

Menopause



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著者:Slupik, Ramona/ Gentry, Lorna

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A positive and encouraging guide, Menopause covers the most important issues that every woman needs to consider; from recognizing the symptoms to dealing with the physical, mental and emotional changes menopause brings. Written with authority, this book provides readers with sound advice on how to: Understand the basics about perimenopause and menopause; Find the right doctor; Weigh the benefits and risks of HRT; Examine the ways in which menopause impacts sexuality; Help husbands deal with this new stage of life; Ease the effects of menopause through healthy eating, herbal therapies, vitamins, meditation and exercise; At a point where more and more mothers - the largest generation in history - are reaching menopause every day, this book tackles this topic in a timely, to-the-point manner that's just what the doctor ordered.

作者介绍:

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