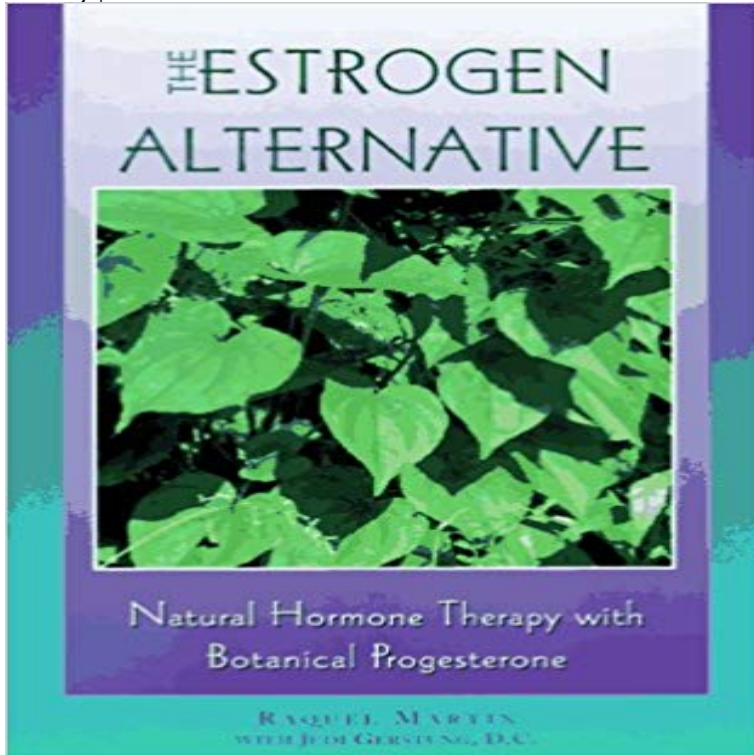


# The Estrogen Alternative: Natural Hormone Therapy With Botanical Progesterone



Martin sifts through the often confusing spate of studies on hormone replacement therapy and guides readers to the natural alternatives--non-drug alternatives to synthetic hormones that can help women deal with problems ranging from PMS to menopause. Includes mail-order resources.

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