

# Supplement Your Prescription What Your Doctor Doesn't Know About Nutrition

What Your Doctor May Not Tell You About(TM): HypothyroidismWhat Your Doctor May Not Tell You About(TM):  
PremenopauseWHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT (TM): GLAUCOMAWhat Your Doctor May Not Tell You  
About (TM): Alzheimer's DiseaseWhat Your Doctor May Not Tell You About (TM): Alzheimer's DiseaseWhat Your Doctor  
May Not Tell You About (TM): Alzheimer's DiseaseHow John was drilled, how Paddy was petted, and what the Doctor  
thought of it. [Three articles reprinted from "Blackwood's Magazine."]You and Your DoctorTransactionsLadies' Home  
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a groundbreaking proven approach for successfully diagnosing and treating the millions with hypothyroidism depression weight gain fatigue headaches memory lapses hair loss these are just some of the vague often debilitating symptoms that plague the more than 13 million patients with hypothyroidism the typical blood test for diagnosis is often inaccurate leaving many to suffer through ineffective treatment but now there is a solution dr blanchard's groundbreaking program draws on emerging research medical facts and three decades of clinical experiences as an endocrinologist this individualized program uses questionnaires and charts to help diagnose sufferers through symptoms not only lab results it then treats patients of all ages with the safe but little used t3 hormone in combination with the more common t4 hormone also including specific nutritional advice and

alternative treatments this is the one program for sufferers of hypothyroidism that really works restore and maintain gynecological health sex drive and energy with this safe effective hormone balance program for anyone experiencing premenopause syndrome i'm too young for menopause so why do i feel like this even if you're a decade or more away from menopause your hormones may already be out of balance usually caused by an excess of estrogen and a deficiency of progesterone more than 50 million women experience premenopause symptoms including unexplained sudden weight gain severe pms fatigue irritability and mood swings loss of libido tender or lumpy breasts fibroids and endometriosis cold hands and feet very heavy or light periods other symptoms like infertility memory loss and migraines now dr john lee author of the groundbreaking what your doctor may not tell you about menopause teams up with women's health expert jesse hanley m.d. to bring you a revolutionary nonprescription balance program with simple safe and natural solutions for premenopause learn how natural progesterone and changes to your diet and environment can balance your hormones eliminate premenopausal symptoms and make you feel better all without surgery antidepressants or prescription hormones

from the series that demystifies disease comes an in depth look at glaucoma a condition that is often misunderstood and is the leading cause of preventable blindness this book helps to dispel the myths surrounding the disease and inform readers as to the truth about glaucoma divided into three accessible sections the book takes readers through the most common methods of treatment and explores cutting edge research and crucial new information on the effects of nutrition exercise and herbal medicine on glaucoma

with the exception of only the common cold irritable bowel syndrome ibs accounts for more work and school absences than any other illness but drugs aren't always the best option as dr ash learn from experience he has

developed a program that helps relieve symptoms without drugs and has applied his knowledge to the treatment of ibs helping thousands of patients in this groundbreaking treatment plan dr ash reveals his drug free approach to relieving the symptoms of ibs using vitamin c bioflavonoids and other herbs and nutrients that help the body to heal itself he also discusses the role of food allergies the need for adequate diagnostic tests and environmental factors such as stress

a leading alzheimer s expert presents a comprehensive program to help prevent and slow the progress of memory loss there are currently more than four million americans afflicted with alzheimer s and an estimated 14 million will have the disease by 2050 the good news is that everyone can make lifestyle changes to increase the odds that they will live well into old age with their mental faculties intact dr devi s groundbreaking program can help prevent the disease from developing and slow memory loss in those already suffering from the illness by taking an active role in the management of the disease and through a combination of medication natural hormone therapies mental exercises cognitive rehabilitation and nutritional and herbal supplements it is possible to slow the effects of this debilitating condition and improve the quality of life

part of the bestselling what your doctor may not tell you series an informative detailed guide to understanding and treating depression depression is a serious illness that can often have detrimental effects on one s personal and professional life but it doesn t have to with proper treatment one can conquer this mental monster and lead a fulfilling and productive life what s more expensive prescription drugs with sometimes debilitating side effects may very well not be the answer in this breakthrough programme dr michael schachter offers his proven protocol to treat depression naturally by rebalancing and repairing out of sync and inefficient neurotransmitters in the brain readers

are guided towards relief through potent safe natural supplements that directly affect brain chemistry combining more traditional treatments with new proven remedies dr schachter s programme reveals the right amino acids that can help balance brain chemistry how to easily and effectively control the amount of serotonin dopamine and glutamine in the brain without drugs the importance of omega 3 intake and the role of mercury and fluoride toxicity can play in depression and much more dr schachter leaves no stone unturned on the path to treating depression safely effectively and naturally

a general guide to physical fitness for girls and women of any age

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