
Dr John Lee Hormone Balance Made

You're Not Sick, You're Thirsty!

Cut the Guilt

What Your Doctor May Not Tell You about Breast Cancer

Secrets Those Credit Doctors Don't Want You to Know

Natural Progesterone

Ageless

A Medical Breakthrough

Hormones, Health, and Happiness

Fly Through the Physical, Mental, and Spiritual Symptoms of PMS and Perimenopause

Natural Hormone Balance for Women

The Naked Truth About Bioidentical Hormones

Your Body In Balance

Hormonal Connections Women Suspect ... and Doctors Still Ignore

Migraine

Screaming to be Heard

How I Lost My Fatigue, Hot Flashes, ADHD, ADD, Fibromyalgia, PMS, Osteoporosis, Weight, Sexual Dysfunction, Anger, Migraines--

Earthing

A Natural Medical Formula for Rediscovering Youth

The Hormone Survival Guide for Perimenopause

Water for Health, for Healing, for Life

Dr. John Lee's Hormone Balance Made Simple

The Natural Way to Alleviate Symptoms of Menopause, PMS, Endometriosis and Other Hormone-related Problems

The Yeast Connection

Balance Your Hormones and Your Life from Thirty to Fifty

What Your Doctor May Not Tell You About(TM): Premenopause

Your Guide to Natural Hormone Treatments for PMS, Menopause, Osteoporosis, PCOS, and More

Straight Talk Women (and Men) Need to Know to Save Their Sanity, Health, and—Quite Possibly—Their Lives

What Your Doctor May Not Tell You About(TM): Breast Cancer

Balance Your Hormones Naturally

The Most Important Health Discovery Ever?

Natural Progesterone Cream

It Must Be My Hormones

The Miracle of Bio-identical Hormones

The New Science of Food, Hormones and Health

Sugar Blues

From Hormone Hell to Hormone Well

Jump Off the Hormone Swing

What You Must Know About Bioidentical Hormone Replacement Therapy

The Essential How-To Guide to Symptoms, Dosage, Timing, and More

Dr John Lee Hormone Balance Made

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BARNETT MARTINEZ

You're Not Sick, You're Thirsty! Warner Books (NY)

Arguing that giving estrogen replacement therapy to women after menopause is medically the wrong thing to do, Lee suggests that natural progesterone can prevent most of the unpleasant side effects of menopause, including osteoporosis and weight gain.

Cut the Guilt Professional Books/Future Health

A safe, effective hormone balance program for women aged 30-50 suffering from premenopause syndrome. Restore and maintain gynecological health, sex drive, and energy. I'm too young for menopause. So why do I feel like this? Even if you're a decade or more away from menopause, your hormones may already be out of balance, usually caused by an excess of estrogen and a deficiency of progesterone. Over 50 million women experience premenopause symptoms, including: Unexplained, sudden weight gain Severe PMS, fatigue, irritability, and mood swings Loss of libido Tender or lumpy breasts Fibroids and endometriosis Cold hands and feet Very heavy or light

periods Or other symptoms like infertility, memory loss, and migraines. Now Dr. John Lee-author of the groundbreaking *What Your Doctor May Not Tell You About Menopause*-teams up with women's health expert Jesse Hanley, M.D., to bring you a revolutionary nonprescription "Balance Program" with simple, safe, and natural solutions for premenopause. Learn how natural progesterone and changes to your diet and environment can balance your hormones, eliminate premenopausal symptoms, and make you feel better-all without surgery, antidepressants, or prescription hormones.

What Your Doctor May Not Tell You about Breast Cancer Square One Publishers, Inc.

A growing number of women suffer from chronic health disorders that seem to defy treatment, with problems ranging from vaginitis to migraines and depression. Now, hope is at hand in the completely revised and updated *The Yeast Connection and Women's Health*. Included is vital information on prescription and nonprescription antifungals, lifestyle changes, dietary modifications, and nutritional supplements—all presented in easy-to-understand language with real examples of women who restored vibrant health to their lives.

Secrets Those Credit Doctors Don't Want You to Know

CreateSpace

Hormonal imbalances can occur at any age—before, during, or after menopause—and for a variety of reasons. While most hormone-related problems are associated with menopause, fluctuating hormonal levels can also cause a variety of other conditions, and for some women, the effects can be truly debilitating. *What You Must Know About Women's Hormones* is a clear guide to the treatment of hormonal irregularities without the health risks associated with standard hormone replacement therapy. This book is divided into three parts. Part I describes the body's own hormones, looking at their functions and the problems that can occur if these hormones are not at optimal levels. Part II focuses on the most common problems that arise from hormonal imbalances, such as PMS, hot flashes, and endometriosis. Lastly, Part III details hormone replacement therapy, focusing on the difference between natural and synthetic hormone treatments. Whether you are looking for help with menopausal symptoms or you simply want to enjoy vibrant health, *What You Must Know About Women's Hormones* can make a profound difference in your life.

Natural Progesterone Grand Central Publishing

It's a prime ingredient in countless substances from cereal to soup, from cola to coffee. Consumed at the rate of one hundred pounds for every American every year, it's as addictive as nicotine -- and as poisonous. It's sugar. And "Sugar Blues," inspired by the crusade of Hollywood legend Gloria Swanson, is the classic, bestselling expose that unmask our generation's greatest medical killer and shows how a revitalizing, sugar-free diet can not only change lives, but quite possibly save them.

Ageless Simon and Schuster

Combines both eastern and western wellness strategies for balancing key hormones in one's body, with the ultimate goal of good health, in a book that also includes diet tips, stress-management techniques and natural sleep secrets. Original. 15,000 first printing.

A Medical Breakthrough Harmony

In this book, Dr. Vliet continues her crusade to debunk myths and misinformation on women's health.

Hormones, Health, and Happiness M. Evans

A natural solution to ameliorating the effects of a variety of hormone related problems discusses the role of progesterone in helping menstrual problems, PMS, infertility, low sex drive, and breast lumps. Original.

Fly Through the Physical, Mental, and Spiritual Symptoms of PMS and Perimenopause Simon and Schuster

This nationally bestselling book explains the shocking new science of how hormones are wreaking havoc on the body, and the delicious solution that improves health, reduces pain, and even helps to shed weight. Hidden in everyday foods are the causes of a surprising range of health problems: infertility, menstrual cramps, weight gain, hair loss, breast and prostate cancer, hot flashes, and much more. All of these conditions have one thing in common: they are fuelled by hormones that are hiding in foods or are influenced by the foods we eat. *Your Body in Balance* provides step-by-step guidance for understanding what's at the root of your suffering—and what you can do to feel better fast. Few people realize that a simple food prescription can help you tackle all these and more by gently restoring your hormone balance, with benefits rivalling medications. Neal Barnard, MD, a leading authority on nutrition and health, offers insight into how dietary changes can alleviate years of stress, pain, and illness. What's more, he also provides delicious and easy-to-make hormone-balancing recipes, including: * Cauliflower Buffalo Chowder * Kung Pao Lettuce Wraps * Butternut Breakfast Tacos * Mediterranean Croquettes * Apple Pie Nachos * Brownie

Batter Hummus Your Body in Balance gives new hope for people struggling with health issues. Thousands of people have already reclaimed their lives and their health through the strategic dietary changes described in this book - and now it's your turn.

Natural Hormone Balance for Women McGraw-Hill Education

How can a common vitamin, how you carry your hands, and a simple mental exercise show you how to change your eating? Find the answers in *Cut the Guilt*. From an investigative medical researcher and a bestselling author, comes the explosive insider information that reveals the solutions for obesity and eating disorders/issues. *Cut the Guilt* presents easy to use, practical tools and enlightening insights that turn our dietary stumbling blocks into the stepping stones to our healthy eating and healthy weight. Most importantly are clinically successful insights that can show you how to apply these solutions. *Cut the Guilt* - the psychology part fires up your inspiration to delete your eating problems or disorder and gives you the key to "DIET in a larger sense". Dr. Fuller, an intuitive psychotherapist and eating disorder expert, has something truly extraordinary for you. How does it help you? You can instantly begin to live your life following her suggestions, spiritual exercises, and miracles of your own aha moments to reach your weight and body image dreams. Kathleen will show you that *Cut the Guilt* is so simple, regardless of your past eating struggles and/or eating disorders. Dr. Fuller inspired by a power greater than she's ever known as a leading eating disorder expert, has created one of the most influential & inspiring messages you may ever read or hear. C. R. *Cut the Guilt* - the biology part offers valuable medical information and unique insights into healthy eating, better health and true beauty. With so many people suffering from obesity, poor eating habits, frustrations, stress, depression, thyroid conditions, fatigue, insomnia, this book is a timely entry into the health education field. Readers are nudged to take personal inventory of their habits and their life-style patterns which contribute to poor health, --- and then shown how to do something about it. Being pro-active about our health and understanding our own genetic "make-up" can help us choose what we need, nutritionally -- and not just what we desire to eat. The book is not about crash diets, nor stringent fads. It emphasizes achieving lasting health through gaining better information, and working with your doctor toward optimum solutions. I especially liked this insight; "remember to listen closely to your body, and resist the urge to judge yourself." Highly recommended. Contains revealing and practical information. D.W.

The Naked Truth About Bioidentical Hormones Da Capo Lifelong Books

Explaining why women between the ages of 35 and 50 often experience significant changes in mood, weight, sex drive, and general well-being due to hormonal imbalances, this guide shows women how to regain control of their hormones—and their lives—and feel good again through natural means. Women who have had long-standing physical and emotional complaints written off by doctors as normal or genetic are provided with step-by-step solutions to such hormone-related problems as weight gain, fibroids, sex-drive doldrums, adult acne, depression, anxiety, irritability, chronic fatigue, and facial hair. Perimenopausal women will be able to regain control of their health by putting together a game plan for renewal—including hormone balancing and weight management plans that will help them feel better—with dramatic, life-changing results.

Your Body In Balance Jon Carpenter Publishing

In *Jump Off the Hormone Swing*, Lorraine Pintus shares openly about the inner tension a woman can feel at certain times of the month between wanting to love her neighbor on one hand, and wanting to strangle her and shoot her ugly dog on the other.

While many books discuss the physical and emotional symptoms of hormones, this is the first to explore in depth the spiritual aspects. *Jump!* is a mentoring book, not a medical book. The focus is on attitude, not anatomy. Lorraine shares insights from her own journey as well as wisdom from 1,500 women she surveyed. Sound biblical wisdom is laced with humor because after all, when it comes to hormones, you either have to laugh or cry, and laughing is better! Get answers to these questions: · What is the number one thing I can do to feel better physically? · How does PMS and perimenopause affect me spiritually? · Which foods ease PMS symptoms...which make them worse? · How do hormones affect my brain? · Why does stress make my PMS worse and what can I do about it? · Are there benefits to PMS and perimenopause? (you'll discover 10!!) · How can God possibly love me when I hate myself? Includes a 10-week study for individual and group use.

Hormonal Connections Women Suspect ... and Doctors Still Ignore Square One Publishers, Inc.

From the author of the self-published sensation *Your Body's Many Cries for Water* comes an all new book expanding on the healing powers of water. Asthma, allergies, arthritis, hypertension, depression, headaches, diabetes, obesity, and MS. These are just some of the conditions and diseases that are caused by persistent dehydration. But there is a miracle solution that is readily available, all natural, and free: water. In *WATER: FOR HEALTH, FOR HEALING, FOR LIFE*, Dr. F. Batmanghelidj reveals how easy it is to obtain optimum health by drinking more water and supports his claims with over 20 years of clinical and scientific research. Thirsty readers will discover what they never knew, that water can actually: Prevent and reverse aging Cure asthma in a few days, naturally and forever Eliminate pains, including heartburn, back pain, and migraine headaches And much, much more.

Migraine Rodale Books

An in-depth guide to those health problems in people of all ages and sexes that can be traced to sensitivity to the yeast germ *Candida albicans*.

Screaming to be Heard Grand Central Publishing

Looks at a variety of health problems that can be attributed to hormone imbalance and describes how to treat them using bio-identical hormones.

How I Lost My Fatigue, Hot Flashes, ADHD, ADD, Fibromyalgia, PMS, Osteoporosis, Weight, Sexual Dysfunction, Anger, Migraines- Dr. John Lee's Hormone Balance Made Simple The Essential How-to Guide to Symptoms, Dosage, Timing, and More

The bestselling authors of the series "What Your Doctor May Not Tell You About*" bring women an easy-to-use guide on balancing hormone levels safely and naturally.

Earthing Harmony

Many of us experience signs and symptoms of hormonal imbalance every day. Do you have trouble dragging yourself out of bed in the morning? Ever have an uncontrollable sugar craving at 3 p.m.? Chronic headaches? Lack of energy? Do you get stressed just sitting in your office? Our bodies are wired to send us signals when something isn't right, but often we're too busy to hear them. Compounding the problem is a lack of understanding about the consequences if these symptoms are left unaddressed. Without hormonal balances, we are more likely to succumb to

many diseases and illnesses. The Hormone Diet lays out a foolproof plan to balance your life, one hormone at a time. But it is more than just a diet book. Along with advice for weight loss, Dr. Natasha Turner provided recommendations for anti-inflammatory detox, nutritional supplements, exercise, sleep, stress management, toxin-free skin care, and natural hormone replacement combined with a diet plan—all incorporated into a 3-step wellness program focused on the essentials of hormone balance for lasting health.

A Natural Medical Formula for Rediscovering Youth Warner Books (NY)

Many women are confused about the treatments available for menopause. While they may be experiencing severe symptoms, the news about Hormone Replacement Therapy (HRT) use is not encouraging. HRT may increase the risk of heart attack, stroke, breast cancer, and blood clots in the lungs and legs. On the other hand, there is lesser known treatment-Bioidentical Hormone Replacement Therapy (BHRT)-that can help effectively diminish menopausal symptoms without the dangers of synthetic drugs. In her new book, Dr. Amy Lee Hawkins provides women with a complete guide to understanding and using BHRT to diminish or eliminate the symptoms of menopause. *What You Must Know About Bioidentical Hormone Replacement Therapy* is written in easy-to-understand language. It covers the basics of hormones, discusses the controversy surrounding hormone replacement, details hormone treatment principles, and provides a guide to maintaining a healthy weight and metabolism. Each discussion is supported by up-to-date scientific articles published in respected research journals and medical texts. In addition, the book's appendix includes numerous questionnaires that can help you understand your personal situation. If you are struggling with the symptoms of menopause, you want to choose the safest and most effective route to feeling better. *What You Must Know About Bioidentical Hormone Replacement Therapy* provides the information you need to make the best possible decisions about your health.

The Hormone Survival Guide for Perimenopause Grand Central Publishing

This work outlines a groundbreaking approach to treating illnesses traditionally considered incurable because the effects of excess adrenaline have been virtually ignored by the medical community. Excess amounts of adrenaline have been proven to result in such disorders as ADHD, fibromyalgia, anger, depression, anxiety, bipolar disorders, PTSD, severe PMS, and more. Platt shows how these disorders can be controlled with diet and bio-identical progesterone, demonstrated to be safer and more beneficial than pharmaceutical progestins. Original. *Water for Health, for Healing, for Life* Simon and Schuster From the bestselling authors of the classic *What Your Doctor May NOT Tell You* books about menopause and pre-menopause comes an easy-to-use guide on balancing hormone levels safely and naturally. Dr. John Lee will help you answer key questions like: Are my symptoms caused by a hormonal imbalance? Which hormones do I need to regain hormone balance? How do I use hormones for optimal health and balance? Plus, learn how and when to use estrogen, testosterone and progesterone cream, in simple, effective language. If you want the ABCs of using natural hormones, this book is for you.

Best Sellers - Books :

- [Heart Bones: A Novel By Colleen Hoover](#)
- [A Court Of Thorns And Roses Paperback Box Set \(5 Books\) By Sarah J. Maas](#)
- [America's Cultural Revolution: How The Radical Left Conquered Everything](#)
- [The Last Thing He Told Me: A Novel By Laura Dave](#)
- [To Kill A Mockingbird](#)

- [Haunting Adeline \(cat And Mouse Duet\)](#)
- [Twisted Games \(twisted, 2\)](#)
- [A Soul Of Ash And Blood: A Blood And Ash Novel \(blood And Ash Series\)](#)
- [Reminders Of Him: A Novel](#)
- [8 Rules Of Love: How To Find It, Keep It, And Let It Go By Jay Shetty](#)