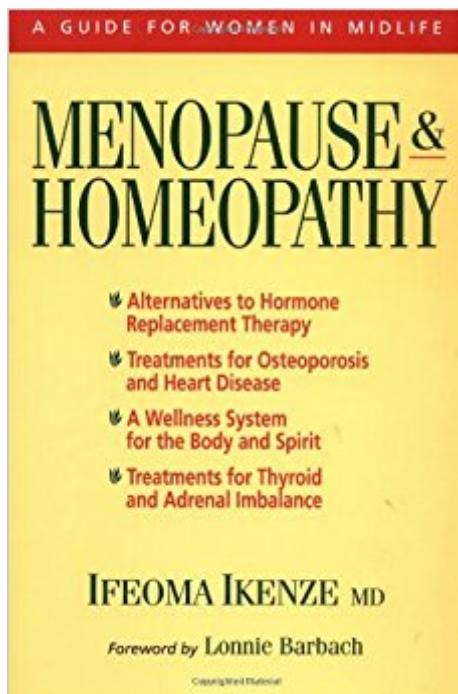


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Menopause And Homeopathy: A Guide For Women In Midlife



Synopsis

As women grapple with the issue of whether hormone replacement therapy is necessary for them, they need a greater understanding of what the body is undergoing in menopause. Dr. Ifeoma Ikenze, an M.D. and a homeopath, writes from her experience of treating women daily in her Northern California practice. She explains the changes that begin to occur in the female body after thirty-five, and how homeopathy can help. Using patient cases as examples, Dr. Ikenze shows how physical, emotional, professional, and spiritual problems can challenge one's health and self-image. She incorporates the latest medical research and addresses the spiritual and emotional challenges of menopause, which most physicians overlook.

Book Information

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Customer Reviews

"We can't just put our feet up and rest when menopausal symptoms hit. We need safe, effective solutions so we can be in top form physically, mentally, and emotionally. The solution many women are turning to is homeopathy." - Lonnie Barbach

Nigerian-born Ifeoma Ikenze, M.D., earned her medical degree at Albert Einstein Medical School in New York and homeopathic certification at the British Institute of Homeopathy in Canada. She directs the Elizabeth Center in San Anselmo, California.

The author deals with menopause in an intelligent, compassionate manner. Great book and great resource!

Very pleased with the quality of the paperback and the fast delivery. The book is excellent, too!
Thanks you!

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Homeopathy is a versatile form of natural medicine that offers people the tools to take care of many different conditions and ailments. Menopause, is not an ailment, but rather, a natural milestone in a woman's life. Dr. Ikenze gives information about the hormonal changes in a woman's life as well as the various approaches that are available currently to treat the unpleasant symptoms that some women experience. Homeopathic remedies, diet, supplements, vitamins and exercise are all discussed as viable options for a woman who may or may not be on hormone replacement therapy.

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