



# WOMEN'S HEALTH

## Treating Menopause Without HRT

(NAPSA)—A new study has caused many American women—and their doctors—to reconsider the way they treat menopause.

Hormone replacement therapy (HRT)—the prevailing medical treatment for menopause—was discredited in the minds of many doctors after a study linked it to breast cancer, heart attacks, strokes and other serious side effects.

Dr. Suzanne Fletcher and Dr. Graham Colditz, both of Harvard Medical School wrote: “The study provides an important answer for generations of healthy post-menopausal women to come—do not use estrogen/progestin to prevent chronic disease.”

While the study provided important answers, it raised questions as well. For example, there are 19 million women age 45 to 55 currently undergoing menopause transition and millions more, age 55 and older, are considered post-menopausal. What can they do to ease menopausal symptoms and promote good health, without taking HRT?

A new book called *A Woman's Best Medicine for Menopause* (Contemporary Books, \$24.95) may offer insight. Written by Nancy Lonsdorf, M.D., a Johns Hopkins trained physician, it offers a personalized, self-care program for menopause based on the principles of Ayurvedic medicine (a long-established, natural healthcare system).

The book suggests simple lifestyle changes that Dr. Lonsdorf says reduce menopausal symptoms and lower the risk of heart disease and osteoporosis to an equal or greater degree than “any

*An Individualized Program for Overcoming Symptoms  
and Feeling Great—Without Hormone Replacement*

## A WOMAN'S BEST MEDICINE for MENOPAUSE

*Your Personal Guide to Radiant Good Health  
Using Maharishi Ayurveda*

NANCY LONSDORF, M.D.  
*foreword by Dr. Rama Kant Mishra*



**A new book highlights natural ways women can ease symptoms of menopause.**

hormonal or drug approach—and without dangerous side effects.”

The book suggests a complete system of natural medicines that Dr. Lonsdorf says address the root cause of health problems. She says the approach can ease menopausal symptoms while laying the foundation for “great health” in later years. Information is provided on:

- Spices, grains, vegetables and legumes said to help balance hormones during menopause.
- How to lower heart attack risks by eating a wholesome diet.
- How to increase bone density through exercise and diet by eating a wholesome diet and through meditation.

For more information visit [www.drlonsdorf.com/Menopause](http://www.drlonsdorf.com/Menopause).