

Menopause resources for patients

- General www.menopause.org.au
- Menopause in NZ Guide. Beverly Lawton Random House Press 2006 – chapter on Body Bank Program
- New natural alternatives to HRT. Marilyn Glenville. Greenwich Editions 2004
- HRT. Website on Womens Health Initiative Study www.nhlbi.nih.gov/whi
- HRT & Complementary Medicine Safety www.nhmrc.gov.au/publications/synopsis/wh35syn.htm
- Breast cancer www.cancernz.org.nz
- Osteoporosis www.bones.org.nz
- Mindfulness in a frantic world. Mark Williams et al with CD