



Natural Solutions to Menopause: How to Stay Healthy Before, During and Beyond the Menopause

By Marilyn Glenville

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, Natural Solutions to Menopause: How to Stay Healthy Before, During and Beyond the Menopause, Marilyn Glenville, This complete guide to menopause offers effective advice on diet, exercise and lifestyle to keep you in optimum health before, during and after this change in your life. With entirely natural solutions, free from the side effects that are common to hormone replacement drug therapies, this sensitive and informative guide includes: a 12-Step Hormone Balancing Diet; relief from symptoms such as hot flushes, night sweats and weight gain; the truth about HRT, to help you make an informed decision if you consider it; how to prevent health problems such as osteoporosis and heart disease; simple steps to good energy levels, body fitness and a fulfilling sex life beyond the menopause. This title helps to understand what your body needs and you can prepare yourself for the menopause, successfully manage your symptoms and enjoy the best possible health beyond it.



READ ONLINE
[2.18 MB]

Reviews

This is the finest book i have got study till now. It usually does not price a lot of. I found out this publication from my i and dad encouraged this book to understand.

-- **Jamil Collins**

Absolutely among the best book I have possibly go through. I have go through and that i am certain that i am going to gonna read through once again again in the future. I am just delighted to tell you that this is basically the finest book i have got go through within my personal existence and could be he finest book for ever.

-- **Brian Bauch**