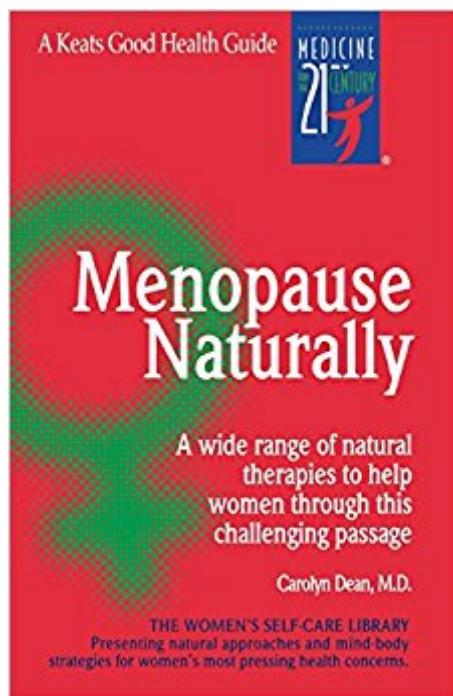


The book was found

Menopause Naturally



Synopsis

Symptom-free menopause without estrogen replacement therapy.

Book Information

Series: Keats Good Health Guides

Spiral-bound: 48 pages

Publisher: McGraw-Hill Education; 1 edition (January 11, 1999)

Language: English

ISBN-10: 0879836814

ISBN-13: 978-0879836818

Product Dimensions: 5.5 x 0.4 x 8.1 inches

Shipping Weight: 1.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #1,272,853 in Books (See Top 100 in Books) #75 in Books > Health, Fitness & Dieting > Women's Health > Menopause #3012 in Books > Health, Fitness & Dieting > Women's Health > General #45305 in Books > Sports & Outdoors

Customer Reviews

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Nowadays, when people are using a lot chemical drugs, it is important to know more about our body. All chemical drugs have side effects and drugs for women who need overcome premenopausal, menopausal, postmenopausal inconveniences do not help. Our body is not a mechanism. It is a mass of energy. It is a part of nature. Natural remedies really help and do not harm because active ingredients in herbs, nutrients restore body's ability to heal itself, maintain well-being. Dr. Carolyn Dean proves and shows in her book how people can overcome this period of life. There are a lot information about nutrition, vitamins, lifestyle. These knowledge enrich awareness what is going on and that there are a lot ways and real help. Women are just in another stage of life and there is not anything wrong with this. Everybody can enjoy life.

This book is written in an easy to understand informational style with common sense, holistic remedies. It offers the reader reasons why "your body is not acting like the body you grew up with". Most of all, it offers hope that you are not destined to suffering though a difficult transition time

alone. Dr Dean is thorough and caring in her approach.

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