



LIZ EARLE

# THE GOOD MENOPAUSE GUIDE

THE ULTIMATE GUIDE TO LOOKING AND FEELING  
YOUR RADIANT BEST THROUGHOUT THE PERIMENOPAUSE,  
MENOPAUSE AND BEYOND

Liz Earle

## The Good Menopause Guide



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'Filled with a wealth of invaluable details. She provides help with how to balance your hormones, the need for a nourishing diet plan, the myths and factual statements about HRT, osteoporosis, how to optimise bone health, and how to increase energy and self-esteem. And more than that, I'd like my daughters - and yours - to embrace the menopause as basically another phase inside our lives which is natural and liberating. Pursuing on from her bestselling books *Epidermis* and *The Good Gut Instruction*, this beautifully illustrated guide shares all the information, advice you need for a healthy menopause... I want all of you who read this publication to know you have the tools to feel and look your radiant greatest..' Liz Earle, MBE, is one of the world's esteemed and trusted authorities on wellbeing. after scanning this you will feel empowered and prepared to undertake the world' - Lorraine Kelly OBE The ultimate guide to looking and feeling your radiant best through the entire perimenopause, menopause and beyond 'I have often found it curious that people talk openly about pregnancy and birth however when it involves an similarly important phase inside our lives - the menopause - presently there is an audible silence..An expert about beauty, Liz Earle also provides tips on how best to take special treatment of skin, locks and fingernails, and how to combat ageing with supplements. She also shares 60 nutritious quality recipes - including many ideal for vegetarians - to help you feel and appearance your very best. 'Liz Earle's useful, honest and uplifting publication will help women become more powerful as we navigate the Menopause. It is time to celebrate a fresh chapter inside our lives' - Kirsty Wark



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