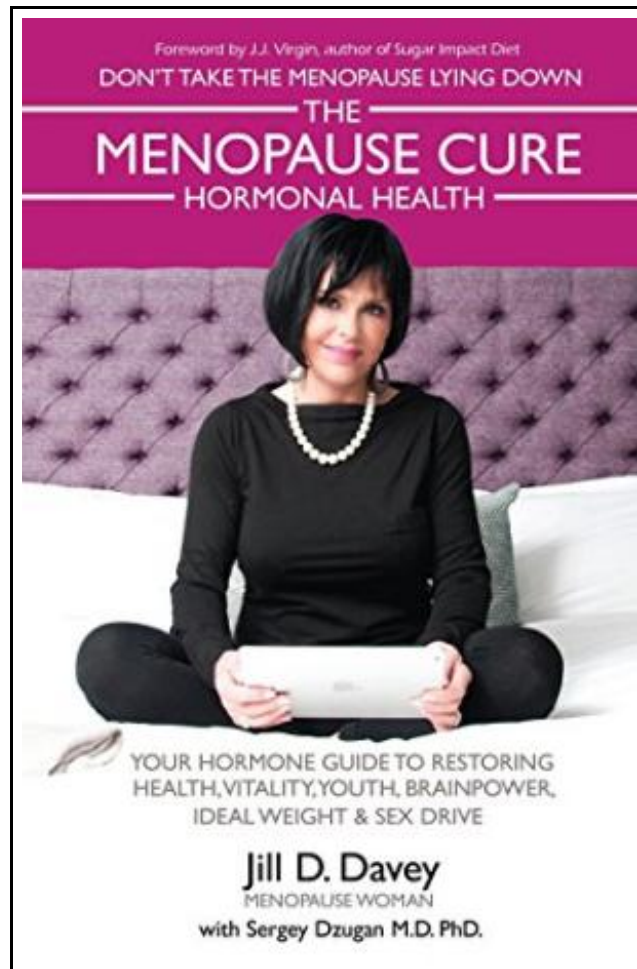


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Reviews

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(Ivah West)

THE MENOPAUSE CURE AND HORMONAL HEALTH

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Troubador Publishing. Paperback. Book Condition: new. BRAND NEW, The Menopause Cure and Hormonal Health, Jill D. Davey, Sergey Dzugan, The menopause is a fact of life, but it is a process that has become so mired in myth and misinformation that it is now seen as something to fear. In The Menopause Cure: Hormonal Health, Jill D. Davey sets out to demystify this often difficult period, bringing her own experiences and the latest medical information together into one unique, inspirational book aimed at helping women thrive during the menopause and beyond. Jill D. Davey and Dr. Sergey Dzugan dive deep into hormones, potential complications and symptoms of the menopause without becoming encyclopaedic or pedantic. They discuss the concepts of restorative medicine and look at how it can help women overcome many of the symptoms related to the menopause. Together they examine the scientific and medical facts behind the ageing process and how to slow it, and age-related diseases, including the three major killers; cancer, Alzheimer's disease and heart disease, and how women can minimise their risks. The Menopause Cure: Hormonal Health follows Jills own intimate journey through the menopause; the changes in her body, and her discovery of restorative medicine, she writes candidly about her own experiences. The Menopause Cure: Hormonal Health offers cutting-edge yet straightforward and easy to follow advice and information, empowering women to move forward with confidence during and after the menopause.



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