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THE HORMONE SOLUTION

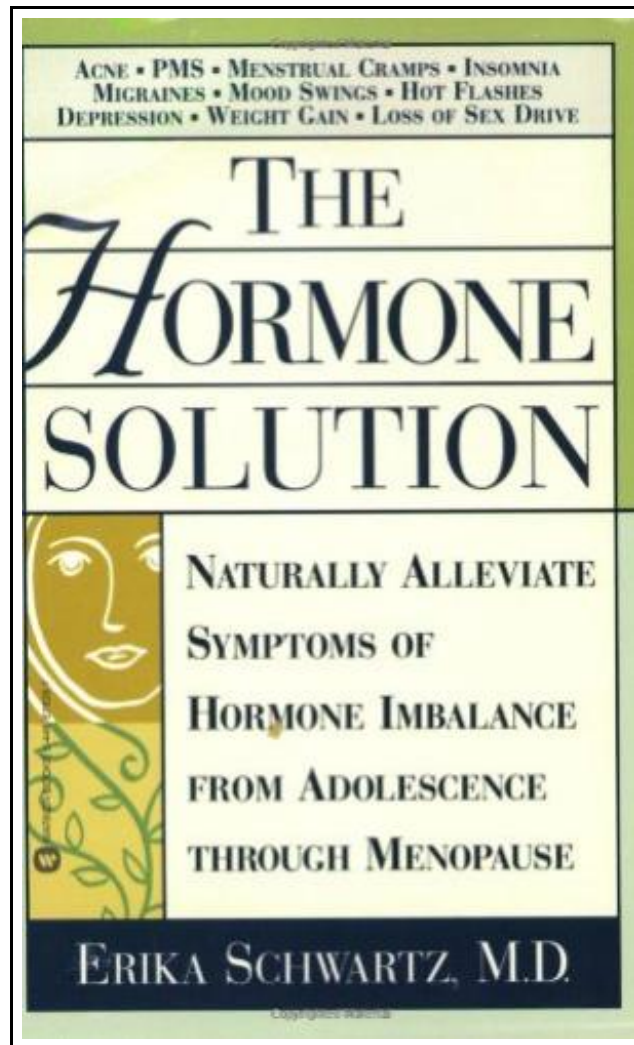NATURALLY ALLEVIATE SYMPTOMS OF HORMONE IMBALANCE FROM ADOLESCENCE through MENOPAUSE

ERIKA SCHWARTZ, M.D.

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Reviews

Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.
(Kade Ankunding)

THE HORMONE SOLUTION

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Little, Brown & Company. Paperback. Book Condition: new. BRAND NEW, The Hormone Solution, Erika Schwartz, A hormone specialist with more than 20 years of experience, Erika Schwartz subscribed to conventional methods of treating menopausal women - until she became one. When she realised that available treatment options were ineffective for her - and for millions of women - she started looking for an alternative. What she discovered are safe, effective and natural forms of hormone replacement, virtually free of side effects, that can be used to treat a myriad of problems in women of all ages, including acne, migraines, PMS, post-partum depression and fibroids, as well as the common symptoms of menopause. Now, in this revolutionary book, Dr. Schwartz shares her proven programme to help women prevent, reduce and even eliminate these symptoms of hormone imbalance naturally. Readers will also learn when and where to get natural hormones and why they can change women's lives for the better. The health benefits and risks of synthetic hormone replacement therapy (HRT) are hotly debated and woman are hungry for information on alternative treatments that are safe and effective. Dr. Schwartz offers this information in her book.

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