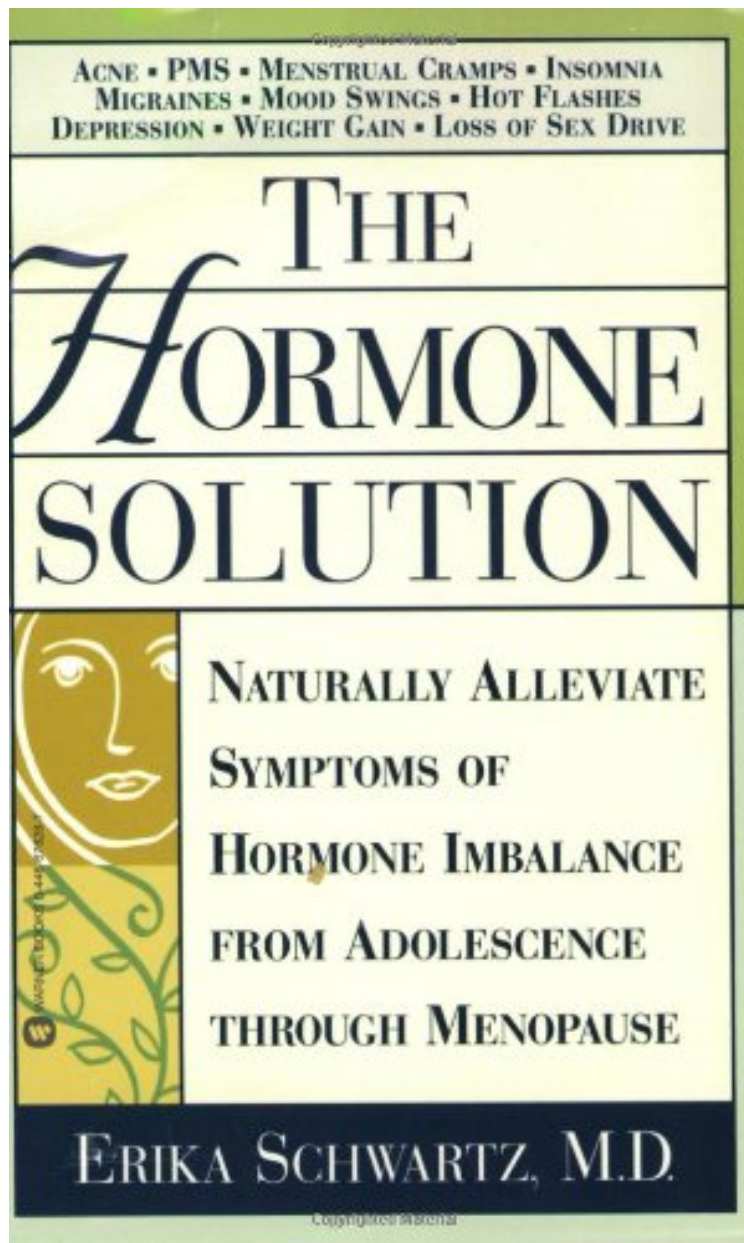


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The Hormone Solution: Naturally Alleviate Symptoms of Hormone Imbalance from Adolescence Through Menopause

Erika Schwartz

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before purchasing it in order to gauge whether or not it would be worth my time, and all praised *The Hormone Solution: Naturally Alleviate Symptoms of Hormone Imbalance from Adolescence Through Menopause*:

6 of 6 people found the following review helpful. Not the book for me...By HK JayeI found this book to be one with a lot of information on 'natural' hormone solutions, but none of them helped me in my menopause. I had tried most of them prior to reading the book...black cohosh, soy, etc. I finally had to see a MD for medication to be prescribed to help my estrogen imbalance. The book would be good for a younger woman as a reference to the facts that we all HAVE hormones and the better they are in balance the better we feel. My getting it in menopause was pretty useless to me (also I am a RN, so I knew most of the information or had already researched it). It was EZ to read, and plenty of information, just not the book I needed for my issues. 0 of 0 people found the following review helpful. Sorry I didn't read reviews. BAD. By FISHFLATSHas no business writing a book. Opinionated and made to look like it is clinically based. NOT! 6 of 6 people found the following review helpful. Hormone crazy! By MandyWhen there is something wrong but you can't quite figure it out you need to go to the pros. I bought several different books. My favorite was Dr. John Lee's *Hormone Balance Made Simple: The Essential How-to Guide*... This one offered it's own charm, but in the end I went to a Bio-Identical Hormone Doctor here in my area.

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