



Natural Health for Women, Second Edition: Natural Cures for Women's Health Issues

Roger Mason

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Every day, millions of women are subject to their changing hormones, which play a vital role in the functioning of a healthy body. When hormones are not produced in the proper amounts or they are not in balance with one another, a number of health problems can occur, including premenstrual syndrome (PMS), pelvic inflammatory disease (PID), menstrual dysfunction, fibrocystic breasts, and menopause. Symptoms of hormonal imbalance can range from mild cramping, irritability, and food cravings to hot flashes, night sweats, and mood swings. Even serious conditions and diseases, such as osteoporosis, arthrities, diabetes, premature aging, and cancer, can result. Standard hormone replacement therapies are often used to maintain proper balance; but they can have dangerous side effects. Roger Mason, in his newly revised *Natural Health for Women*, offers safe and naturally effective alternatives to help keep hormones in balance.

Natural Health for Women begins by first explaining how the body produces and uses different hormones, and how hormonal levels change during a women's lifetime. It goes on to discuss the various hormone replacement options, as well as safe, natural alternatives. A healthy diet and exercise program is also presented as an effective preventive measure against hormone imbalance. Other topics include natural cures for osteoporosis and arthritis, steps for maintaining good breast health, and how to avoid a hysterectomy. There is even a useful chapter on how to test hormone levels from home.

Hormones do not have to control your life. With *Natural Health for Women*, you can learn to effectively maintain their proper balance safely and naturally.

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