



Menopausia sin medicina: Menopause Without Medicine, Spanish-Language Edition

Ph.D. Linda Ojeda, Linda Ojeda

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Linda Ojeda has long maintained that menopause is a natural stage in a woman's life, not a pathology that must be "medicalized." In *MENOPAUSE WITHOUT MEDICINE*, she takes a sympathetic, science-based approach to this still poorly understood and often maltreated natural phenomenon. Now in its fifth English-language edition, this definitive resource includes a detailed response to recent findings from the National Institutes of Health about the dangers of conventional HRT (hormone replacement therapy), clarifying why synthetic HRT has been found harmful and offering a wide range of alternatives.

The author covers all current nonmedical approaches to menopausal symptoms, and explains what women can do if supplements, herbs, and soy products do not work for them. Complete with tables and photographs, this updated bestseller fits the bill at last for Spanish-speaking women seeking guidance on how to handle their premenopausal and menopausal years without resorting to HRT.

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