

Ifeoma Ikenze

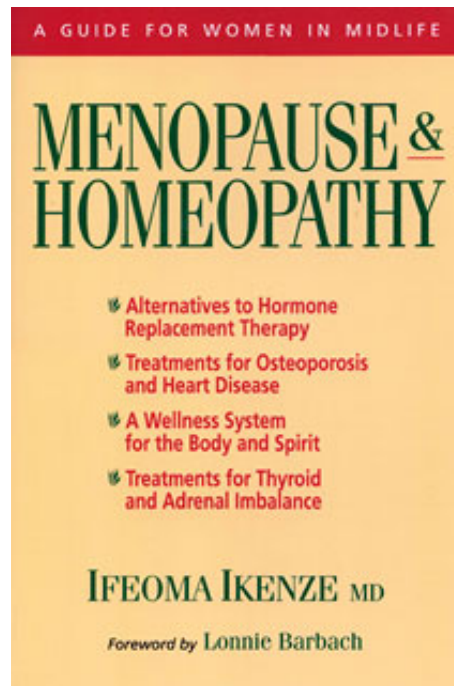
Menopause and Homeopathy

Reading excerpt

[Menopause and Homeopathy](#)

of [Ifeoma Ikenze](#)

Publisher: North Atlantic Books



<http://www.narayana-verlag.com/b9977>

In the [Narayana webshop](#) you can find all english books on homeopathy, alternative medicine and a healthy life.

Copying excerpts is not permitted.

Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Germany

Tel. +49 7626 9749 700

Email info@narayana-verlag.com

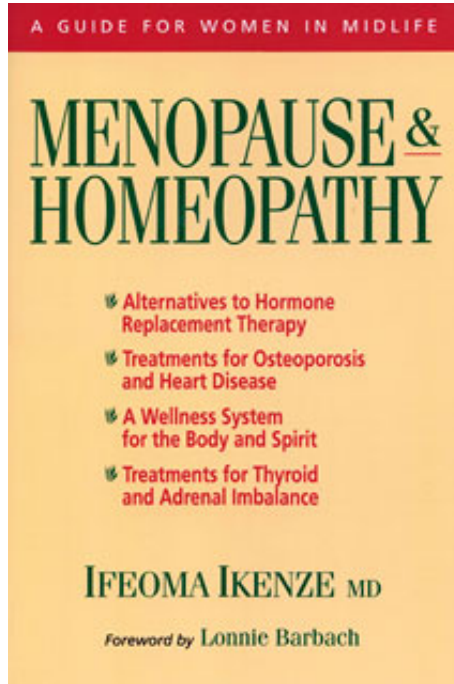
<http://www.narayana-verlag.com>



Contents

Foreword	ix
Introduction	xi
CHAPTER ONE	
What Is Homeopathy?	3
Treating Yourself Homeopathically	7
About Combination Remedies	10
Finding a Homeopathic Practitioner	11
CHAPTER TWO	
The Anatomy of Menopause	13
Hormone Replacement Therapy:	
Is It Right for You?	16
Hot Flashes.....	19
There is Life beyond Hormones	22
CHAPTER THREE	
The Anatomy of a Crisis.....	25
The Anatomy of Being	27
The Vital Force	30
The Midlife Change.....	34
CHAPTER FOUR	
Homeopathy for Midlife.....	37
Remedies for Depression, Anxiety, and Other Emotional Disorders	40
CHAPTER FIVE	
Self-Help with Homeopathy.....	54
Remedies and Tips on Managing Hot Flashes.....	54

Insomnia	56
Weight Gain, Digestive Problems, Bloating, and Constipation	57
Migraine Headaches	62
Urinary Disorders and Stress Incontinence	66
Menstrual Disorders and Fibroids	69
Vaginal Discomfort and Sexual Dysfunction.....	73
CHAPTER SIX	
Preventive Care, Osteoporosis, Heart Disease, Exercise, and Nutrition	83
Osteoporosis and Exercise	84
About Bone Density Scans.....	88
Help for Teeth and Gums.....	89
About Mammograms	90
Menopause and Heart Disease.....	95
Nutrition for Menopause.....	98
Cholesterol, Hormone Metabolism, and Your Brain	105
Natural Sources of Vitamins and Minerals.....	107
Skin-Care Tips	112
Tissue Salts as Mineral Supplements.....	114
Dizziness and Loss of Balance	117
Afterword	121
<u>APPENDIX 1</u>	
Remedy-at-a-Glance	123
<u>APPENDIX 2</u>	
Resources.....	126
APPENDIX 3	
A Brief Description of Some	
Homeopathic Remedies.....	130
References.....	134
Index	140



Ifeoma Ikenze

[Menopause and Homeopathy](#)

A Guide for Women in Midlife

160 pages, pb

publication 1998



order

More books on homeopathy, alternative medicine and a healthy life www.narayana-verlag.com