



What You Must Know About Bioidentical Hormone Replacement Therapy: An Alternative Approach to Effectively Treating the Symptoms of Menopause

Amy Lee Hawkins

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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.

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Evelyn Wiley:

This What You Must Know About Bioidentical Hormone Replacement Therapy: An Alternative Approach to Effectively Treating the Symptoms of Menopause book is simply not ordinary book, you have it then the world is in your hands. The benefit you have by reading this book is actually information inside this e-book incredible fresh, you will get facts which is getting deeper a person read a lot of information you will get. This What You Must Know About Bioidentical Hormone Replacement Therapy: An Alternative Approach to Effectively Treating the Symptoms of Menopause without we recognize teach the one who examining it become critical in pondering and analyzing. Don't be worry What You Must Know About Bioidentical Hormone Replacement Therapy: An Alternative Approach to Effectively Treating the Symptoms of Menopause can bring whenever you are and not make your handbag space or bookshelves' come to be full because you can have it in your lovely laptop even cell phone. This What You Must Know About Bioidentical Hormone Replacement Therapy: An Alternative Approach to Effectively Treating the Symptoms of Menopause having excellent arrangement in word and also layout, so you will not really feel uninterested in reading.

Robert Lewis:

People live in this new time of lifestyle always make an effort to and must have the extra time or they will get wide range of stress from both way of life and work. So, when we ask do people have time, we will say absolutely of course. People is human not a robot. Then we request again, what kind of activity do you possess when the spare time coming to a person of course your answer will probably unlimited right. Then do you ever try this one, reading books. It can be your alternative throughout spending your spare time, typically the book you have read is What You Must Know About Bioidentical Hormone Replacement Therapy: An Alternative Approach to Effectively Treating the Symptoms of Menopause.

Olivia Dickert:

The book untitled What You Must Know About Bioidentical Hormone Replacement Therapy: An Alternative Approach to Effectively Treating the Symptoms of Menopause contain a lot of information on that. The writer explains the woman idea with easy technique. The language is very clear to see all the people, so do definitely not worry, you can easy to read that. The book was authored by famous author. The author gives you in the new era of literary works. It is easy to read this book because you can please read on your smart phone, or product, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site along with order it. Have a nice read.

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