

## Natural Hormone Replacement

"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.

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. 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.

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.

Presents a plan for helping bodies transition hormonally without drugs from puberty through perimenopause, detailing the role of certain hormones, the importance of diet, and the steps to finding the right doctor.

With almost 100,000 copies sold in earlier editions, this revised edition provides the most up-to-date information on natural alternatives to synthetic hormone replacement therapy A must-read for any woman taking synthetic hormones for infertility, birthcontrol, PMS, or menopause • Includes the latest research on using natural progesterone to combat osteoporosis, endometriosis, heart disease, PMS, fibroids, and breast, ovarian, and 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 hormones, over-prescription of estrogen is still rampant, as is confusion among doctors and patients whether the benefits of conventional hormone replacement 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 safe, natural relief for many of the problems women face from hormone deficiency, including PMS, fibromyalgia, depression, menstrual irregularity, miscarriages, uterine fibroids, and infertility. Botanical progesterone supplementation can be also extremely effective in relieving hot flashes, insomnia, night sweats, vaginal dryness, and even cancer. The authors sift through misinformation and contradictory studies, warning against corporate-sponsored research in a multi-billion dollar menopausal industry, and 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 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 documented.

You probably know that as you age, your hormone levels decline. But what you probably don't know is that hormone levels can be restored using natural, bioidentical hormones that eliminate associated fatigue, weight gain, moodiness, memory loss, and a weakened immune system. Too often, women are prescribed drugs that treat these symptoms and not the core problem: hormonal imbalance. Now, in his acclaimed eight-point program that has improved the lives of countless patients at his Houston wellness clinic, Dr. Steven F. Hotze reveals what women of all ages can do to get relief and promote lifelong hormonal health through a combination of lifestyle changes, good nutrition, exercise, and natural hormone replacement. In clear, nontechnical language, he addresses: - the important differences between chemical hormones and bioidentical hormones - common, related health problems, including allergies, yeast overgrowth, and adrenal fatigue - balanced nutrition - vitamin and mineral supplements - and more.

Past studies have been done on the effects specific foods have 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 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 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 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 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 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 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 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 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 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 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 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 production over a longer period of time and with a larger participant base.

Provides information on hormone replacement therapy and its risks and benefits, and includes a guide to non-drug treatments for the symptoms of menopause

Makeovers of all kinds are very popular-everything from our bodies, our finances and careers. Many women need a hormone makeover. Since every single cell in a woman's body is influenced by hormones, if there is an excess or deficiency most likely the results will be symptoms such as: Hot Flashes, PMS, Menopausal Symptoms Depression, Anxiety, Weight Gain, Insomnia, Bone Loss, Headaches, Low Sex Drive and Fatigue... These symptoms affect women physically, mentally, emotionally and even spiritually. In *The Hormone Makeover-The 7 Steps to Transform Your Life with Bioidentical Hormones*, Donna White makes sense of the options available to women and presents precise action steps to address hormonal imbalance. Women will learn: [If their symptoms are related to hormone imbalance [Differences between synthetic, bioidentical hormones and herbal therapies [What each hormone does in the body [Symptoms of each hormone deficiency [How to find and work with a physician [How to use bioidentical hormones and supplements to address hormone imbalance [Specific protocols for bone loss, PMS, hot flashes, depression and insomnia "Donna is one of the most knowledgeable and personable experts I know in the area of bioidentical hormones." Julius Torelli, MD FACC "She has been able to effectively apply her vast knowledge in a way that is adaptable to each individual reflecting the true art of medicine at its finest." Larry Webster, MD "Through Christian voice, research, personal experience and extensive clinical experience, Donna White triumphs." K. Andre' Sloan, RPh, MBA ..the message and education she delivers has changed the lives of many through her passion for helping women achieve natural hormone balance." Matt Monroe, President, Peoplesway Donna White, BHRT Clinical Education Consultant, conference speaker and author, has trained dozens of physicians in BHRT and assisted in the care of thousands of women.

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 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 bioidentical 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 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.

*The Natural Estrogen Diet 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 symptoms of menopause.

Offers alternatives to estrogen replacement therapy, including herbs, homeopathic treatments, diet, and exercise

An expert in natural hormone supplementation presents a comprehensive program to help women feel younger without hormone replacement therapy. The symptoms of hormone imbalance are all too familiar for the millions of women who suffer from hot flashes, depression, night sweats, insomnia, mood swings, and loss of libido on a daily basis. Many of these women turn to synthetic hormone replacement therapy—commonly known as HRT—for relief. But HRT can lead to other serious health issues, including a higher risk of breast cancer, heart disease, and stroke. Now Dr. Erika Schwarts presents an effective and safe alternative to HRT: a proven, 30-day program that includes a natural hormone regimen and dietary advice, as well as information on exercise, vitamins, and supplements. *The 30-Day Natural Hormone Plan* can help women alleviate symptoms of hormone imbalance and keep them looking and feeling young.

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

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 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.

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 midlife. 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.

Hormone Therapy: A Clinical Handbook provides a comprehensive overview on hormone replacement therapy, with a range of key features that differentiate it from other titles on the topic. This concise, handy title presents an interdisciplinary approach to the subject, acknowledging that sex hormones affect more than reproductive organs and hot flashes for a deeper understanding of how hormones function. The authors provide a breadth and depth of practical prescribing experience, including many helpful tables and algorithms as well as directions for prescribing hormone therapy in the most effective and safest ways possible. Targeted and easy to read, Hormone Therapy: A Clinical Handbook offers all clinicians the state-of-the-art information they need to prescribe hormone therapy and hormone replacement therapy.

The comprehensive work entitled "Outliving Your Ovaries: An Endocrinologist Weighs The Risks And Rewards Of Treating Menopause With Hormone Replacement Therapy" provides break-through, new menopause research explaining why pharmaceutical topical bioidentical hormones are safer than the most commonly used hormones. Dr. Marina Johnson gives poignant, clinical stories from her 29 years of clinical experience during which she has managed over 100,000 female patient visits. These stories depict the tragic consequences of estrogen deficiency and the joy of transformation that occurs when a woman is made whole again. This book will give a woman a guidebook that helps her evaluate the risks and benefits of hormone replacement therapy (HRT) in clear, easy-to-understand terms so she can better work with her own physician to determine what's right for her. REVIEWS: "Finally-a clear concise prescription for women as they navigate the challenges of menopause. Debunking misconceptions, Dr. Johnson provides a roadmap for health and vitality in what can be truly golden years." Catherine Crier Journalist, former Judge and best-selling Author "Dr. Marina Johnson has been the personal physician for my wife, Susan and myself for the last nine years. I am 61 years old and Susan is 62. During this time, Dr. Johnson has provided us with a level of health care that can only be characterized as extraordinary. She takes the time to listen and explain and she does this in a manner that is clear and concise. She has tailored a health management program personalized for our individual needs and as a result, Susan and I are very healthy and vigorous for our age. I graduated from college with a degree in pre-med but chose to pursue the world of business. I have owned or co-owned several companies, including one that went public on the NYSE in 1996. I am an educated, health consumer and I research and learn about health issues that are affecting Susan and me. I have learned from the business world that true talent is rare. There are perhaps only 1% in any given field that are truly the best at what they do and Dr Johnson is part of this elite group. Dr Johnson's approach to menopause management has enabled Susan to enjoy a better quality of life and productivity. We both travel all over the world and have great energy. I commend Dr Johnson for sharing her knowledge and experience in her book, 'Outliving Your Ovaries', so other women can also improve their health. " Bill and Susan Casner CEO & Entrepreneur "I believe this eBook will be a great benefit to women who are struggling in the area of hormonal imbalance. Dr. Johnson explains the difference between synthetic hormones and natural hormone replacement therapy. So many women are struggling with their hormones, hot flashes, mood swings, etc. Dr. Johnson brings her years of experience to answer women's questions and gives practical solutions that address the root of the problem versus treating the symptom! A must read for all women. Dr Johnson takes great care to deal with each of her patients on an individual basis. I appreciate her thoroughness in testing, studying your medical history and taking time to put the pieces of your health puzzle together. She not only uses conventional medicine but is also well versed in natural supplements. She has provided excellent care for me and my family." Joni Lamb Co-Founder, Daystar Television Network  
[www.OutlivingYourOvaries.com](http://www.OutlivingYourOvaries.com) [www.DrMarinaJohnson.com](http://www.DrMarinaJohnson.com) [www.DrMarinaJohnsonStore.com](http://www.DrMarinaJohnsonStore.com) [www.DrMarinaJohnson.com/Newsroom](http://www.DrMarinaJohnson.com/Newsroom) [www.YouTube.com/DrMarinaJohnsonTV](http://www.YouTube.com/DrMarinaJohnsonTV) [www.Twitter.com/DrMarinaJohnson](http://www.Twitter.com/DrMarinaJohnson) [www.Facebook.com/DrMarinaJohnson](http://www.Facebook.com/DrMarinaJohnson) 3574029

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.

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.

Women's health and hormone replacement

Provides information on Hormone Replacement Therapy, explaining what each hormone does and how its dispensed and includes a guide to non-drug treatments for the symptoms of menopause

An endocrinologist provides, in a question-and-answer format, a comprehensive guide to such topics as estrogen, hormone replacement therapy, and natural remedies, explaining how women can make informed decisions. Original.

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 sever 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.

MARLA AHLGRIMM, R.PH., is the founder and chair of Women's Health America (WHA) Group and cofounder of Madison Pharmacy Associates, Inc., the first pharmacy in the United States devoted entirely to women's health care. Ms. Ahlgrimm was one of the first health professionals in the United States to recognize, define, and develop treatment options for premenstrual syndrome (PMS). JOHN M. KELLS is the cofounder and chief executive of Aeron LifeCycles Clinical Laboratory, a leader in research on the impact of hormones on breast cancer and women's health. CHRISTINE MacGENN RODGERSON is a writer and editor who specializes in scientific, health, and medical issues.

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

Would you like to lose those last, stubborn 10-20 pounds, diminish your hot flashes, improve you 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

