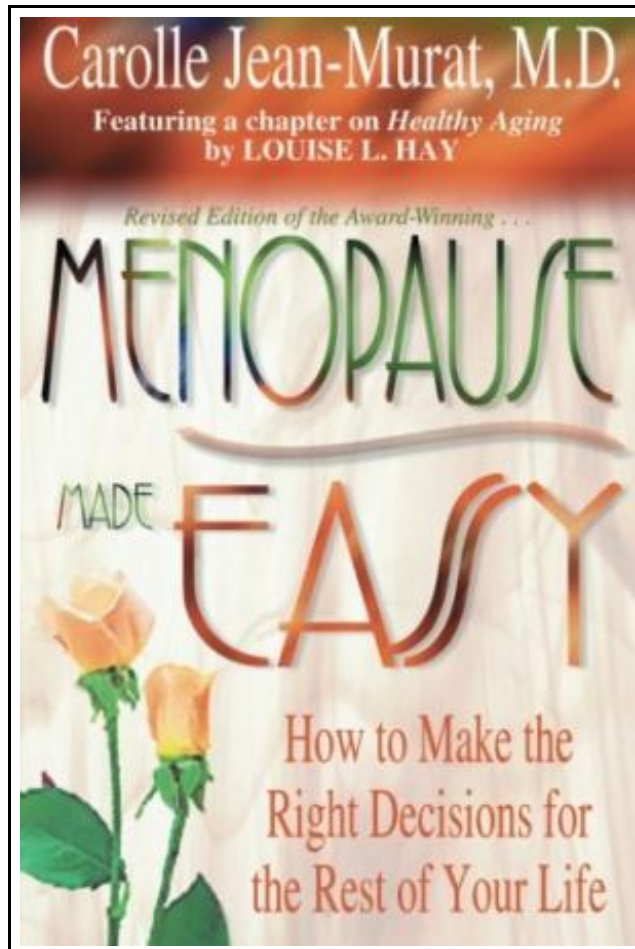


Menopause Made Easy: How to Make the Right Decisions for the Rest of Your Life



Filesize: 3.44 MB

Reviews

Excellent e-book and useful one. It can be rally intriguing throgh looking at time period. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Pasquale Klocko)

MENOPAUSE MADE EASY: HOW TO MAKE THE RIGHT DECISIONS FOR THE REST OF YOUR LIFE



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Hay House Inc. Paperback. Book Condition: new. BRAND NEW, Menopause Made Easy: How to Make the Right Decisions for the Rest of Your Life, Carolle Jean-Murat, Smart women must educate themselves about menopause and the risks and rewards of taking hormone replacement therapy (HRT), nutritional supplements and homeopathic therapies. This book will address the current needs and concerns of midlife women, empowering you to make the right decisions. Using questionnaires and simple flow charts, you will circumvent the confusion surrounding menopause and HRT. With humour, candor and plain non-technical language, Dr Jean-Murat addresses many concerns of women today. It includes a chapter on 'healthy ageing' by Louise L. Hay.



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