

The Magic *of* MENOPAUSE



*A Holistic Guide
to Get Your
Happy Back!*

"What a fun, refreshing, and joyful take on a time of life that most of us dread. This little gem of a book is peppered with information, tips, and inspiration for any woman who is going through big hormonal changes."

Sophie Uliano author of the New York Times Best Selling Book, Gorgeously Green

LORRAINE MIANO

Lorraine Miano

The Magic of Menopause: A Holistic Guide to Get Your Happy Back!



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Upon discovering she was about to be a grandmother, just as menopause and a hysterectomy were at her doorstep, Lorraine Miano decided she had a need to turn her healthy lifestyle habits up a notch. In her publication, *The Magic of Menopause*, Lorraine walks you through what it takes to make changes in lifestyle that will establish you to live the rest you will ever have healthy and happy—at any age group! She was not going to be a has-been—she was decided to become a will-be! This reserve will help guide you through the struggles ladies face if they start menopause, and can help you tackle daily changes, such as: *Balancing your hormones holistically *Getting an improved night's sleep *Reducing and/or eliminating scorching flashes *Enhancing libido! It goes far beyond weight reduction and encompasses all the magical unwanted effects of a healthy life, like fewer wrinkles, glowing skin, fewer pains and aches, and even more energy! *Saying goodbye to nervousness and unhappiness! *Having the party of your life!



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Very helpful book and easy reading! Packed with useful information! It gives a lot of here is how to live with Menopause rather than suffer through it. the author's personal stories are inspiring.! I began feeling symptoms about six weeks hence and read the reserve diligently and ordered the products that she recommended to help control my scorching flashes and additional symptoms holistically. I am a female who just turned 40, not however in menopause, but I understand that this is something that will be just around the corner. Let's all get our content back :) Menough Very informative, We appreciated the insight, the data of different vitamins I was missing. Five Stars Love it. Many thanks to my dear friend Lorraine for all your information and support given to us woman going through all the challenges of menopause. This publication is so well written with tons of useful information! Katie , Great easy read with lots of pointers ,It obtain to point of how to help with menopause.! 5 celebrities! I am hoping these skills and products work This book is indeed well written with tons of useful information!. Five Stars Well written and clear to see. I simply love this reserve! I certainly recommend this book! stress and anxiety, those damn sizzling flashes, sex & aka-not dreading it! I love how the author reframes menopause right into a magical rite of passage. I really like the holistic approach to wellness, and had a sense this book would be ideal up my alley with regards to prepping for that "unique period" in a woman's existence. Over the past week, I have spent every night before bed scanning this book and have been even more motivated than I have been with just about anything. Lorraine inspires the reader (me) to become a better person, seeking even more for my future, my health, and my family members, for me personally to live the best life I could be. Her motivation to live life to the fullest before day it's all said and done.. Grab this book as quick as you can! just what I want for a swift kick on the rear to love my body, know very well what I am doing to it and investing in it, and acquiring better treatment of myself. As a holistic coach, Lorraine delivers the info with love, care, and motivation to take each day by the horns and LIVE IT!. Many thanks Lorraine for offering the opportunity to examine this publication! I am 47 years old and lost my mother at young age.! A great present for yourself or a female in your daily life whom you wish to inspire before, or during menopause! RECOMMEND this book! Let's embrace Menopause not operate from it! I specifically loved the chapter for those which have had or could have a hysterectomy. Actually looking forward to menopause! rest, and the importance of detoxing. Reading The Magic of Menopause is similar to having a discussion with an excellent friend. Lorraine's design of writing is usually inviting and engaging. She discusses her thoughts on learning to be a Grandma at 48, determining to live healthily, rather than let the ramifications of menopause rule her life. Lorraine covers a variety of topics; Lorraine can be an Integrative Health Coach, which gives her credibility and understanding of this topic. You won't regret it! Treat you to ultimately this book. When I learned I was going through menopause in my own forties, I was incredibly surprised and a little sad. In a few days of taking a number of the products my sizzling hot flashes have almost disappeared :) This book has been a lifesaver and I feel enjoy it is my fresh best friend and confidant when it comes to dealing with warm flashes and other outward indications of menopause. Laura Dankof, MSN, ARNP, FNP-C It's sort of the "What to Expect IF YOU ARE Expecting" version for those who won't be expecting again. It offers that same kind of "this is normal" assurance to us entering the next season of our lives. :) Just what a great read, really great information that is predicated on ... Just what a great read, really great information that is predicated on reality. Lorraine speaks directly to me! Improved my quality of life A must read for any woman going through "the change..We had experienced so lots of the typical symptoms and have managed them in line with the information given and no meds! I recommend to all women going right through menopause!." This book is easy to read and gives some great strategies for

women to live a far more balanced life, because they transition into menopause. Lorraine does an excellent job telling her story of how producing some simple life-style adjustments helped her. She also offers stories of various other women going through menopause and includes their struggles and triumphs and presents practical suggestions from her knowledge. Thank you so much Lorraine for composing this book, rendering it basic to understand and your tips about the holistic strategy, you are my hero ! Getting my happy back ;) I bought this book a while back thinking I'd need it in a few years.! There is plenty of good information to assist you find your magic in menopause This is is quick continue reading the the good and the bad of menopause. A Wonderful guide to what could be a difficult time This is an excellent book with great tips to get us through what can be a difficult and stressful time. I understand my mother experienced it much later on in her life and so I expected I acquired another 10 years. This book is a must read for just about any woman going through "the transformation" and is packed with great information to feel much better, eat better, rest better and thrive in a fresh phase of lifestyle. I am the oldest of four siblings and truthfully don't have anybody to talk to you about menopause. Lorraine goes through the frustrating symptoms many women encounter, but also the opportunities of self-discovery in the event that you choose. Read the stories of additional ladies and learn the necessary lifestyle changes that can help you get your "Happy Back". There's lots of good information to help you find your magic in menopause. Without having my mom to talk with, I sought out some comfort in a publication and found it in The Magic of Menopause!



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