



Women, Hormones & the Menstrual Cycle: Herbal & Medical Solutions from Adolescence to Menopause

Ruth Trickey

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This is a fully revised and updated edition of an indispensable guide for patients as well as for natural therapists and doctors working in the area of women's health. It provides comprehensive and practical explanations of menstrual complaints from adolescence through menopause. Common ailments such as premenstrual syndrome (PMS), period pain, and menopausal symptoms are addressed, including all the latest information on hormone replacement therapy. Complex disorders such as endometriosis, ovarian cysts, and the many causes of amenorrhea are also discussed. Wide-ranging treatment options are explained, including specific drugs and surgical procedures used in orthodox medicines, as well as natural therapies and self-help suggestions. Where possible, the focus is on natural remedies, from simple lifestyle changes to complex herbal prescriptions. This carefully researched book helps women participate in their own health care and equips them with relevant questions for doctors and natural therapists alike.

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