

Download The Estrogen Alternative Natural Hormone Therapy With Botanical Progesterone

Oregon's Premier Natural Medicine and Hormone Therapy Provider. Oregon Natural Medicine, located in Portland's historic Hawthorne neighborhood. Phyto is Greek for "plant." Estrogen means estrogen. Phytoestrogens are varieties of estrogen found in plants. Unfortunately, they do not exactly resemble the body's natural estrogen. This makes the effect they have on health complicated. There are several types of phytoestrogens. The ...HOW TO BALANCE YOUR HORMONES WITHOUT USING HRT: "Making a Wise Choice" The combined oral contraceptive pill (COCP), often referred to as the birth control pill or colloquially as "the pill", is a type of birth control that is designed to be taken orally by women. It includes a combination of an estrogen (usually ethinylestradiol) and a progestogen (specifically a progestin). When taken correctly, it alters the menstrual cycle to eliminate ovulation and prevent ...