



# **What You Must Know About Women's Hormones: Your Guide to Natural Hormone Treatments for PMS, Menopause, Osteoporosis, PCOS, and More**

*Pamela Wartian Smith*

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Hormonal imbalances can occur at any age—before, during, or after menopause—and for a variety of reasons. While most hormonerelated 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.

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