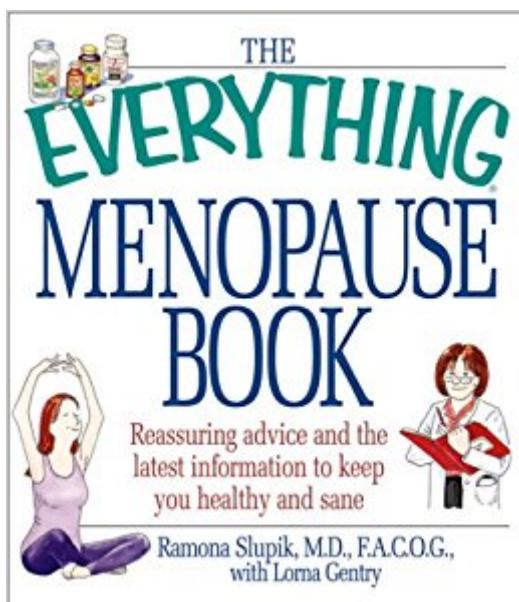


The book was found

The Everything Menopause Book: Reassuring Advice And The Latest Information To Keep You Healthy And Sane (Everything Series)



Synopsis

The latest research and professional advice to guide you through this complex transition Menopause can be one of the most challenging phases of your life; a time during which radical emotional and physical changes occur, ranging from mood swings to hot flashes. With all the conflicting information in the news; and studies that continue to contradict one another; where is the best place to turn for advice? The Everything® Menopause Book, written by Dr. Ramona Slupik, one of the nation's leading gynecologists, is a reliable source of information that you can continually turn to for answers about hormone replacement therapy; physical dangers, such as osteoporosis; the best herbal and vitamin supplements; and exercises to relieve pain and lift spirits. The Everything® Menopause Book includes up-to-date information on: The pros and cons of Hormone Replacement Therapy Perimenopause The latest research and findings Increasing your sex drive Diet tips and nutritional information The Everything® Menopause Book offers you sensible, practical advice for staying healthy, happy, and sane during this important transition.

Book Information

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Customer Reviews

Ramona Slupik, M.D., F.A.C.O.G., is the Assistant Professor for the Department of Gynecology and Obstetrics at Northwestern University Medical School and the Head of the Pediatric and Adolescent Gynecology Section of the Children's Memorial Hospital in Chicago. She is a member of the American College of Obstetricians and Gynecologists and the American Medical Association. She served as editor for the American Medical Association's Complete Guide to Women's

Health. Dr. Slupik lives in Chicago, Illinois. Lorna Gentry is a professional freelance writer and editor who lives in Milton, Indiana.

The product arrived in a timely manner and was in perfect condition. Upon reading the information in the book I realized I am going to hate menopause! The book gave critical information in a light hearted often funny way. It was an enjoyable way to find out the awful truth about menopause.

This books information can be summed up in three Phrases: Eat right. Excercise regularly. Get plenty of sleep. I found the book lacking in useful information and very repetative. BORING! buy something else for information Especially if you are in surgically induced menopause and need info. This book mentions it one sentence in the whole book.

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