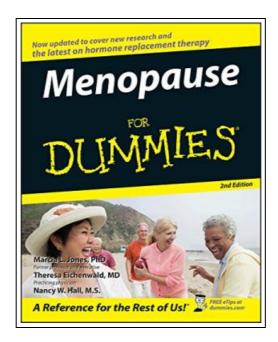
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John Wiley and Sons Ltd, United Kingdom, 2006. Paperback. Condition: New. 2nd Edition. Language: English. Brand New Book. Although menopause is a natural and inevitable stage in every woman's life, its physical, mental, and emotional manifestations 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-theminute coverage of: Premenopause how to identify it and what it meansThe stages of menopauseHow menopause can affect your body, emotions, and libidoThe latest facts about hormone replacement therapyThe pros and cons of various alternative treatmentsThe best ways of handling hot flashesEasing symptoms with diet and exercisePreventing bone lossHelpful lifestyle changes With Menopause For Dummies in your corner you Il have a kinder, gentler change of life.





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