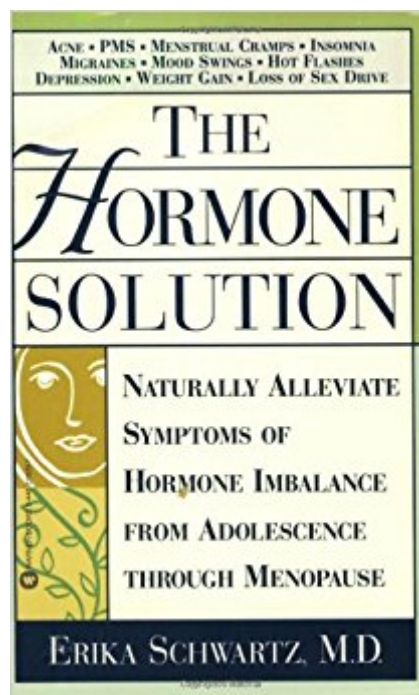




The book was found

The Hormone Solution: Naturally Alleviate Symptoms Of Hormone Imbalance From Adolescence Through Menopause



Synopsis

In this work, Dr Erika Schwartz shares her proven programme to help women prevent, reduce and even eliminate the symptoms of hormone imbalance naturally.

Book Information

Paperback: 288 pages

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Average Customer Review: 3.4 out of 5 stars 18 customer reviews

Best Sellers Rank: #928,050 in Books (See Top 100 in Books) #50 in Books > Health, Fitness & Dieting > Women's Health > Menopause #696 in Books > Reference > Consumer Guides #1334 in Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies

Customer Reviews

Erika Schwartz, M.D., has her own practice where she specializes in balancing hormones through the use of alternative and conventional medicine. She is a regular medical guest on ABC News and has appeared on The View, Good Morning America, Good Day New York, and numerous other programs. She lives in Westchester, New York.

I found this book to be one with a lot of information on 'natural' hormone solutions, but none of them helped me in my menopause. I had tried most of them prior to reading the book...black cohosh, soy, etc. I finally had to see a MD for medication to be prescribed to help my estrogen imbalance. The book would be good for a younger woman as a reference to the facts that we all HAVE hormones and the better they are in balance the better we feel. My getting it in menopause was pretty useless to me (also I am a RN, so I knew most of the information or had already researched it). It was EZ to read, and plenty of information, just not the book I needed for my issues.

When there is something wrong but you can't quite figure it out you need to go to the pros. I bought several different books. My favorite was Dr. John Lee's Hormone Balance Made Simple: The Essential How-to Guide... This one offered it's own charm, but in the end I went to a Bio-Identical

Hormone Doctor here in my area.

CAREFUL LADIES---HORMONE SENSITIVE CANCER IS FED BY ESTROGEN IN FOOD SOURCES----SOY--IN EVERYTHING--EVERYTHING--READ THE LABELS. OIL NOT BAD BUT SOY PROTEIN --- DEADLY.

Didn't do much for me. I never finished the book. Started reading twice but just not for me.

It is my wife's read. She loves it

Enjoyed the content and the telling. I liked the fact the both traditional medicine and natural medicine was discussed so in the end the research needs to be done by the user

It's one more piece of this puzzle of mine !!!

Everything was to my satisfaction.

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The Natural Menopause Solution: Expert Advice for Melting Stubborn Midlife Pounds, Reducing Hot Flashes, and Getting Relief from Menopause Symptoms by Editors of Prevention (Mar 26 2013)
Hormone Diet: The Hormone Reset Diet, Balance Hormones, Recharging Health and Losing Weight Effortlessly! BONUS Hormone Reset Diet Recipes! (adrenal fatigue diet, adrenal fatigue, CHINESE MEDICINE GUIDEBOOK TO BALANCE THE FIVE ELEMENTS & ORGAN MERIDIANS WITH ESSENTIAL OILS: Master List Essential Oils 'Fire, Earth, Metal, Water & Wood Elements' Plus Symptoms of Imbalance
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The Perfect Menopause: 7 Steps to the Best Time of Your Life [

THE PERFECT MENOPAUSE: 7 STEPS TO THE BEST TIME OF YOUR LIFE] by Hess, Henry M.
(Author) May-01-2008 Paperback What Your Doctor May Not Tell You About Menopause (TM):
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