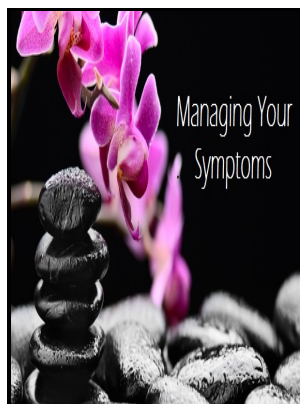


Managing your menopause

Simon & Schuster - Our Story



Description: -

-Managing your menopause

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A Fireside book Managing your menopause

Notes: Originally published, Prentice-Hall, 1990.

This edition was published in 1992



Filesize: 38.48 MB

Tags: #How #to #Manage #Menopause #Symptoms #Naturally

How to Manage Menopause Symptoms Naturally

This six-week guide can bring relief to many.

Our Story

The tests could tell you whether you have elevated FSH levels and might be in perimenopause or menopause. I bought the real book, I find it helpful to write notes into it and flip back and forth to keep rereading anything I need to.

Managing Your Menopause â€™ Symptoms & Treatment

Over-the-counter lubricants such as KY Jelly can be used prior to sexual intercourse. It has been a real eye opener and I am thankful for all the help in this guide and would recommend purchasing.

Our Story

However, according to the , it may increase your risk of breast cancer, heart disease, and stroke. The heading to the Introduction says it all: Making This the Time of Your Life! Stewart then shows readers exactly what to do, nutritionally and in other areas of their lives, to eliminate their menopause symptoms naturally.

Menopause

I find this book clear and uncomplicated. Blood tests for follicle-stimulating hormone FSH and luteinizing hormone LH levels can be done to find out whether ovaries are slowing down or no longer working.

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