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**BEST  
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# THE MENOPAUSE BOOK

THE COMPLETE GUIDE  
Hormones • Hot Flashes • Health  
Moods • Sleep • Sex  
SECOND EDITION

PAT WINGERT AND BARBARA KANTROWITZ

Foreword by Bernadine Healy, MD

FOUNDER, FIRST LADY, NATIONAL INSTITUTE OF HEALTH

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*Barbara Kantrowitz*

**The Menopause Book: The Complete Guide: Hormones, Hot Flashes, Health,  
Moods, Sleep, Sex**



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The Complete Guide for Ladies Deeply optimistic, reassuring, and essential, the book the UNITED STATES Menopause Society called “needed reading”m beginning to get adult acne— Expertly separating truth from fiction in the most recent “breakthrough” Your Queries, Your Answers:Is it possible that I could get another period after more than a season without one?and if so, which is ideal for me? The reality about sizzling hot flashes and how to deal with getting one at work.what’ You can find chapters on heart wellness (how to protect it), moods (how exactly to trip them out), and workout (how exactly to stretch without stress). And lastly, why this period of life can be a organic springboard to remaining healthy, sense great, and looking beautiful for the next act of your life. medical studies, it teaches you what to focus on, and what you can ignore.I’ The influence of menopause on sexuality and how to take care of an up-and-down libido.s the healthiest approach?How do I perform breast self-test?Is hormone therapy required— Find out about the role of hormones and the most recent improvements in hormone therapy.How effective are Kegel exercises, and how do I do them?Slimming down at midlife feels like an uphill fight— is currently revised and up to date, with more than 20 percent new material that incorporates the latest medical findings, cutting-edge analysis, and best-practices advice.is this normal?



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Five Stars Interesting and informative reserve! You don't have to be going right through menopause to read this book, it's an excellent woman's health guide. Good Reserve. It says right on the back that every woman turning 40 should read it, I agree 100% & It's an excellent reference book to look things up on woman's health. I am 60. This is a great overall woman's health book... Good book... I like the books from Cleveland Clinic. All the books which are heavier on the scientific medical aspect of menopause



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