

**The Estrogen Alternative: Natural Hormone Therapy With
Botanical Progesterone**

By Raquel Martin

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What Is Estrogen? Functions of natural estrogen in women include Primary female sex hormone: Natural estrogens promote the formation of secondary sexual <http://www.genemedics.com/bioidentical-hormones-for-women/estrogen/>

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menopause happens because of a decrease in the ovaries' production of the hormones estrogen and progesterone Martin NG (1998 hormone replacement therapy <https://en.wikipedia.org/wiki/Menopause>

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Since hormones interact, the low or high level of estrogen hormone in the body can start to cause problems with other hormones, namely progesterone.

<https://www.bodylogicmd.com/hormones-for-women/estrogen>

Jul 24, 2005 Alternatives to Estrogen? Is there any data on the safety of bio-identical hormones for someone whose mother had breast cancer post-menopause that was

<http://www.drweil.com/drw/u/id/QAA355999>

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<http://www.powells.com/biblio/9781594770333>

May 03, 2010 Hormone replacement is a hot topic in medicine right now, largely because it holds the promise to relieve symptoms and slow down some of the signs of aging

<http://articles.mercola.com/sites/articles/archive/2010/05/04/the-estrogen-dilemma.aspx>

Why women need bioidentical Estrogen. The benefits of Estrogen Supplementation: protects against heart disease, stroke, cholesterol and decreases menopause.

<http://naturalbiohealth.com/hormones/estrogen>

For the past few years, hormone replacement therapy has become a well-publicized and highly debated topic, and many women are looking for natural a

<http://www.chopra.com/ccl/5-natural-ways-to-balance-your-hormones>

Many of my followers use evening primrose as a type of natural hormone replacement in This test can check for estrogen, testosterone (the hormone of desire

<http://www.medicinenet.com/script/main/art.asp?articlekey=54476>

Learn more about complementary and alternative medicine (CAM) for menopausal symptoms and menopause treatments at Hormone.org.

<http://www.hormone.org/questions-and-answers/2012/complementary-and-alternative-medicine-for-menopausal-symptoms>

Natural Hormone Replacement from the Experts. Although synthetic and natural hormone replacement therapies (HRT) both aim to help women and men find relief during the

<https://www.bodylogicmd.com/bioidentical-hormone-therapy/natural-hormone-replacement>

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<http://www.ebay.com.au/itm/The-Estrogen-Alternative-A-Guide-to-Natural-Hormonal-Balance-Raquel-Martin-Judi-Gerstung-/371356584647>

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<http://www.worldcat.org/title/estrogen-alternative-natural-hormone-therapy/oclc/733816413?referer=di>

New Estrogen Alternative author Raquel Martin continues to pick up where Provides information on how botanical progesterone therapy can provide

<http://www.barnesandnoble.com/w/new-estrogen-alternative-raquel-martin/1107058763?ean=9780892818938>

Raquel Martin s other works include Preventing and Reversing Arthritis Naturally and Today s Health Alternative. Judi Gerstung, D.C., is a chiropractor and

<http://www.innertraditions.com/isbn/978-0-89281-893-8>

Greenmedinfo.com - Natural Health Resource - The world's most widely referenced, open access, natural medicine database, with 20,000+ study abstracts and growing daily

<http://www.greenmedinfo.com/blog/pomegranates-new-natural-hormone-replacement-therapy>

of "The Estrogen Alternative" offers the latest information on how bioidentical progesterone therapy, also known as natural RAQUEL MARTIN'S other works

<https://www.overdrive.com/media/767052/the-estrogen-alternative>

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Raquel Martin s experience of She has since dedicated herself to spreading information about the need for safe natural alternative Natural Hormone Therapy

<http://www.innertraditions.com/Contributor.jmdx?action=displayDetail&id=487>

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<http://www.abebooks.co.uk/book-search/author/martin-raquel/sortby/3/>

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<http://www.openisbn.com/isbn/9780892816453/>

Feb 08, 2000 Protection against uterine cancer vs. the risk of breast cancer. The decision to take estrogen and progesterone supplements can be daunting.

<http://www.webmd.com/menopause/news/20000209/natural-alternatives-hormone-therapy>

Estrogen or oestrogen (see spelling differences) is the primary female sex hormone that is responsible for the development and regulation of the female reproductive

<http://en.wikipedia.org/wiki/Estrogen>

This replacement of natural hormones is based on sound physiologic principles that have been demonstrated Estrogen replacement results in a dramatic decrease in

<http://www.hormonedoc.com/research/estrogen/>