



The book cover features a portrait of Susan M. Lark, M.D. at the top. Below her photo is the title 'Healthy Natural' in green, stylized font. The main title 'Estrogens for Menopause' is in large, bold, purple letters. Below the title is a vibrant bouquet of pink, yellow, and blue flowers. At the bottom of the cover, the subtitle reads: 'HERBS, PLANTS, FOODS, VITAMINS, MINERALS AND BIODENTICAL HORMONES THAT CAN CREATE AMAZING HEALTH, BALANCE AND ANTI-AGING'. The author's name, 'SUSAN M. LARK, M.D.', is also present in purple text.



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## Healthy, Natural Estrogens for Menopause

By Susan M. Lark M. D.

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