

Although menopause is a natural and inevitable stage in every woman's life, its physical, mental, and emotional manifestations can vary greatly from one person to the next. Add to this all of the conflicting "expert" information about the benefits, risks, and side effects to which women are exposed on a daily basis, and it's easy to see why most find it difficult to make informed choices about how to deal with their menopausal symptoms. Authored by a team of acknowledged experts in treating menopausal symptoms, *Menopause For Dummies* arms you with all the information you need to stay in control every step of the way. In plain English, it explains the role menopause plays in a variety of common health problems, such as osteoporosis, stroke, and heart disease. It walks you through proven measures for minimizing your risk of developing complications through including diet and exercise, stress management, hormone replacement, and other techniques. And it arms you with authoritative, up-to-the-minute coverage of:

- Premenopause how to identify it and what it means
- The stages of menopause
- How menopause can affect your body, emotions, and libido
- The latest facts about hormone replacement therapy
- The pros and cons of various alternative treatments
- The best ways of handling hot flashes
- Easing symptoms with diet and exercise
- Preventing bone loss
- Helpful lifestyle changes

With *Menopause For Dummies* in your corner you'll have a kinder, gentler "exchange of life."

Kainmal (Ein Katharina-Rosenberg-Thriller) (German Edition), X-Men (2004-2007) #191, Thomas Carlyles Collected Works, Volume 6, Study Guide for Experiencing the Lifespan, Der Weihnachtshimmel uber Montana: Eine Sweetwater Springs Kurzgeschichtensammlung (German Edition), Magical Mind, Magical Body: Mastering the Mind/Body Connection for Perfect Health and Total Well-Being, His Christmas Acquisition (One Christmas Night In...), Jean-Louis Scherrer, Remedia A Moris or, The Remedy Of Love, We All Have a Share: A Catholic Vision of Prosperity Through Productivity,

Menopause is a fact of life for every woman, although each woman goes through the process at a different age and with different levels of symptoms. The result. Editorial Reviews. From the Back Cover. Ease symptoms with diet and fitness tips . Understand and cope with your body's changes. This authoritative and.

Authored by a team of acknowledged experts in treating menopausal symptoms, *Menopause For Dummies* arms you with all the information you need to stay in. Every woman experiences the menopause in different ways, so you need to know and alternatives, diet and lifestyle changes, *Menopause For Dummies* will. *Menopause for Dummies* has 48 ratings and 6 reviews. Eliza said: I am a big fan of the For Dummies books. To date, however, the books I have purchased hav.

*Menopause for Dummies* is a very welcome addition to the stable of For Dummies : popular books for beginners. In picking up the familiar yellow and black. Every woman experiences the menopause in different ways, so you need to know what to expect in order to help yourself. This book explains the various stages. WebMD gives you basic information about menopause and conditions associated with it. Authored by a team of acknowledged experts in treating menopausal symptoms, *Menopause For Dummies* arms you with all the information you. *Menopause For Dummies* by Nancy W. Hall, , available at Book Depository with free delivery worldwide. Buy the Paperback Book *Menopause For Dummies* by Marcia L. Jones at Indigo. ca, Canada's largest bookstore. + Get Free Shipping on Health.

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