

## Natural Progesterone The Multiple Roles Of A Remarkable Hormone

Here's how to open your own online DNA-driven genealogy reporting/interpreting service business. You wouldn't do the actual DNA testing. The laboratory you contract with does the testing and sends you reports that you interpret for your clients. As a DNA-driven genealogist, you would prepare illustrated and text-driven reports, colorful CDs, brochures, press kits, covers, Web sites, and guides to interpreting the DNA-for-ancestry-based information. You would interpret tests for deep ancestry to your clients. What verbal skills and any other preparation would you need to empower consumers with knowledge from reports you receive from your partnering DNA-testing laboratory? Would you also interpret reports from genetics counselors testing for predisposition to diseases? Or emphasize only deep ancestry? Would you need a self-taught science background, a genealogy hobby, or only marketing and communications experience? Who does the actual interpreting? How would you contract with DNA laboratories to send reports and other information related to ancestry? You may be a genealogist, a personal historian, or a life story videographer thinking of partnering with a DNA-testing laboratory. Your business would be to make complex information easy to understand and interpret in plain language DNA reports from scientists to genealogy clients and surname groups. The DNA tests could be for ancestry and/or nutritional genomics issues.

Personalized medicine is what this book is about--tailoring your lifestyle, food, medicines, treatments, and reproductive choices to your genetic signature. According to Dr. Andrew Y. Silverman, MD, PhD, "The desire to influence the sex of the next child is probably as old as recorded history." "Gender selection is possible because of the way in which sex is determined by our chromosomes. Dr. Ericsson devised patented methods by which X and Y sperm can be separated through filtering processes. Sperm are "layered" over a column of human serum albumin, and they swim down the gradient where they are collected in the bottom layer. "The fraction of sperm that contains the male (Y) bearing sperm is used for insemination if a boy is desired. It is effective 70?75% of the time. "The fraction of sperm that contains the female (X) bearing sperm is used for insemination if a girl is desired. It is effective 70?72% of the time." Use personalized medicine more effectively. Empower consumers by interpreting DNA testing and learning more about infant gender choice by genetics.

THE #1 NEW YORK TIMES BESTSELLER Millions of readers literally defined their lives through Gail Sheehy's landmark bestseller Passages. Seven years ago she set out to write a sequel, but instead she discovered a historic revolution in the adult life cycle. . . People are taking longer to grow up and much longer to die. A fifty-year-old woman--who remains free of cancer and heart disease-- can expect to see her ninety-second birthday. Men, too, can expect a dramatically lengthened life span. The old demarcations and descriptions of adulthood--beginning at twenty-one and ending at sixty-five--are hopelessly out of date. In New Passages, Gail Sheehy discovers and maps out a completely new frontier--a Second Adulthood in middle life. "Stop and recalculate," Sheehy writes. "Imagine the day you turn forty-five as the infancy of another life." Instead of declining, men and women who embrace a Second Adulthood are progressing through entirely new passages into lives of deeper meaning, renewed playfulness, and creativity--beyond both male and female menopause. Through hundreds of personal and group interviews, national surveys of professionals and working-class people, and fresh findings extracted from fifty years of U.S. Census reports, Sheehy vividly dramatizes these newly developing stages. Combining the scholar's ability to synthesize data with the novelist's gift for storytelling, she allows us to make sense of our own lives by understanding others like us. New Passages tells us we have the ability to customize our own life cycle. This groundbreaking work is certain to awaken and permanently alter the way we think about ourselves. "SHEEHY CLEARLY STATES IDEAS ABOUT LIFE THAT HAVE NEVER BEFORE BEEN AS CLEARLY STATED." --Los Angeles Times Book Review "AN OPTIMISTIC ANALYSIS OF ADULT DEVELOPMENT IN PESSIMISTIC TIMES. . . It is grounded in the economic and psychological realities that make adult life so complex today." --The New York Times Book Review

With almost 100,000 copies sold in earlier editions, this revised edition provides the most up-to-date information on natural alternatives to synthetic hormone replacement therapy A must-read for any woman taking synthetic hormones for infertility, birthcontrol, PMS, or menopause • Includes the latest research on using natural progesterone to combat osteoporosis, endometriosis, heart disease, PMS, fibroids, and breast, ovarian, and uterine cancer More and more women are seeking alternatives to synthetic hormones and their harmful side effects. Despite increasing awareness of the dangers of synthetic hormones, over-prescription of estrogen is still rampant, as is confusion among doctors and patients whether the benefits of conventional hormone replacement therapy (HRT) outweigh the risks. This updated fourth edition offers the latest information on how botanical progesterone therapy, also known as natural HRT, can provide safe, natural relief for many of the problems women face from hormone deficiency, including PMS, fibromyalgia, depression, menstrual irregularity, miscarriages, uterine fibroids, and infertility. Botanical progesterone supplementation can be also extremely effective in relieving hot flashes, insomnia, night sweats, vaginal dryness, and even cancer. The authors sift through misinformation and contradictory studies, warning against corporate-sponsored research in a multi-billion dollar menopausal industry, and guide readers to natural alternatives. This fourth edition also includes new studies regarding the dangers of a diet rich in soy contributing to the onset of premature menopause, as well as thyroid disorders. The dangers of mammography and the importance of focusing on safer, more effective methods of cancer detection are also well documented.

Get Through the Menopause with Confidence

7 Weeks to Eliminating Anxiety, Despair, Fatigue, and Anger from Your Life

A Nutritional Approach to Preventing Recurrence

The Geography and History of Your Relatives

Consumer Watchdogs, Reviews, & Genetics Testing Firms Online

Handbook of Women's Sexual and Reproductive Health

From Belly Fat to Belly Flat

This volume is designed to motivate and engage scientists, policymakers, and practitioners to greater scientific discourse, reduce the stigma on and validate the importance of women's sexual and reproductive health. It brings together historians, anthropologists, psychologists, sociologists, epidemiologists, public health researchers, genetic counselors, attorneys, social workers, nurses and physicians, and presents comprehensive coverage that will benefit women's health advocates, students, and practitioners.

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.

Each year, over 40,000 women in the U.S. die from breast cancer. With statistics rising, conventional methods of treatment are simply not working, and in some cases may even be harmful. Now, Drs. Lee and Zava explain the potentially life-saving facts, such as: likely sources for the increase in breast cancer, including environment, excessive estrogen, progesterone imbalance, diet, and the dangers associated with traditional hormone replacement methods. Readers will learn strategies for lowering their risk and preventing this devastating disease through a revolutionary hormone balance program.

Let's face it, we'd all love to have the perfect body, but not if it means starving ourselves and feeling miserable all the time! There are a million ways to lose weight and countless books selling the secret to skinny, but what if you want a diet for girls that's about more than thin thighs and a size 6 waist? Inside Hot, Healthy, Happy you'll find a nutritional, psychological and

spiritual toolkit that will enable you to: wake up each day with enough energy to follow your dreams. have flawless skin and nails to die for. have a period without needing painkillers and chocolate bars. connect to and trust your inner wisdom. feel happy and confident, despite facing drama in the Twittersphere! In *Hot, Healthy, Happy*, The Food Psychologist and nutritional therapist Christy Fergusson shows how science makes you sexy and invites you to achieve the life and the body you want. Discover the cutting-edge 21-day formula she used to overcome a myriad of health conditions and become the definition of hot, healthy and happy! Now it's your turn to eat, drink and think your way to self-love and skinny jeans.

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

Menopause – The Commonsense Approach

The Estrogen Alternative

How to Interpret Family History and Ancestry DNA Test Results for Beginners

A Guide to Causes and Natural Solutions for Common Prostate Problems

Mapping Your Life Across Time

How to Turn Current Research & Trends into Salable Feature Articles

This book is designed to meet the needs of nurse practitioners, other advanced practice nurses, and allied health professionals working in women's health, primary care, and other specialties. The multiple roles the clinician embraces in menopause management include that of direct caregiver, manager of therapeutics, educator, and interdisciplinary team member or leader. This book provides updated, evidence based information on the menopause transition from the late reproductive stage to post-menopause to optimize the interaction of the clinician and the individual woman in each of those roles. Women's lived experiences of menopause and women's concerns regarding both the menopause transition and the choice of care options are included as critical components of shared therapy decisions. The review of natural menopause physiology and the variability of menopause symptoms are inclusive of diverse women and diverse trajectories. The impact of menopause on chronic disease, sleep, weight and nutrition, mood and cognition, urogenital health and sexuality, as well as vasomotor symptoms are each developed as individual topics by experts in those fields. Evidence based management using hormonal and non-hormonal options, and life-style and other complementary interventions are discussed with the most updated advantages and disadvantages of each treatment option. Consistent with advanced practice nursing theory, the approach is whole patient focused.

Weight-loss research shows that the average person will add 1 to 2 pounds around their abdomen each year between the ages of 35 and 55 without changing their eating or exercise habits. Noted expert Dr. C.W. Randolph explains why: "estrogen dominance," a natural shift in hormone production that begins at age thirty, which causes weight gain and sabotages the most steadfast attempts at shedding it. Even worse, estrogen places the added weight around the middle, which has a negative impact both aesthetically and medically. Once estrogen dominance has taken hold, it creates a vicious cycle: fat cells will produce even more estrogen, which then biochemically predisposes the body to add on even more pounds. Here, Dr. Randolph introduces the three-step plan he's used with success in thousands of patients. In simple language, Dr. Randolph lays out the facts about bioidentical hormones and explains what foods and supplements guard against or reverse estrogen dominance. He also shares client success stories and presents practical eating plans, recipes, and shopping guides to put the advice into practice.

The menopause is a natural stage in every woman's life. Now, thanks to *Menopause – The Commonsense Approach*, a practical and optimistic guide to the menopause experience, you can get through it with grace and confidence. Many women can go through this process naturally and gracefully while retaining their vitality and energy. However, recent over-emphasis on the difficulties of the menopause have led it to be labelled as a 'condition' that needs intervention and treatment. Homeopath Ruth Appleby approaches menopause in a positive and sensible way. She explains what it is, the early signs to watch out for and exactly what changes will occur in the body. From hot flushes to thinning hair, she has menopause covered. She also gives advice on how to improve your overall state of health, believing that women who have general good health should experience fewer problems. For those who do have difficulties she suggests many natural and holistic solutions: diet, exercise, homeopathy, herbal remedies, supplements and Hormone Replacement Therapy. The Commonsense Approach series is a series of self-help guides that provide practical and sound ways to deal with many of life's common complaints. Each book in the series is written for the layperson, and adopts a commonsense approach to the many questions surrounding a particular topic. It explains what the complaint is, how and why it occurs, and what can be done about it. It includes advice on helping ourselves, and information on where to go for further help. It encourages us to take responsibility for our own health, to be sensible and not always to rely on medical intervention for every ill. Other titles in the series include *Depression – The Commonsense Approach*, *Headaches – The Commonsense Approach* and *Stress – The Commonsense Approach*. *Menopause – The Commonsense Approach: Table of Contents Preface* *What is Health?* *Early Symptoms of Menopause* *Later Symptoms of Menopause* *Menopause Osteoporosis* *Diet and Exercise for Good Health During Menopause* *Stress and Relaxation* *Hormone Replacement Therapy* *Homeopathy – How it Can Help During Menopause* *Case Histories* *Charts*

How would you like to earn perhaps \$100,000 annually as a medical or other specialty ghostwriter? You don't necessarily need a degree in science to earn six figures as a ghostwriter. What you do need is to focus or specialize in one subject or area of expertise. If you choose medical ghostwriting, you'd be writing pharmaceutical reports or informational books about research and clinical trials performed by scientists, physicians, and researchers. You could work with pharmaceutical firms, medical software manufacturers, or for public relations firms or literary agents. You'd be making a lot more than the usual \$10,000 a ghostwriter may receive for writing a career development how-

to book. Medical ghostwriters can receive up to \$20,000 per report. Pharmaceutical and clinical trials reports or medical journal articles often are written by ghostwriters. Ghostwriting medical or other factual information is big business. It's one way pharmaceutical manufacturers communicate with physicians. If you want to ghostwrite in this field, get paid to investigate information physicians receive about medicines and interview researchers, you can take the roads leading to steadier writing jobs, document management, or run your own business as a medical, business, or celebrity ghostwriter. Here is the training you need to begin if you enjoy journalism with an attitude.

How Your Hormones Are Adding Inches to Your Waist and Subtracting Years from Your Life -- the Medically Proven Way to Reset Your Metabolism and Reshape Your Body With Dr. Susan Brown, Author of Better Bones Better Body

How to Build Stronger Bones and Live Longer

Hot, Healthy, Happy

The Osteoporosis Solution

Depression-Free, Naturally

Applying Your Communications Skills To Popular Health or Ancestry Issues In the News

A guide to osteoporosis presents new information on how to prevent and treat the illness, explaining how nutritional therapies can reduce bone loss without detrimental side effects.

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.

The National Institute of Health estimates that thirty million men in the United States have trouble with intercourse and sexual potency. Testosterone levels, which begin to decline in men around forty years of age, are a contributing factor. Popular drugs have entered the marketplace to assist men in achieving sexual potency. Unfortunately, as these drugs become overwhelming popular, reports of undesirable side effects and even deaths have made users question the drugs' safety. As an alternative, authors Dr. Howard Peiper and Nina Anderson offer natural solutions for sexual dysfunction.

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.

From Hormone Hell to Hormone Well

The Hot Flash Cookbook

The 21-Day Diet to Eat, Drink and Think Your Way to Self-Love and Skinny Jeans

Each Woman ' s Menopause: An Evidence Based Resource

The Anti-Aging Revolution

Preventing and Reversing Arthritis Naturally

Bio-identical Hormones and Telomerase

A comprehensive self-help program designed to prevent and reverse degenerative inflammatory disease without drugs and their unwelcome or dangerous side effects. By the author of the bestselling Estrogen Alternative.

Many of you who appear to have life under control are simply great actors. Underneath you live with inner tensions, anxiety or panic states, feelings of hopelessness or paranoia, racing thoughts, ongoing anger, bone-weary fatigue. . . . The good news is that all this is fixable. What is the best treatment for ongoing depression, mood swings, exhaustion, and anxiety? Psychotherapy? Prescription drugs? Or is there a natural way that works better and is safer, faster, and cheaper? There is, and now Joan Mathews Larson, Ph.D., the brilliant nutritionist who founded Minnesota's esteemed Health Recovery Center, offers her revolutionary formulas for healing your emotions--biochemically. Twenty years of working with both addicted and nonaddicted patients has shown Larson that unhealthy and unstable moods are the result of the chemistry of our physical brains and are not psychological in origin. When you feed your imbalanced brain what it craves--the key essential fatty acids (EFAs), natural mind-body hormones, and the right amino acids--most mood swings, depressions, anxiety, and other upsets will disappear, even if they have a genetic basis. Through proven all-natural formulas, Seven Weeks to Emotional Healing will help you find the emotional stability and well-being you've been missing your entire life. Inside you'll discover how to - Screen yourself for emotional and behavioral symptoms -

Recognize the mental and physical clues that indicate biochemical imbalances - Find an open-minded health practitioner - Eat the right foods for optimal mental fitness Dr. Larson also provides her unique anti-aging formula that restores sexual function, rejuvenates the immune system, elevates mood and energy levels, reduces stress, and expands your life span! Seven Weeks to Emotional Healing is both responsible and effective--and gives you the tools you need to find lasting emotional health and contentment for the first time in your life.

In this work, Dr Erika Schwartz shares her proven programme to help women prevent, reduce and even eliminate the symptoms of hormone imbalance naturally.

Topics: . 3 simple recommendations for stopping your heartburn naturally . What your teeth and gums can tell you about bone loss in your body . How family history can help you assess your current bone health . Why weak bones can prevent you from living longer . The best muscles you should strengthen to combat bone loss . Why you cannot afford to be Vitamin D-deficient . Where to get your recommended amounts of Vitamin D, E, and K . Vitamins that become toxic to your body in high amounts . 17 Key Bone-Building Nutrients . (Plus! an overlooked bone-building nutrient that you haven't seen in headlines yet!)

Popular Health & Medical Writing for Magazines

New Passages

How Hormone Balance Can Help Save Your Life

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

Consumer's Guide

The Abnormal Menstrual Cycle

Menopause Without Medicine

The senior years don't have to be filled with aches and pains. At age seventy, Ruth Heidrich has the bone mass density of a woman in her early thirties and a resting heart rate of forty-four. Since being diagnosed with breast cancer at the age of forty-seven, she has won more than nine hundred athletic trophies and medals and has been cancer-free for more than twenty years. In Senior Fitness, the "other" Dr. Ruth shows how to maintain and even increase physical and sexual fitness at any age--and dramatically reduce the risk of prostate cancer, varicose veins, osteoporosis, diabetes, cardiovascular disease, arthritis, Alzheimer's, and a host of other ailments and diseases. Full of detailed medical information, this inspiring handbook is the ideal resource for all those seeking to make life after fifty full of fun and dynamism.

Here's how to transform your interest in popular health topics such as gene hunters, medical trends, self-help, nutrition, current issues, or pets into writing salable feature articles for popular publications. Become a health-aware feature writer, journalist, editor, indexer, abstractor, proofreader, information broker, book packager, investigative reporter, pharmaceutical copywriter, or documentary video producer. Here are the skills you'll need to transform your interest in popular science into writing health and medical feature and filler articles or columns for a wide variety of publications. For those who always wanted to write or edit medical publications, scripts, medical record histories, case histories, or books, here's a guide with all the strategies and techniques you'll need to become a medical writer, journalist, or editor. Whether you're a medical language specialist, transcriber, freelance writer, editor, indexer, or want to be, you'll learn how to write and market high-demand feature articles for popular magazines on a variety of popular science subjects from health, fitness, and nutrition to DNA, pet issues, and self-help. You'll find not only how-to techniques, but contacts for networking, associations, and where to find the research. You don't need science courses to write about popular science. What you do need is dedication to writing, journalism, or editing--freelance or staff. Feature articles and fillers are wanted on popular health-related subjects for general consumer, women's, men's, and niche magazines.

As an alternative to taking supplemental oestrogen many women are opting for more natural solutions.

How many DNA testing companies will show you how to interpret DNA test results for family history or direct you to instructional materials after you have had your DNA tested? Choose a company based on previous customer satisfaction, and whether the company gives you choices of how many markers you want, various ethnic and geographic databases, and surname projects based on DNA-driven genealogy. Before you select a company to test your DNA, find out how many genetic markers will be tested. For the maternal line, 400 base pairs of sequences are the minimum. For the paternal line (men only) 37 markers are great, but 25 markers also should be useful. Some companies offer a 12-marker test for surname genealogy groups at a special price. Find out how long the turnaround time is for waiting to receive your results. What is the reputation of the company? Do they have a contract with a university lab or a private lab? Who does the testing and who is the chief geneticist at their laboratory? What research articles, if any, has that scientist written or what research studies on DNA have been performed by the person in charge of the DNA testing at the laboratory? Who owns the DNA business that contracts with the lab? How involved in genealogy-related DNA projects and databases or services is the owner?

A 180-Day Journey

The Breakthrough Book on Natural Progesterone

Herbs, Botanicals and Teas

The Power Food Solution for Protection and Wellness

Naturally Alleviate Symptoms of Hormone Imbalance from Adolescence Through Menopause

The Nobel Prize – Winning Research into Human Life Extension and Health

The Whole-Food Guide for Breast Cancer Survivors

Herbs, Botanicals and Teas presents the latest scientific and technical information on the chemical, pharmacological, epidemiological and clinical aspects of major herbal and tea products. Written by leading researchers contributing to the field, this is the first reference to provide in-depth coverage of garlic, ginseng, Echinacea, ginger, fenugreek

As we grow older, many of us experience a tremendous amount of frustration because something inside us doesn't work the way it used to. Nutrition experts tell us to eat certain kinds of food ... some claim free radicals are the sole cause of aging, and that the only way to longevity is through antioxidant supplements. Fitness gurus tell us the only answer is exercise. When we do exercise or go on a diet, we feel a little better—but not much, and not the way we felt when we were younger. We exercise or diet twice as much to stay at the same place, and even that is a challenge. The story has been the same throughout history, so we wonder if we should continue to fight the battle, or if we should just learn to grow old gracefully. Improvements in medical technology and new knowledge about exercise, nutrition, and rest are all part of the solution to remaining young and healthy. However, we continue to see some people who do not take particularly good care of themselves, yet are aging more gently—and we know instinctively that parts of the anti-aging puzzle must still be missing.

For much too long the traditional medical community has ignored, misdiagnosed, and mistreated millions of women suffering from symptoms of hormone imbalance. Now, a world-renowned expert explains a safer and more natural approach to treating hormone-related conditions like PMS, weight gain, mood swings, and hot flashes. The controversy continues to rage like hormones: The safety and efficacy of synthetic hormone replacement therapies (HRT) versus human-identical hormones. In this second edition of the widely successful guide *From Hormone Hell to Hormone Well*, world-renowned physician expert, C.W. Randolph, Jr., M.D., and Genie James team up to challenge the continual promotion by the pharmaceutical industry--and the physicians they have brainwashed--of dangerous synthetic hormones. In this hard-hitting book, Dr. Randolph and Ms. James expose the shocking truth that for decades, whenever most women have complained to their doctor about menopausal symptoms, the traditional approach treatment has put both their health and their lives at risk. As a board certified gynecologist who has treated women with hormone balances for over a decade, Dr. Randolph contends that there is--and has been--a safe and effective alternative to synthetic hormones: Bio-identical hormone replacement therapy (BHRT). *Hormone Hell to Hormone Well* shows readers how to: Eradicate a "one-size-fits-all" approach to HRT and empower women to discover and maintain her 'hormonal equilibrium' through her changing lifecycle Understand the new breakthroughs and discoveries in human-identical hormone therapy Naturally replace the hormones that have decreased with age--with the science that supports the health benefits of bi-identical hormone therapy Enjoy vast improvements in mental and emotional health as well as resolving physical issues, including weight gain, depression, osteoporosis, hot flashes, low sex drive, and fatigue

Highlights the role nutrition plays in fighting breast cancer

Renewal

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

The 5-minute Herb and Dietary Supplement Consult

The Hormone Solution

Infant Gender Selection & Personalized Medicine

Natural Solutions for Sexual Enhancement

Managing Menopause Naturally with Chinese Medicine

This unique book gives health care professionals a quick reference to herbs, minerals, vitamins, amino acids, probiotics, enzymes, over-the-counter hormones and other dietary supplements commonly used by consumers. The text covers claims, indications, scientific evidence, possible benefits, adverse effects, contraindications, and drug interactions. Compatibility: BlackBerry(R) OS 4.1 or Higher / iPhone/iPod Touch 2.0 or Higher / Palm OS 3.5 or higher / Palm Pre Classic / Symbian S60, 3rd edition (Nokia) / Windows Mobile(TM) Pocket PC (all versions) / Windows Mobile Smartphone / Windows 98SE/2000/ME/XP/Vista/Tablet PC

If you're a breast cancer survivor, chances are you have renewed your commitment to maintaining your good health and taking care of your body. As one of the best preventative measures known to doctors and nutritionists today, a robust, cancer-fighting diet is vital to your personal plan for breast cancer prevention. The *Whole-Food Guide for Breast Cancer Survivors* is an essential guide for every woman seeking to understand the effect of nutritional deficiencies and environmental factors on her overall health and wellness. Based on Edward Bauman's groundbreaking *Eating for Health* model, this highly comprehensive, practical approach can help you reduce the chance of breast cancer recurrence; rebuild your immune system; and enjoy a stronger, healthier body. Reduce the chance of breast cancer recurrence by: Incorporating cancer-fighting foods into your diet Indulging in safe, nontoxic cosmetics and body care products Understanding the role of essential nutrients in maintaining your health Managing your weight and balancing your blood sugar Nourishing your immune, detoxification, and digestive systems

A physician offers his comprehensive plan for halting and reversing the aging process, with advice on staving off heart disease and cancer while boosting brain power and energy. Reprint.

The perennial bestseller on nonmedical approaches to menopause has been updated to cover the latest findings on HRT. 32 photos. 35 tables.

Natural Progesterone

Total Breast Health

Delicious Recipes for Health and Well-Being Through Menopause

A Step-By-Step Guide

Senior Fitness

Balance Your Hormones and Your Life from Thirty to Fifty

Your Prostate, Your Libido, Your Life

This book is meant to empower the general consumer with knowledge about DNA testing for predisposition to diseases or for deep maternal and paternal ancestry when written records are absent. At home-genetic testing needs watchdogs, Web sites, and guidebooks to interpret test results in plain language for those with no science background. Online, you'll find genetic tests for ancestry or for familial (genetic, inherited) disease risks. What helpful suggestions do general consumers with no science background need to consider? What's new in medical marketing is genetic testing online for predisposition to diseases--such as breast cancer or blood conditions. Kits usually are sent directly to the consumer who returns a mouthwash or swab DNA sample by mail. What type of training do healthcare teams need in order to interpret the results of these tests to consumers? Once you receive the results of online genetic testing kits, how do you interpret it? If your personal physician isn't yet trained to interpret the results of online genetic tests, how can you find a healthcare professional that is trained?

More than 40 million women in the United States are now experiencing menopause, and it is affecting their sex drive, energy level, and emotions. This book explains how Chinese medicine can aid in the diagnosis, treatment, and prevention of menopausal problems, restoring balance to a woman's body. Topics covered include Chinese self-care and home remedies and information on Chinese dietary therapy, exercise, and deep relaxation.

Understanding the concepts of total health and restoration is difficult today! Dr. Terry Dorian cuts to the chase and takes you right through the health maze by telling you the minimum you need to know to get well and stay well. Using her twenty-five years of research, she focuses on nutritional therapy, physical conditioning and faith to restore the body to complete health--body, mind and spirit.

Disorders of menstruation are among the most common problems encountered in women's health and include early, delayed and irregular menstrual cycles, painful menses and excessive menstrual bleeding, and early menopause. Their treatment presents a variety of complex challenges, especially since some of the treatments used can themselves result in further menstrual and hormonal complications. This text provides a comprehensive review of our current knowledge of the causes of these conditions, their investigation, and the treatment options available. It has been designed as a practical reference for the doctor's office or clinic, presenting the physician with a detailed account of how to assess the patient and then determine the most appropriate course of treatment, which may extend beyond pharmacologic interventions to surgery. Practice points conclude each section and summarize the most important clinical and management issues.

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

A Race for Life

Predictive Medicine for Rookies

The Multiple Roles of a Remarkable Hormone

For Nurse Practitioners, Advanced Practice Nurses and Allied Health Professionals

Total Health and Restoration

101 Ways to Find Six-Figure Medical or Popular Ghostwriting Jobs & Clients