

<<天然荷尔蒙的形成>>

图书基本信息

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内容概要

A female doctor who has spent more than two decades studying the relationship between hormones and menopause presents a safe, effective program for using natural and bioidentical hormones to combat hot flashes, insomnia, mood swings, and many other symptoms linked to menopause-related hormone imbalances. Combining traditions of Chinese medicine with the latest Western developments and discoveries, this easy-to-follow ten-step program helps you create a personalized course of treatment using supplements, herbs, natural and bio-identical hormones, and diet to enhance both safety and hormone effectiveness.

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书籍目录

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