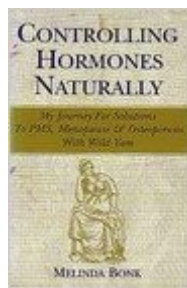




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# Controlling Hormones Naturally: My Journey For Solutions To Pms, Menopause & Osteoporsis With Wild Yam



## Synopsis

Read this book to discover natural approaches for hormone replacement therapy, PMS, Menopause and Osteoporosis with phytoestrogens and natural progesterone. **AUTHOR COMMENTS:** Today, women read about the benefits and risks of estrogen. Now if you are one of the 40 million women facing menopause, you are faced with many questions in order to decide for yourself how you'll experience the process. This book helps inform you with the knowledge and answers, so you can make an intelligent decision. You may have hot flashes, night sweats or you have read of the dangers of shrinking or broken bones. You don't want to end up like that. If you had breast cancer and can't take estrogen, What choice do you have? With this book, you'll have the information you need to make decisions. This book includes: A complete vitamin and mineral chart, a descriptive list of phytoestrogens, to a complete description of hormones and how they work in the body.

## Book Information

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## Customer Reviews

**Controlling Hormones Naturally My Journey For Solutions To PMS, Menopause & Osteoporosis With Wild Yam** This book is for the millions of women searching for natural approaches to hormonal replacement therapy. You'll be amazed to learn--yesterday's medicine is today's alternatives. You'll Discover: The healing power of wild yam The benefits of natural progesterone How to relieve hot flashes and mood

Melinda Bonk, MB Publishers is also the Author of *Alternative Medicine Yellow*, by Future Medicine Publishing. While discovering the latest state of the art natural remedies she cured her PMS with

wild yam and natural progesterone. Presently, she lectures about the benefits of natural progesterone and phytoestrogens for women.

As owner of a health food & supplement company in the UK, I was very surprised to find a book such as this available. The book is very simple to follow and does the main job of EDUCATING people that there are alternatives to DRUGS. We sell Wild Yam Cream here, but the main problem is getting women to understand how it works and why it is best to try this natural remedy first - not last! I enjoyed the humour in the book and could sympathise with many of the situations the author found herself in. I'm very pleased to give this book my backing. It ought to be a 'must' for EVERY woman on the western world. Should anyone in the UK wish to try Wild Yam Cream, they can email me here at SunLHealth@AOL.Com. Or write to: Sunlife Health, 84 Scott Drive, WICKFORD SS12 9RU. Many thanks, Paula Pont

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