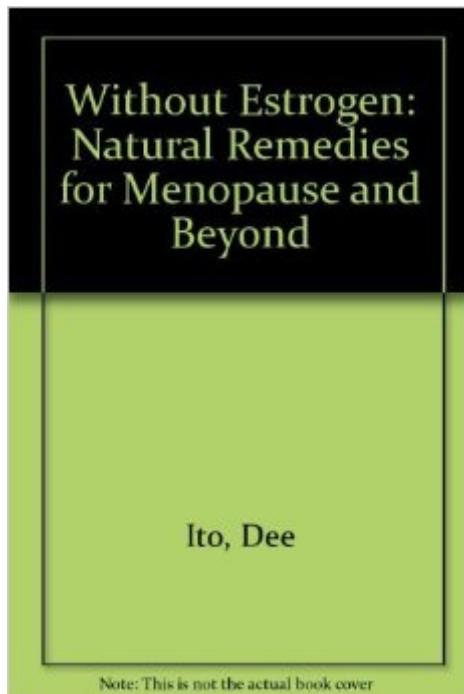


The book was found

Without Estrogen: Natural Remedies For Menopause And Beyond



Synopsis

An in-depth report on safe, natural alternatives to estrogen replacement therapy--using vitamins, herbs, and lifestyle changes--for women who prefer not to take estrogen. "Supplies encouraging examples of women who have succeeded in managing menopause naturally."--Publishers Weekly.

Book Information

Hardcover: 246 pages

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Average Customer Review: 4.0 out of 5 starsÂ [See all reviewsÂ \(2 customer reviews\)](#)

Best Sellers Rank: #1,019,242 in Books (See Top 100 in Books) #65 inÂ Books > Health, Fitness & Dieting > Women's Health > Menopause

Customer Reviews

Dee Ito has the right idea. Wild Yam cream or gel (or as I call it "wildyamjam"), red clover, black cohosh. For you perimenopausal women out there, you can use these natural supplements with a great deal of success. I'm not growing hair in weird places. My moods are generally upbeat, my libido is fine, and I don't need synthetic estrogens or progestones (which made me depressed) and I attribute it to the above alternative supplements.

I liked Ito's book. I found it well organized but also it has a very supportive tone to it. I don't want "fake" hormones to get me through menopause. I ordered some cream that contained wild yam and other phytoestrogens from my favorite site [recommended in Ito's books],... I think we can follow Ito's suggestions and not be barraged with the effects of "the change."

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