

## *Natural Menopause Solution Book*

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About The Natural Menopause Solution. For far too long, doctors thought hormone replacement therapy was the answer to menopausal symptoms from hot flashes to sleepless nights to stubborn belly fat. But while it does help, HRT can be risky—and may raise women's chances for breast cancer, heart attack, and stroke.

### **The Natural Menopause Solution by Prevention Magazine ...**

Natural Solutions to Menopause 18th-21st October 2018 Hotel BonSol . Dr Marilyn Glenville PhD is a leading nutritionist specialising in women's healthcare. Author of many books on hormone imbalance including Natural Solutions to Menopause, she has helped countless women like you to overcome the distressing symptoms of "the change".

### **Natural Solutions to Menopause - Glenville Retreats**

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Stephanie S. Faubion, MD, NCMP Oxmoor House, April 2016 336 pages. Although many books have

been devoted to the topic of menopause, few (if any) are as evidence-based, balanced, up-to-date, and just plain useful as *The Menopause Solution: A Doctor's Guide to Relieving Hot Flashes, Enjoying Better Sex, Sleeping Well, Controlling Your Weight, and Being Happy!* by Dr. Stephanie S. Faubion and ...

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The Natural Menopause Solution: Expert Advice for Melting Stubborn Midlife Pounds, Reducing Hot Flashes, and Getting Relief from Menopause Symptoms. In addition to this easy eating and exercise program, there are hundreds of drug-free solutions for sleep problems, memory lapses, mood swings, lack of energy, low libido, and more—and strategies to protect against heart disease, diabetes, stroke, osteoporosis, and cancer.

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