



Estrogen: The Natural Way: Over 250 Easy and Delicious Recipes for Menopause

By Nina Shandler

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Promotes natural sources of estrogen. According to the author, estrogen occurs naturally in certain foods, primarily soy and flaxseed, in a form known as plant estrogens. YearÂ Preface. Motivated by Menopause. During my first year of menopause, my life and my body changed. Just as I was about to embark on my second adulthood, Manju, my older daughter, began her first. She graduated from Bennington College and moved to New York City. 12 Natural Ways to Boost Estrogen in Your Body. Medically reviewed by Alana Biggers, M.D., MPH â€” Written by Eleesha Lockett, MS on October 30, 2019. Food.Â However, one studyTrusted Source found that of over 2,200 women that used EPO after discontinuing hormone replacement therapy, 889 reported EPO as useful for controlling the symptoms of low estrogen with menopause. 11. Red clover. Red clover is an herbal supplement that contains a handful of plant compounds called isoflavones that may act like estrogen in the body.Â Low estrogen and progesterone are generally caused by menopause or other health conditions. Functional foods, vitamins and minerals, and herbal supplements are all natural ways to boost estrogen in the body. Preview â€” Estrogen by Nina Shandler. Estrogen: The Natural Way: Over 250 Easy and Delicious Recipes for Menopause. by. Nina Shandler.Â From breakfast bars to soups, from main courses to desserts, Estrogen: The Natural Way provides a gentle yet effective version of estrogen replacement therapy. ...more. Get A Copy. Amazon.Â Excellent book with fabulous recipes.