



Prevention and treatment of menopause syndrome. exercise therapy(Chinese Edition)

By MEI) BA BA LA BU SHI MAN

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Pages Number: 183 The prevention and treatment of menopausal syndrome. exercise therapy to help alleviate menopausal symptoms. improve bone health. Reduce the risk of cardiovascular disease risk. Based on the latest research found. This exercise-based plan of action can help you take control of their health. Learning the best. safest and most suitable for the exercise of menopause (pre-menopause. menopause. menopause late) project. Learn how the interaction of food.



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