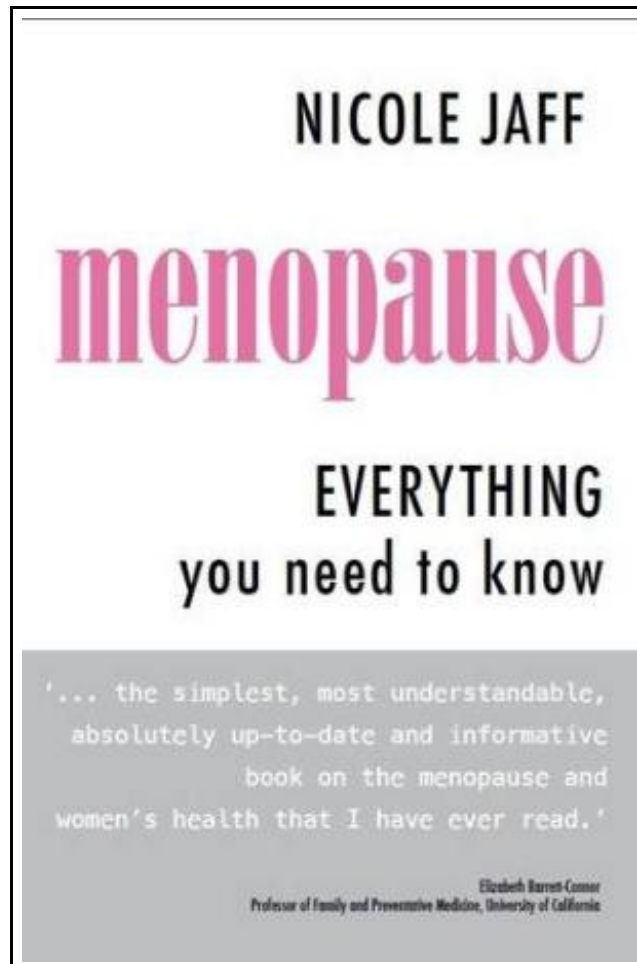


Menopause: Everything You Need to Know



Filesize: 1.97 MB

Reviews

A really wonderful book with lucid and perfect reasons. This can be for all who statte there was not a worth reading through. You are going to like how the author write this book.

(Dr. Grady Jacobi DDS)

MENOPAUSE: EVERYTHING YOU NEED TO KNOW



Bookstorm, South Africa, 2011. Paperback. Book Condition: New. 232 x 154 mm. Language: English . Brand New Book. Nicole has tremendous empathy for helping women understand what is happening to them during menopause and her empowering approach to wellness means women walk away knowing and believing menopause can be a positive time of vibrant health and happiness. Frith Thomas, WomanHome The pressure on women to remain forever young can make menopause a time you approach with dread. The thought of battling with hot flushes, uncontrollable weight gain, brittle bones, mood swings and memory loss can plunge you into depression. Is menopause really the end of life as you know it? Nicole Jaff understands the pressures and the confusion experienced by women in menopause or approaching menopause and acts as their guide through the maze of conflicting theories, the advertisements of companies offering cure-alls and the array of medical options offered by doctors. In her trademark style -- thoroughly researched, clearly written and with an essential touch of humour -- Nicole explains the theories, the claims and the myths surrounding menopause. She uses numerous case studies of the women who have come to her for counselling to illustrate women's concerns to support her central theme -- each woman is different and so the treatment of menopausal symptoms needs to be customised for her, a one-size-fits-all approach is of no benefit to women. Nicole addresses all the issues that midlife women raise in her workshops and in private consultations: Why do I get hot flushes and will they ever end? My doctor has recommended a total hysterectomy -- what does this mean? Is it safe to take hormone therapy, or does it cause cancer? Does menopause mean my sex life is over? Aren't natural hormones better than hormone therapy? Will...



[Read Menopause: Everything You Need to Know Online](#)



[Download PDF Menopause: Everything You Need to Know](#)

Other PDFs



Meet Trouble: Slipcase

Penguin Putnam Inc, United States, 2013. Paperback. Book Condition: New. 230 x 154 mm. Language: English . Brand New Book. A brand-new series for brand-new readers!Introducing a new series for brand-new readers! Each slipcase includes...

[Read ePub »](#)



Mother Carey s Chickens (Dodo Press)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 228 x 154 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author...

[Read ePub »](#)



Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters!

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford s post The Day I Stopped Saying Hurry Up was a true phenomenon on...

[Read ePub »](#)



Hope for Autism: 10 Practical Solutions to Everyday Challenges

Seaborough Enterprises Publishing, United States, 2015. Paperback. Book Condition: New. Initial ed.. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Hope for Autism: 10 Practical Solutions to Everyday...

[Read ePub »](#)



The Mystery of God s Evidence They Don t Want You to Know of

Createspace, United States, 2012. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book ***** Print on Demand *****.Save children s lives learn the discovery of God Can we discover God?...

[Read ePub »](#)



California Version of Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

Pearson, United States, 2015. Loose-leaf. Book Condition: New. 10th. 249 x 201 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies

[Read Book »](#)



How to Make a Free Website for Kids

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter

[Read Book »](#)



Write Better Stories and Essays: Topics and Techniques to Improve Writing Skills for Students in Grades 6 - 8: Common Core State Standards Aligned

Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 277 x 211 mm. Language: English . Brand New Book ***** Print on Demand *****.Mr. George Smith, a children s book author, has been

[Read Book »](#)



Who Am I in the Lives of Children? an Introduction to Early Childhood Education with Enhanced Pearson Etext -- Access Card Package

Pearson, United States, 2015. Paperback. Book Condition: New. 10th. 251 x 203 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies

[Read Book »](#)



No Friends?: How to Make Friends Fast and Keep Them

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends ? Are you tired of not having any

[Read Book »](#)