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## Could it be the Perimenopause?

By Steven R. Goldstein, Laurie Ashner

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Could it be the Perimenopause?, Steven R. Goldstein, Laurie Ashner, Gail Sheehy in the Silent Passage called menopause the calm after the storm. This book is about the storm itself. Much is known about the menopause, its symptoms and effects on women's lives but very little has been mentioned so far on the decade leading up to the menopause during which time ovulation decreases and estrogen levels are destabilising. Every woman experiences it yet it is one of the least understood, most misdiagnosed and most confounding stages in a woman's life. Could it be. Perimenopause? outlines the symptoms - both psychological and physical - which are a direct result of this hormone imbalance and shows how best to combat them. It gives you the facts you need to make clear choices about medicinal and natural therapies and it teaches you about following a healthy lifestyle - such as diet, nutrition, exercise and vitamins - that you can start today and that will bring about far-reaching ramifications for your future overall health. Could it be. Perimenopause is essential reading for all women.



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