

## No Hormones No Fear A Natural Journey Through Menopause

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### ~~No Hormones, No Fear: A Natural Journey Through Menopause~~

Her gynecologist urged her to begin hormones immediately, but, mindful of her family's history of breast cancer, she refused. No Hormones, No Fear is the story of Posner's search for an alternative to the AMA's sanctioned regimen of hormone Five years ago, at the age of forty-six, Trisha Posner was surprised to learn from a blood test that she was in full-blown menopause.

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### ~~No Hormones, No Fear: A Natural Journey Through Menopause~~

Now updated with the latest major medical studies, which raise troubling questions about estrogen replacement for millions of women, No Hormones, No Fear is an indispensable primer for women confronting the thicket of conflicting information about whether or not to choose hormones during menopause. Trisha Posner, through her own inspiring story, shows that today's modern women finally have choices and can empower themselves by taking control of their health and lives.

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### ~~No Hormones, No Fear: A Natural Journey Through Menopause~~

The hormone responsible for feelings of fear, boldness, courage, anger, strong emotion is adrenaline, noradrenaline and cortisol. This problem, which help to fight experts. Ignore the phobia is not necessary, because the ability of the heart muscle and the nervous system are not limitless.

### ~~Which hormone is responsible for fear and anger?~~

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Oxytocin is the hormone your brain emits when you fall in love, or when you're bonding with a close friend (it's often called the "love hormone"! ). And while this hormone can definitely help reduce anxiety, it's also a double-edged sword. Remember all those times you were bullied as a kid? Those moments stuck with you because of oxytocin.

### ~~What Is The Relationship Between Hormones and Anxiety~~

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### ~~No Hormones, No Fear: A Natural Journey Through Menopause~~

Without hormones, your body may not produce the right amount of neurotransmitters, and anxiety may be the result. That said, some examples of hormones that may contribute to anxiety include: Stress Hormones (Cortisol) Cortisol and anxiety have a cyclical relationship.

### ~~How Are Hormones And Anxiety Related?~~

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### ~~No Hormones No Fear A Natural Journey Through Menopause~~

Father-of-two, 42, who was scared of heights now skydives from 17,000ft with NO FEAR after surgeons removed his ADRENELIN gland. Jordy Cernik, 42, suffers from Cushing's syndrome and ballooned to ...