

What Your Doctor May Not Tell You About Menopause: The Breakthrough Book on Natural Progesterone

Lee, John R, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920579167&lokasi=lokal>

Abstrak

Here is a practical and resourceful guide that focuses on the effective, scientifically proven, natural alternative to current therapies used in combating the effects of menopause. This invaluable volume also contains a complete, non-prescription "hormone balance" program for optimal health, which lists foods, supplements, and herbs that can be used to balance a woman's hormones.