

# The Herbal Menopause Book

## Amanda McQuade Crawford

Natural remedies to HRT claim to conquer your menopause . The Natural Menopause Handbook: Herbs, Nutrition, & Other Natural Therapies: Amanda McQuade Crawford: 9781580911962: Books - Amazon.ca. Amazon.com: Customer Reviews: The Herbal Menopause Book Herb Books - Living Awareness Institute The new menopause book : the experts help you make informed . Paperback by Susun S. Weed. 304 pp. The best book on menopause is now better. Herbal solutions for osteoporosis, hot flashes, mood swings, fatigue, flooding Herbal Medicine Books for Women's Health Mary on Twitter: The Herbal Menopause Book: Herbs, Nutrition and . One of my first herb books, I love the stories, lore and uses of the 200 plants that . The Herbal Menopause Book: Herbs, Nutrition and Other Natural Therapies. 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The Herbal Menopause Book can be seen as a contribution to one essential aspect of this process – that of providing information about alternative views and natural healing approaches that is a necessary educational prerequisite of self-empowerment. The demedicalisation of menopause is one thing; a fair question to ask then is what exactly is menopause once the conventional medical model is rejected? Perhaps the best that can be said is that this major transition is itself in transition – in terms of how it is understood. The causes of menopausal symptoms, why they occur in the first place and ways to naturally ease the symptoms of menopause using teas – Going through the menopause is part of life’s natural rhythm. It marks the beginning of a new chapter in a woman’s life and can often be a time for renewed self-confidence. But for many women these hormonal changes can create an unwanted challenge; with both emotional and physical symptoms to deal with, such as hot flushes, night sweats, loss of sex drive, weight gain and mood changes. We caught up with our Senior Herbal Specialist, Katie, to explore the causes of menopausal symptoms and why they occur in the first place. Books. Categories. Top.

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