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Common cancers; Premature menopause and cancer; Sexual dysfunction; Future directions; Complementary and Alternative Approaches to Menopause; Key points; Introduction: why is complementary and alternative medicine so popular? Defining complementary and alternative medicine Complementary and alternative medicine and menopause; Botanicals commonly recommended for menopause; The phytoestrogens: soy, soy derivatives, and red clover extract; Soy-derived isoflavone isolates; Recommendations for soy, soy foods, soy extracts, and soy metabolites; The safety of soy; Other botanicals used for menopause (listed alphabetically); Botanicals: the bottom line; Sold does not mean safe: regulatory issues and botanic medicines; Bringing complementary and alternative medicine into a treatment plan; Menopause and Sexuality; Key points
Introduction
