

# The Menopause Made Simple Program: Maximise Your Lifestyle by Minimising Your Symptoms



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Anne Trueman, Ottawa Citizen "Timely" Book Description This complete program incorporates the latest medical research, nutrition information, exercise programs, and discussions about medical intervention and hormone replacement therapies to offer women a way to improve the quality of their lives during menopause. Intended to address the confusion and frustration many women feel when going through this stage of their lives, it acknowledges that certain lifestyle behaviors have positive effects on the relief and prevention of menopausal symptoms, but that many women are still using an ad hoc approach. This lifestyle plan consists of six steps that

women can take to treat menopausal symptoms and maximize the quality of their life into the future. Explored are the normal experiences of menopause-what women can and cannot expect will happen in their bodies-and the differences in the symptoms experienced by women going through menopause in different cultures. Included is an easy-to-use action plan and motivational journal to help women put into practice the information they have gained. See all Editorial Reviews

作者介绍:

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