

Project On Vitamins And Hormones

This book shows how vitamin A deficiency – before the vitamin was known to scientists – affected millions of people throughout history. It is a story of sailors and soldiers, penniless mothers, orphaned infants, and young children left susceptible to blindness and fatal infections. We also glimpse the fortunate ones who, with ample vitamin A-rich food, escaped this elusive stalker. Why were people going blind and dying? To unravel this puzzle, scientists around the world competed over the course of a century. Their persistent efforts led to the identification of vitamin A and its essential role in health. As a primary focus of today's international public health efforts, vitamin A has saved hundreds of thousands of lives. But, we discover, they could save many more were it not for obstacles erected by political and ideological zealots who lack a historical perspective of the problem. Although exhaustively researched and documented, this book is written for intellectually curious lay readers as well as for specialists. Public health professionals, nutritionists, and historians of science and medicine have much to learn from this book about the cultural and scientific origins of their disciplines. Likewise, readers interested in military and cultural history will learn about the interaction of health, society, science, and politics. The author's presentation of vitamin A deficiency is likely to become a classic case study of health disparities in the past as well as the present.

A guide that cuts through the haze of misinformation and delivers an insightful message to anyone living with or at risk from the following: cancer, diabetes, heart disease, obesity, Alzheimer's disease and /or osteoporosis. Dr Campbell illuminates the connection between nutrition and these often fatal diseases and reveals the natural human diet. He also examines the source of nutritional confusion produced by powerful lobbies, government entities and opportunist scientists. Part medical thriller, part governmental exposé.

From the author of the New York Times bestseller that defined nature-deficit disorder and launched the international children-and-nature movement, Vitamin N (for "nature") is a complete prescription for connecting with the power and joy of the natural world right now, with 500 activities for children and adults Dozens of inspiring and thought-provoking essays Scores of informational websites Down-to-earth advice In his landmark work Last Child in the Woods, Richard Louv was the first to bring widespread attention to the alienation of children from the natural world, coining the term nature-deficit disorder and outlining the benefits of a strong nature connection--from boosting mental acuity and creativity to reducing obesity and depression, from promoting health and wellness to simply having fun. That book "rivalled Rachel Carson's Silent Spring" (the Cincinnati Enquirer), was "an absolute must-read for parents" (the Boston Globe), and "an inch-thick caution against raising the fully automated child" (the New York Times). His follow-up book, The Nature Principle, addressed the needs of adults and outlined a "new nature movement and its potential to improve the lives of all people no matter where they live" (McClatchy Newspapers). Vitamin N is a one-of-a-kind, comprehensive, and practical guidebook for the whole family and the wider community, including tips not only for parents eager to share nature with their kids but also for those seeking nature-smart schools, medical professionals, and even careers. It is a dose of pure inspiration, reminding us that looking up at the stars or taking a walk in the woods is as exhilarating as it is essential, at any age.

For those battling autoimmune disease or thyroid conditions--or just seeking healthy life balance--the voice behind the popular blog Feed Me Phoebe shares her yearlong investigation of what truly made her well. After she was diagnosed with an autoimmune disease in her early twenties, Phoebe Lapine felt overwhelmed by her doctor's strict protocols and confused when they directly conflicted with information on the bestseller list. After experiencing mixed results and a life of deprivation that seemed unsustainable at best, she adopted 12 of her own wellness directives--including eliminating sugar, switching to all-natural beauty products, and

getting in touch with her spiritual side--to find out which lifestyle changes truly impacted her health for the better. The Wellness Project is the insightful and hilarious result of that year of exploration--part memoir and part health and wellness primer (complete with 20 healthy recipes), it's a must-read not just for those suffering from autoimmune disease, but for anyone looking for simple ways to improve their health without sacrificing life's pleasures.

In recent years, the concern of society about how food influences the health status of people has increased. Consumers are increasingly aware that food can prevent the development of certain diseases, so in recent years, the food industry is developing new, healthier products taking into account aspects such as trans fats, lower caloric intake, less salt, etc. However, there are bioactive compounds that can improve the beneficial effect of these foods and go beyond the nutritional value. This book provides information on impact of bioactive ingredients (vitamins, antioxidants, compounds of the pulses, etc.) on nutrition through food, how functional foods can prevent disease, and tools to evaluate the effects of bioactive ingredients, functional foods, and diet.

Period Repair Manual is your guide to better periods using natural treatments such as diet, nutritional supplements, herbal medicine, and natural hormones. It contains advice and tips for women of every age and situation. If you have a period (or want a period), then this book is for you. Topics include: * How to come off hormonal birth control * What your period should be like* What can go wrong * How to talk to your doctor * Treatment protocols for all common period problems, including PCOS and endometriosis The second edition contains insights from Professor Jerilynn Prior, more than 300 new references, and an additional chapter on perimenopause and menopause. Written by a naturopathic doctor with more than twenty years experience, this book is a compilation of everything that works for hormonal health.

The first demonstration of the existence of a vitamin and the full recognition of this fact are often attributed to the work of McCollum, who found that a substance in butterfat and cod-liver oil was necessary for growth and health of animals fed purified diets. It became obvious that an organic substance present in microconcentrations was vital to growth and reproduction of animals. Following the coining of the word *vitamine* by Funk, McCollum named this fat-soluble substance *vitamin A*. We can, therefore, state that *vitamin A* was certainly one of the first known vitamins, yet its function and the function of the other fat-soluble vitamins had remained largely unknown until recent years. However, there has been an explosion of investigation and new information in this field, which had remained quiescent for at least two or three decades. It is now obvious that the fat-soluble vitamins function quite differently from their water-soluble counterparts. We have learned that *vitamin D* functions by virtue of its being converted in the kidney to a hormone that functions to regulate calcium and phosphorus metabolism. This new endocrine system is in the process of being elucidated in detail, and in addition, the medical use of these hormonal forms of *vitamin D* in the treatment of a variety of metabolic bone diseases has excited the medical community.

This book contains up-dated versions of articles which proved very popular when first published in *Neurochemistry International*. The articles draw attention to developments in a specific field perhaps unfamiliar to the reader, collating observations from a wide area which seem to point in a new direction, giving the author's personal view on a controversial topic, or directing soundly based criticism at some widely held dogma or widely used technique in the neurosciences.

First published in 1943, *Vitamins and Hormones* is the longest-running serial published by Academic Press. The Series provides up-to-date information on vitamin and hormone research spanning data from molecular biology to the clinic. A volume can focus on a single molecule or on a disease that is related to vitamins or hormones. A hormone is interpreted broadly so that related substances, such as transmitters, cytokines, growth factors and others can be reviewed. This volume focuses on *vitamin D* hormone. Expertise of the contributors Coverage

of a vast array of subjects In depth current information at the molecular to the clinical levels Every aspect of immune function and host defense is dependent upon a proper supply and balance of nutrients. Severe malnutrition can cause significant alteration in immune response, but even subclinical deficits may be associated with an impaired immune response, and an increased risk of infection. Infectious diseases have accounted for more off-duty days during major wars than combat wounds or nonbattle injuries. Combined stressors may reduce the normal ability of soldiers to resist pathogens, increase their susceptibility to biological warfare agents, and reduce the effectiveness of vaccines intended to protect them. There is also a concern with the inappropriate use of dietary supplements. This book, one of a series, examines the impact of various types of stressors and the role of specific dietary nutrients in maintaining immune function of military personnel in the field. It reviews the impact of compromised nutrition status on immune function; the interaction of health, exercise, and stress (both physical and psychological) in immune function; and the role of nutritional supplements and newer biotechnology methods reported to enhance immune function. The first part of the book contains the committee's workshop summary and evaluation of ongoing research by Army scientists on immune status in special forces troops, responses to the Army's questions, conclusions, and recommendations. The rest of the book contains papers contributed by workshop speakers, grouped under such broad topics as an introduction to what is known about immune function, the assessment of immune function, the effect of nutrition, and the relation between the many and varied stresses encountered by military personnel and their effect on health.

Probiotic microorganisms are recognised as being beneficial for human health. Prebiotics are substrates that are used preferentially by the probiotic bacteria for their growth. A great deal of interest has been generated in recent years in identifying probiotic bacteria and prebiotics, their characterization, mechanisms of action and their role in the prevention and management of human health disorders. Together they are referred to as synbiotic. This book is in response to the need for more current and global scope of probiotics and prebiotics. It contains chapters written by internationally recognized authors. The book has been planned to meet the needs of the researchers, health professionals, government regulatory agencies and industries. This book will serve as a standard reference book in this important and fast-growing area of probiotics and prebiotics in human nutrition and health.

The Encyclopedia of Food and Health provides users with a solid bridge of current and accurate information spanning food production and processing, from distribution and consumption to health effects. The Encyclopedia comprises five volumes, each containing comprehensive, thorough coverage, and a writing style that is succinct and straightforward. Users will find this to be a meticulously organized resource of the best available summary and conclusions on each topic. Written from a truly international perspective, and covering of all areas of food science and health in over 550 articles, with extensive cross-referencing and further reading at the end of each chapter, this updated encyclopedia is an invaluable resource for both research and educational needs. Identifies the essential nutrients and how to avoid their deficiencies Explores the use of diet to reduce disease risk and optimize health Compiles methods for detection and quantitation of food constituents, food additives and nutrients, and contaminants Contains coverage of all areas of food science and health in nearly 700 articles, with extensive cross-referencing and further reading at the end of each chapter Diet and Health examines the many complex issues concerning diet and its role in increasing or decreasing the risk of chronic disease. It proposes dietary recommendations for reducing the risk of the major diseases and causes of death today: atherosclerotic cardiovascular diseases (including heart attack and stroke), cancer, high blood pressure, obesity, osteoporosis, diabetes mellitus, liver disease, and dental caries.

B-group vitamins are involved in numerous metabolic reactions and their widespread

deficiency can cause a large series of health problems. The aim of this book is to provide an update on the current use and perspectives of B-group vitamins. Novel methods to detect folates in pregnant women, the use and role of folate dentistry, the use of genotype notification to modify food intake behavior, thiamin metabolism in Archaea and its role in plants and in crop improvement, the use of riboflavin in blood safety and niacin in metabolic stress and resistance in dairy cows are some of the subjects that are described in this multitopic book written by authors from seven different countries.

From a renowned nutritionist and author of the bestselling *Fat Flush Plan* comes a revised and updated edition of the popular alternative guide for taking charge of your perimenopause, filled with up-to-date research, including the latest information on Hormone Replacement Therapy, mood swings, weight gain, and nutrition for women thirty-five and older. *Before the Change* offers a gentle, proven, incremental program for understanding your body's changes and controlling your symptoms during perimenopause—the period of about ten years leading up to menopause—to help you feel great through this vital phase of life. Inside you'll find: A clear explanation of the symptoms of perimenopause and a self-diagnosis quiz; Safe and natural alternatives to hormone therapy, including healing vitamins, minerals, herbs, and natural hormones; A guide to nutrition and healthy diet, with tips for foods that prevent and alleviate symptoms. In addition, this revised and updated edition includes: An expanded section on the pros and cons of soy as a natural phytoestrogen; An expanded discussion of hypothyroidism, its connection to hormonal imbalances, and the best natural treatments; A full analysis of HRT, including advice for safely weaning yourself off of synthetic hormones, and an overview of herbal, lifestyle, and diet options and modifications available for women who have had a hysterectomy, have risk factors or a history of breast cancer, osteoporosis, or heart disease. With this essential do-it-yourself program, say good-bye to hormone havoc simply, safely, and naturally!

The vitamins are a chemically disparate group of compounds whose only common feature is that they are dietary essentials that are required in small amounts for the normal functioning of the body and maintenance of metabolic integrity. Metabolically they have diverse function, as coenzymes, hormones, antioxidants, mediators of cell signaling and regulators of cell and tissue growth and differentiation. This book explores the known biochemical functions of the vitamins, the extent to which we can explain the effects of deficiency or excess and the scientific basis for reference intakes for the prevention of deficiency and promotion of optimum health and well-being. It also highlights areas where our knowledge is lacking and further research is required. It provides a compact and authoritative reference volume of value to students and specialists alike in the field of nutritional biochemistry, and indeed all who are concerned with vitamin nutrition, deficiency and metabolism.

The Harvard-educated physician and New York Times bestselling author of *The Hormone Cure* shows you how to grow new receptors for your seven metabolic hormones, making you lose weight and feel great fast! When it comes to weight loss, most people don't think about hormones. But when you develop resistance to your seven major metabolic hormones—cortisol, thyroid, testosterone, growth hormone, leptin, insulin, and estrogen—your body adjusts by increasingly raising your hormone levels and ultimately slowing down your metabolism. And a slower metabolism leads to weight gain and difficulty losing weight. The solution, Dr. Sara Gottfried contends, is to reset the efficiency of your hormones by repairing and growing new hormone receptors.

Based on leading scientific research, The Hormone Reset Diet is her proven weight loss and energy program to reverse hormone resistance in just three weeks. It will help you: Boost your metabolism and calorie burning by growing new and fresh thyroid receptors; Increase your weight loss by re-balancing estrogen and progesterone receptors; Reverse your aging by resetting glucocorticoid receptors (for better processing cortisol). For the last twenty years, this Harvard-MIT educated physician has helped thousands of women address the root hormonal causes of what bothers them most: excess weight, lack of energy, aging, and illness. Going beyond her bestselling The Hormone Cure, this program is the next generation of her deep understanding of hormonal optimization for rapid weight loss.

The properties and modes of action of both the vitamins and the hormones, and their interrelationships to each other as metabolic controlling agents, are easily accessible in this handbook. The book was written to alleviate the continued frustration experienced by many people, including myself, when attempting to obtain unitary, basic information on vitamins and hormones. Although many of the data are separately available, they are so scattered in many compendia, original research papers, and reviews that a small research project on each vitamin and hormone is required before most of the data can be placed in proper context and profitably used. This feeling of dissatisfaction was brought to a head when I recently presented graduate courses in Endocrinology and on Vitamins and Hormones, thus providing the stimulus for this book. Much of the material, and the general format of this volume were generated from lecture notes for the course on Vitamins and Hormones. It is hoped that this book will be of use to researchers and students in the various fields of life sciences, as well as to physicians, pharmacologists, nurses, and dietitians. Moreover, this book has sufficient content of semitechnical language to make it useful to the educated layman who might need ready information to guide him through the vitamin fads of the day, including rational meal and cooking selections, and to aid in understanding the hormone-related articles in various newspapers and magazines.

In the past 20 years micronutrients have assumed great public health importance and a considerable amount of research has lead to increasing knowledge of their physiological role. Because it is a rapidly developing field, the WHO and FAO convened an Expert Consultation to evaluate the current state of knowledge. It had three main tasks: to review the full scope of vitamin and minerals requirements; to draft and adopt a report which would provide recommended nutrient intakes for vitamins A, C, D, E, and K; the B vitamins; calcium; iron; magnesium; zinc; selenium; and iodine; to identify key issues for future research and make preliminary recommendations for the handbook. This report contains the outcome of the Consultation, combined with up-to-date evidence that has since become available.

HANGRY IS THE COMPREHENSIVE HORMONE BOOK WE'VE BEEN WAITING FOR. Get ready to restore your joy, heal your hormones, and reset your metabolism in just four weeks. Sarah Fragoso, the bestselling author and creator of Everyday Paleo, and Dr. Brooke Kalanick, a leading expert in functional medicine and women's health, bring you the ultimate guide to feeling your best. Hangry offers women a one-of-a-kind plan that is uniquely customizable to your individual hormonal imbalances, with special attention paid to challenges such as low thyroid, PCOS, perimenopause, menopause, and autoimmunity. Not sure if you're HANGRY? • Are you too tired to be happy? • Do

you feel like your metabolism is MIA? • Is your plate overflowing with expectations, work, and stress? Hangry honors ALL of your hormones and each aspect of your life: food, exercise, nutrition, and lifestyle. This program will take you from feeling stressed out and frustrated—and really freaking tired!—to healthy, happy, and at home again in your body. Join the program that's already changing lives—you will look and feel your best, slow down aging, decrease inflammation, and rediscover your joy with this one-of-a-kind customizable plan based on balancing five key hormones by using our five simple habits supported by our five mindset pillars.

Includes section, "Recent book acquisitions" (varies: Recent United States publications) formerly published separately by the U.S. Army Medical Library.

Results from the National Research Council's (NRC) landmark study Diet and health are readily accessible to nonscientists in this friendly, easy-to-read guide. Readers will find the heart of the book in the first chapter: the Food and Nutrition Board's nine-point dietary plan to reduce the risk of diet-related chronic illness. The nine points are presented as sensible guidelines that are easy to follow on a daily basis, without complicated measuring or calculating--and without sacrificing favorite foods. Eat for Life gives practical recommendations on foods to eat and in a "how-to" section provides tips on shopping (how to read food labels), cooking (how to turn a high-fat dish into a low-fat one), and eating out (how to read a menu with nutrition in mind). The volume explains what protein, fiber, cholesterol, and fats are and what foods contain them, and tells readers how to reduce their risk of chronic disease by modifying the types of food they eat. Each chronic disease is clearly defined, with information provided on its prevalence in the United States. Written for everyone concerned about how they can influence their health by what they eat, Eat for Life offers potentially lifesaving information in an understandable and persuasive way. Alternative Selection, Quality Paperback Book Club

Mechanisms of Hormone Action: A NATO Advanced Study Institute focuses on the action mechanisms of hormones, including regulation of proteins, hormone actions, and biosynthesis. The selection first offers information on hormone action at the cell membrane and a new approach to the structure of polypeptides and proteins in biological systems, such as the membranes of cells. Discussions focus on the cell membrane as a possible locus for the hormone receptor; gaps in understanding of the molecular organization of the cell membrane; and a possible model of hormone action at the membrane level. The text also ponders on insulin and regulation of protein biosynthesis, including insulin and protein biosynthesis, insulin and nucleic acid metabolism, and proposal as to the mode of action of insulin in stimulating protein synthesis. The publication elaborates on the action of a neurohypophysial hormone in an elasmobranch fish; the effect of ecdysone on gene activity patterns in giant chromosomes; and action of ecdysone on RNA and protein metabolism in the blowfly, *Calliphora erythrocephala*. Topics include nature of the enzyme induction, ecdysone and RNA metabolism, and nature of the epidermis nuclear RNA fractions isolated by the Georgiev method. The selection is a valuable reference for readers interested in the mechanisms of hormone action.

Does a longer life mean a healthier life? The number of adults over 65 in the United States is growing, but many may not be aware that they are at greater risk from foodborne diseases and their nutritional needs change as they age. The IOM's Food Forum held a workshop October 29-30, 2009, to discuss food safety and nutrition concerns for older adults.

This book reviews the research pertaining to nutrient requirements for working in cold or in high-altitude environments and states recommendations regarding the application of this information to military operational rations. It addresses whether, aside from increased energy demands, cold or high-altitude environments elicit an increased demand or requirement for

specific nutrients, and whether performance in cold or high-altitude environments can be enhanced by the provision of increased amounts of specific nutrients.

Handbook of Vitamins and Hormones

Updating recommendations last made by the National Research Council in the mid-1980s, this report provides nutrient recommendations based on physical activity and stage in life, major factors that influence nutrient needs. It looks at how nutrients are metabolized in the bodies of dogs and cats, indications of nutrient deficiency, and diseases related to poor nutrition. The report provides a valuable resource for industry professionals formulating diets, scientists setting research agendas, government officials developing regulations for pet food labeling, and as a university textbook for dog and cat nutrition. It can also guide pet owners feeding decisions for their pets with information on specific nutrient needs, characteristics of different types of pet foods, and factors to consider when feeding cats and dogs.

The bestselling author of *WomanCode* presents a biohacking program for women, teaching them how to use their natural 28-day cycle to optimize their time, diet, fitness, work, and relationships. Women have a important biological rhythm they experience every month that affects productivity, weight, sex drive, energy, and mood. It is essential to be aware of and take care of this rhythm, but it has been widely ignored by medical, nutrition and fitness research. So as women, we diet, we deprive, and we cram as much as possible into our day, striving to accomplish impossible to-do lists, and scheduling our lives based on a 24-hour time cycle, ignoring the intuitive time our bodies naturally keep: a monthly cycle with four hormonal phases that offer incredible advantages. In the *FLO* presents a revolutionary 4-week solution to manage your energy and time according to your female biochemistry. By working with each phase, you'll support your hormones, unlock peak creativity and performance, and avoid burnout. You'll know exactly when to eat certain foods, clear your social calendar, or ask for a raise—and you'll have the tools to do so, including:

- Meal plans and recipes for each phase
- Charts for phase-specific exercises, work tasks, and relationship activities
- A daily planner that helps you align with your strengths in each phase
- A biohacking toolkit for navigating period problems and hormonal birth control

Alisa Vitti, functional nutrition and women's hormone expert, bestselling author of *WomanCode*, and founder of modern hormone healthcare company *FLOliving.com*, has been teaching women how to reclaim their rhythm for nearly twenty years and has witnessed the incredible rewards it offers—including losing stubborn weight, regaining energy, clearing skin, and minimizing PMS. By getting In the *FLO*, you'll get more done with less effort, you'll feel better consistently throughout the month, and you'll enjoy the freedom that comes with living on your own time.

(LIMITED EDITION- ONLY PHOTOSTAT COPY AVAILABLE) Drugs and pharmaceutical industry plays a vital role in the economic development of a nation. It is one of the largest and most advanced sectors in the world, acting as a source for various drugs, medicines and their intermediates as well as other pharmaceutical formulations. The Indian drugs and pharmaceutical industry, over the years, has shown tremendous progress in terms of infrastructure development, technology base creation as well as product usage. The pharmaceutical industry has been one of the fastest growing segments of the Indian manufacturing sector with an average annual growth rate of about 14% and is projected to grow at an average annual rate exceeding 15%. This growth would be fuelled mainly by (i) access to low cost and high volume of generic drugs, (ii) mergers and acquisitions, (iv) industry consolidation, and (v) high growth of contract manufacturing. The pharmaceutical industry has been producing bulk drugs belonging to all major therapeutic groups requiring complicated manufacturing processes as well as a wide range of pharma machinery and equipments. India has carved a niche for itself by being a top generic Pharma player. Indian Pharmaceutical Industry is playing a key role in promoting and sustaining development in the vital field of medicines. This book contains information on L-Ascorbic Acid, Pharmaceutical Unit, Liquid

Glucose, Glucose Saline, IV Fluids, Paracetamol, Sorbitol, Aspirin and Ibuprofen along with their manufacturing process, producers, plant economics etc. This book also throws light on Drugs and Pharmaceutical Industries in India. This book will give a thorough knowledge of the contents that it covers and also about the scenario of the Pharmaceutical Industry.

FUN & GAMES AND HELL & GONE COME FULL CIRCLE IN THE HARDIE SERIES' ASTONISHING CONCLUSION. Charlie Hardie finds himself in a steel box, tubes and wires attached to his body, trapped inside a satellite parked in orbit 500 miles above the Earth. He's got a year's supply of food, air, water, and no communication back to Earth, and must complete his 12 months' duty or his wife and son will have an "accident." But when someone all-too-familiar docks on the satellite, informs Hardie he's sitting in a veritable zero-G vault containing the world's most dangerous secrets, and forces a crash-landing in the middle of the Pacific Ocean, Hardie must decide whether he's come face-to-face with the partner he needs to save his family--or with his nemesis. After years of exile, Hardie's arming up....and heading home.

Because diseases of the bone are often less acute and less lifethreatening than diseases of the circulatory system, gastrointestinal tract, kidney, liver, and the nervous system, they have received a disproportionately smaller amount of attention in the medical world. With the average increasing life span of man as a result of improvements in modern medicine, especially in the pediatric field, the seriousness of many metabolic bone diseases has indeed become more obvious. In addition, other improvements in medicine, such as hemodialysis for the preservation of renal failure patients, have permitted the development of other consequences of diseased kidneys, one of which is the appearance of renal osteodystrophy. Finally, the appearance of several genetic disorders in the area of metabolic bone disease has been underscored by the solution of other pediatric diseases of much more serious consequences. These emerging problems all suggest that much remains to be learned concerning the systemic control of bone, both as a structural organ and as a reservoir for the important elements of calcium and phosphorus so essential for the support of life in complex multicellular organisms of which man is the most important. As will be demonstrated in the historical portion of this manuscript, the existence of the three most important humoral factors regulating bone metabolism and function are now known.

Take Charge of Your Menopause! This groundbreaking book—the first to reveal 12 distinct menopause types and how best to treat each—gives you the information you need to take charge of this challenging and sensitive life stage. Inside, Dr. Joseph Collins demolishes the "one size fits all" philosophy of menopause treatment, revealing that there is no magic hormone or combination of hormones that can be indiscriminately prescribed to all women. Inside, you'll discover: ·Natural & Conventional treatments that are best for you ·Necessary nutrients for a healthy menopause ·How to weigh the risks and benefits of Hormone-replacement therapy ·And much, much more "At last, a well-referenced resource on the advantages of natural versus synthetic hormone-replacement therapy." —Dana Reed-Kane, Pharm.D., F.A.C.A., F.I.A.C.P. "Finally, a book that teaches the importance of balance and actually shows everyone what many women have suspected all along: There is more than one type of menopause." —Luana Stone, menopause patient

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