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Perfect Menopause: 7 Steps to the Best Time of Your Life

By Henry M. Hess, Tiffany Farrell

Independent Publisher. Paperback. Book Condition: new. BRAND NEW, Perfect Menopause: 7 Steps to the Best Time of Your Life, Henry M. Hess, Tiffany Farrell, From a veteran specialist in his field, an integrative handbook to help women thriving during the complex changes of menopause. Dr Henry Hess provides options for complete solutions to the difficulties of menopause by blending natural and traditional medicine. Readers suffering from hot fl ashes, night sweats, mood changes, weight gain, aches, forgetfulness, decreased sexual desire, dryness, or poor sleep shouldn't do anything until they read this book. They will find up-to-date, safe, and effective solutions in this well organised and easy-to-read book -- from natural therapies to medical therapies to bioidentical hormones. This book provides the complete plan for the perfect menopause and helps to: Understand menopause completely; Determine treatment goals; Manage major symptoms; Stop weight gain and release excess weight; Reverse ageing and manage dryness inside and out; Dramatically improve sexual desire; Sleep better every night.



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