

Download The Estrogen Alternative Natural Hormone Therapy With Botanical Progesterone

The Estrogen Alternative: A Guide to Natural Hormonal ...

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.

The Estrogen Alternative: Natural Hormone Therapy With ...

by Raquel Martin and Judi Gerstung D.C. We have estrogen-centered, synthetic hormone replacement therapy (HRT) to alleviate these symptoms, but it can produce a whole new set of problems. The Estrogen Alternative expands our knowledge of HRT by providing information on the natural alternative progesterone derived from wild yams...

Estrogen Alternative

I was introduced to Natural Progesterone (NP) through a friend who researched data and wrote a book entitled The Estrogen Alternative: Natural Hormone Therapy with Botanical Progesterone. The author, Raquel Martin, introduced me to NP in 1993. In 1994 after being on NP for about three months, my fibrocystic breast lumps disappeared!

The Estrogen Alternative

Despite increasing awareness, confusion about the risks of conventional hormone replacement therapy remains widespread. This updated fourth edition offers the latest information on how botanical progesterone therapy, also known as natural Hormone Replacement Therapy (HRT), can provide safe, natural relief.

The estrogen alternative : natural hormone therapy with ...

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3 Alternatives to Progesterone Treatment during Menopause ...

Some supplements contain phytoestrogens, or plant estrogens that act like natural estrogen in the female body. Such herbal remedies include: Black cohosh. This herb is known to help with hormone irregularities. Ginkgo biloba. This ancient plant improves blood flow to the brain and helps combat menopausal memory loss. Dong quai.

5 Natural Ways to Balance Your Hormones | The Chopra Center

5 Natural Ways to Balance Your Hormones. In the reproductive years, varying cycles of estrogen and progesterone, as well as their effects on neurotransmitters, lead many women to experience mood swings, painful cramps, bloating, and more than 100 other less-than-pleasant symptoms of PMS (premenstrual syndrome).

Natural Alternatives to Hormone Therapy

The most widely cited natural remedy is soy, which is very high in phytoestrogens, or plant estrogens. Other sources are red clover and flaxseed , both of which are available as supplements .

Natural Alternatives to Hormone Replacement Therapy

Natural Alternatives to Hormone Replacement Therapy. Black cohosh root may bring some relief from hot flashes, with potentially fewer side effects than estrogen. Creams made from wild yam extract converted in a lab into a form of progesterone have been promoted by some alternative practitioners for the treatment of hot flashes and vaginal dryness,...

Hormone Replacement Therapy and Natural Alternatives – Dr ...

The liver, the organ responsible for breaking down and recycling the body's hormones, may have difficulty recognizing and processing synthetic hormones. Other possible side effects of long term hormone replacement therapy include liver disease and cancer. Unopposed estrogen replacement is a known risk factor for endometrial cancer.