



The Menopause Revolution: Smashing the HRT Myth--Natural Alternatives to Manufactured Drug Therapy

Martin Milner

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In *The Menopause Revolution: Smashing the HRT Myth* Dr. Martin Milner, Professor, published author, and groundbreaking physician takes on the often misunderstood and all too often ignored subject of menopause with the passion of a man on a mission. The choice of whether or not to undertake synthetic hormone therapy—once a fairly easy decision to make—has become much more complicated in light of the dangerous side-effects that have been revealed in several large studies. What many women don't know is that they do have another choice. Effective, all-natural, hormone therapies are available Dr. Milner challenges the conventional wisdom of the one-size-fits-all approach to menopause. Instead he stresses the importance of testing and monitoring to determine exactly what actions are needed to help guide a woman successfully through the menopause years By shattering the myths surrounding menopause and hormone therapy Dr. Milner empowers women with the knowledge they need to make the best choices for themselves.

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This The Menopause Revolution: Smashing the HRT Myth--Natural Alternatives to Manufactured Drug Therapy is completely new way for you who has intense curiosity to look for some information as it relief your hunger associated with. Getting deeper you on it getting knowledge more you know or perhaps you who still having little bit of digest in reading this The Menopause Revolution: Smashing the HRT Myth--Natural Alternatives to Manufactured Drug Therapy can be the light food for yourself because the information inside this specific book is easy to get by means of anyone. These books acquire itself in the form which is reachable by anyone, yep I mean in the e-book contact form. People who think that in book form make them feel tired even dizzy this reserve is the answer. So there isn't any in reading a book especially this one. You can find actually looking for. It should be here for you. So , don't miss the idea! Just read this e-book variety for your better life in addition to knowledge.

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