



# The Pocket Idiot's Guide to Bioidentical Hormones

*Ricki Pollycove , Nancy Faass*

Download now

Read Online ➞

# The Pocket Idiot's Guide to Bioidentical Hormones

*Ricki Pollycove , Nancy Faass*

**The Pocket Idiot's Guide to Bioidentical Hormones** Ricki Pollycove , Nancy Faass

A scientific solution to women's health issues and concerns.

'The Pocket Idiot's Guide™ to Bioidentical Hormones' provides essential information on the molecules that are animal derived and identical to those found in the human body, which offer women another way to meet the needs of aging. This book presents a wide range of options for supplementing hormones, covering such topics as:

- What bioidentical hormones are (and are not) and how they work.
- The safety issue: which bioidenticals work, which don't really help much, and which may be harmful.
- Bioidentical hormones and their effect on the heart, bones, and brain.
- Creating an individualized health plan: which hormones, in what combination, how much, and how often.

## The Pocket Idiot's Guide to Bioidentical Hormones Details

Date : Published March 2nd 2010 by Alpha (first published 2010)

ISBN :

Author : Ricki Pollycove , Nancy Faass

Format : Kindle Edition 194 pages

Genre :



[Download The Pocket Idiot's Guide to Bioidentical Hormones ...pdf](#)



[Read Online The Pocket Idiot's Guide to Bioidentical Hormone ...pdf](#)

**Download and Read Free Online The Pocket Idiot's Guide to Bioidentical Hormones** Ricki Pollycove ,



## **From Reader Review The Pocket Idiot's Guide to Bioidentical Hormones for online ebook**

The Pocket Idiot's Guide to Bioidentical Hormones Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Pocket Idiot's Guide to Bioidentical Hormones Ricki Pollycove , Nancy Faass books to read online.