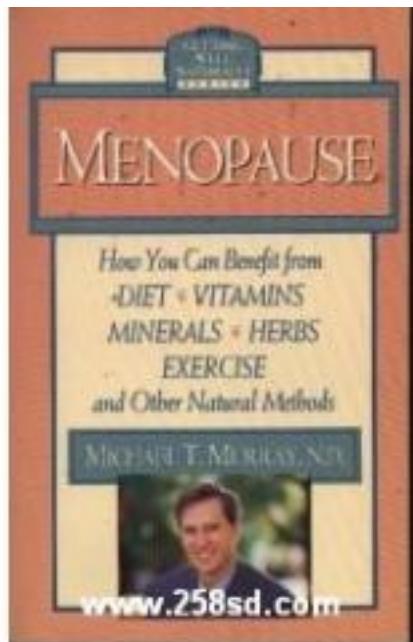


# Menopause: How You Can Benefit from Diet, Vitamins, Minerals, Herbs, Exercise, and Other Natural Methods



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著者:

出版者:

出版时间:

装帧:

isbn:9781559584272

Book Description Understanding, support, and natural, effective care would be most welcome during this profound life change that women face. All of that and more is offered here, including a simple explanation of the causes and effects of menopause and an examination of estrogen replacement therapy.

作者介绍:

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