



No Hormones, No Fear: A Natural Journey Through Menopause

Trisha Posner

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Five years ago, at the age of forty-six, Trisha Posner was surprised to learn from a blood test that she was in full-blown menopause. Her gynecologist urged her to begin hormones immediately, but, mindful of her family's history of breast cancer, she refused.

No Hormones, No Fear is the story of Posner's search for an alternative to the AMA's sanctioned regimen of hormone replacement therapy. In a wonderfully engaging personal account, she reveals how she mastered menopause naturally, by developing a unique program involving exercise, diet, nutrition, and herbs. She not only successfully alleviated her symptoms but actually significantly improved her health and quality of life.

Now updated with the latest major medical studies, which raise troubling questions about estrogen replacement for millions of women, **No Hormones, No Fear** is an indispensable primer for women confronting the thicket of conflicting information about whether or not to choose hormones during menopause. Trisha Posner, through her own inspiring story, shows that today's modern women finally have choices and can empower themselves by taking control of their health and lives.

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