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In the Natural Alternatives to HRT Cookbook, Glenville outlines the beneficial effects of a variety of foods and provides savory and sweet recipes that will help you remain healthy and vigorous during menopause. Lavishly illustrated with beautiful photography, each delicious recipe has been specifically designed to combat the symptoms of menopause.

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Natural Alternatives To Hrt Cookbook

In the light of new discoveries, The NEW Natural Alternative to HRT reveals what the latest studies really show about HRT and its side effects - and not just what the drug companies want you to know.Written by one of the UK's leading nutritional therapists, Dr Marilyn Glenville, this book provides the most up-to-date, practical advice.

The New Natural Alternatives to HRT Book — Marilyn Glenville

The choice, and indeed the treatment and consequences, differs greatly from woman to woman but The Natural Alternative to HRT Cookbook aims to show how all women can benefit from a diet high in phytoestrogens--a substance found naturally in many plant foods and which are becoming increasingly more acceptable amongst the medical profession as well as with practitioners of more holistic methods.

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The New Natural Alternatives to HRT by Marilyn Glenville

Bioidentical or "natural" hormones. Bioidentical hormones are hormone preparations made from plant sources that are promoted as being similar or identical to human hormones. Practitioners claim these hormones are a "natural" and safer alternative to standard HRT medicines. However, bioidentical preparations are not recommended because:

Hormone replacement therapy (HRT) — Alternatives — NHS

The book focuses on hormone therapy, offering natural alternatives to help balance hormones. The latest version includes updated information based on today's knowledge. 'Our Bodies, Ourselves ...

The Best 10 Books About Menopause — Healthline

The menopause can cause various symptoms such as hot flushes and changes to your vagina and genital skin.While some women will wish to take hormone replacement therapy to relieve their symptoms, others will prefer to consider alternative treatments which may ease menopausal symptoms. Hormone replacement therapy may not be suitable or safe for everyone.

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Natural hormone replacement therapy may help treat a range of issues, including symptoms of menopause. However, some options are not proven or safe. Learn more here.

Natural hormone replacements: Benefits and side effects

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