

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

By Raquel Martin

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The Estrogen Alternative A Guide to Natural This updated fourth edition offers the latest information on how botanical progesterone therapy, Raquel Martin 's <http://www.bokus.com/bok/9781594770333/the-estrogen-alternative/>

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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/>

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>

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>

Natural Hormone Therapy with Botanical The Estrogen Alternative: Natural Hormone Therapy with Botanical Progesterone by Raquel Martin with Judi
<http://articles.beeyoutiful.com/2009/01/06/hormone-balance-with-natural-progesterone-cream/>

Welcome to the Center for Natural Alternative Solutions. We provide natural progesterone cream and other bioidentical products which offer a must needed alternative
<http://www.hormonesolutionscenter.com/>

The Estrogen Alternative: Natural Hormone Therapy With Botanical Progesterone by Martin, Raquel; Lee, John R.; Gerstun, Judi; Gerstung, Judi and a great selection of
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Hormone replacement therapy medications containing female hormones to replace the ones the body no longer makes after menopause used to be a standard
<http://www.mayoclinic.org/diseases-conditions/menopause/in-depth/hormone-therapy/ART-20046372>

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>

Rent The Estrogen Alternative A Guide to Natural Hormonal Raquel Martin, on natural alternatives to synthetic hormone replacement therapy
<http://www.chegg.com/textbooks/the-estrogen-alternative-4th-edition-9781594770333-1594770336>

The estrogen alternative : natural hormone therapy with botanical progesterone, Raquel Martin, with John R. Lee and Judi Gerstung. 0892816457, Toronto Public Library
<http://www.torontopubliclibrary.ca/detail.jsp?R=2032173>

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>

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>

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>

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

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>

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>

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>

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>

Judi Gerstung by Raquel Martin, on natural alternatives to synthetic hormone replacement on how botanical progesterone therapy,
<https://www.scribd.com/book/79070533/The-Estrogen-Alternative-A-Guide-to-Natural-Hormonal-Balance>

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>

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

Postmenopausal hormone therapy is the term used to describe the two hormones, estrogen is the only non-hormonal a "natural" or "safer" alternative to hormones
<http://www.uptodate.com/contents/nonhormonal-treatments-for-menopausal-symptoms-beyond-the-basics>