and increase your energy level. This program encompasses: • Treatment of low thyroid • Treatment of hormonal decline and***

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***imbalance • Treatment of  
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***Nutritionally balanced eating  
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health problems can be solved  
safely, effectively, and  
naturally without drugs. If you  
are sick and tired of being sick***

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*and tired, then it's time to take charge of your health and get your life back. By following Dr. Hotze's recommendations you can begin your journey down a life-long path of health and happiness.*

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