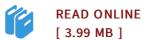




Menopause the Natural Way

By Deborah Gordon

John Wiley & Sons. Paperback. Book Condition: New. This item is printed on demand. Paperback. 256 pages. Make menopause a change for the better! Are you entering menopause Would you like to be prepared for it when it arrives Whether the change of life is upon you or years away, now is the best time to find out all you can about this natural life process. The more you know, the better you can take care of yourself. And the healthier you are, the easier your menopause is likely to be. Written by two authorities in complementary medicine and womens health issues, Menopause the Natural Way is a compassionate guide that combines mainstream and alternative medical approaches into a simple, six-step program that helps you create a healthy and empowering passage through menopause. Youll learn about: Using a journal as a valuable tool for managing your menopause Nutrition and menopause-foods and vitamins for your bodys changing needs Using herbs to balance your body and to treat and reverse symptoms Pleasurable exercises proven to reduce menopause symptoms and promote health-from yoga and tai chi to aerobic and weight-bearing routines Managing stress known to trigger menopause symptoms Rebalancing your hormones through natural and...



Reviews

Extensive information for book fans. It is writter in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Otis Wisoky

This publication is great. It is full of wisdom and knowledge You will not really feel monotony at at any time of the time (that's what catalogs are for relating to when you ask me).

-- Dr. Everett Dicki DDS