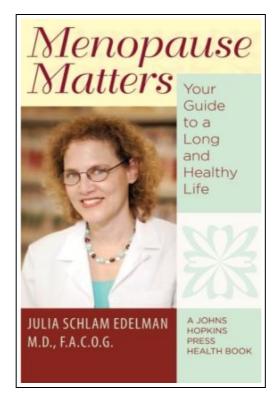
Menopause Matters: Your Guide to a Long and Healthy Life (Paperback)



Filesize: 2.37 MB

Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

MENOPAUSE MATTERS: YOUR GUIDE TO A LONG AND HEALTHY LIFE (PAPERBACK)



JOHNS HOPKINS UNIVERSITY PRESS, United States, 2009. Paperback. Condition: New. Language: English. Brand New Book. Menopause Matters is a complete guide for improving a woman s physical and mental health from age 35 and on. Gynecologist and menopause specialist Dr. Julia Schlam Edelman has helped thousands of women feel better and enjoy healthier lives. Scientifically sound and clinically tested, Dr. Edelman s advice is a welcome alternative to the often misleading, conflicting, and confusing sound bites in media reports on women s health issues. Menopause Matters covers the full spectrum of topics of vital interest to perimenopausal and postmenopausal women: hot flashes, vaginal dryness, memory loss, mood changes, depression, hormone replacement therapy, sleep, diet, exercise, healthy sex, and contraception. In a class by itself when it comes to menopause books, Menopause Matters:* promotes informed collaboration between women and their doctors,* advises women to improve their health based on findings in respected research studies,* provides clear explanations of physiology and anatomy, and* relates stories from real women who have experienced all stages of menopause.Dr. Edelman includes prevention strategies for lowering the risks of heart disease, osteoporosis, and cancer. And her practical hints about how to take supplements and medication for maximum benefit are invaluable. Menopause Matters empowers women to be active partners with their physicians during midlife and beyond. No woman will read the book without experiencing at least one big wake-up call about how to live a happier, healthier life.



Read Menopause Matters: Your Guide to a Long and Healthy Life (Paperback) Online Download PDF Menopause Matters: Your Guide to a Long and Healthy Life (Paperback)

You May Also Like



How to Start a Conversation and Make Friends

Simon & Schuster. Paperback. Book Condition: new. BRAND NEW, How to Start a Conversation and Make Friends, Don Gabor, For over twenty-five years, small-talk expert Don Gabor has helped thousands of people communicate with wit,...

Read ePub

»



Children's Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]

 $\label{lem:condition:New.254 x 178 mm. Language:English . Brand New Book ***** Print on Demand *****. ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to...$

Read ePub

>>



Children's Educational Book Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English]

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****. ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to...

Read ePub

»



New KS2 English SAT Buster 10-Minute Tests: 2016 SATs & Beyond

Paperback. Book Condition: New. Not Signed; This is Book 2 of CGP's SAT Buster 10-Minute Tests for KS2 Grammar, Punctuation & Spelling - it's a brilliant way to introduce English SATS preparation in bite-sized chunks....

Read ePub

»



Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel's System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book *****
Print on Demand *****. This historic book may have numerous typos and missing text. Purchasers can download...

Read ePub

»