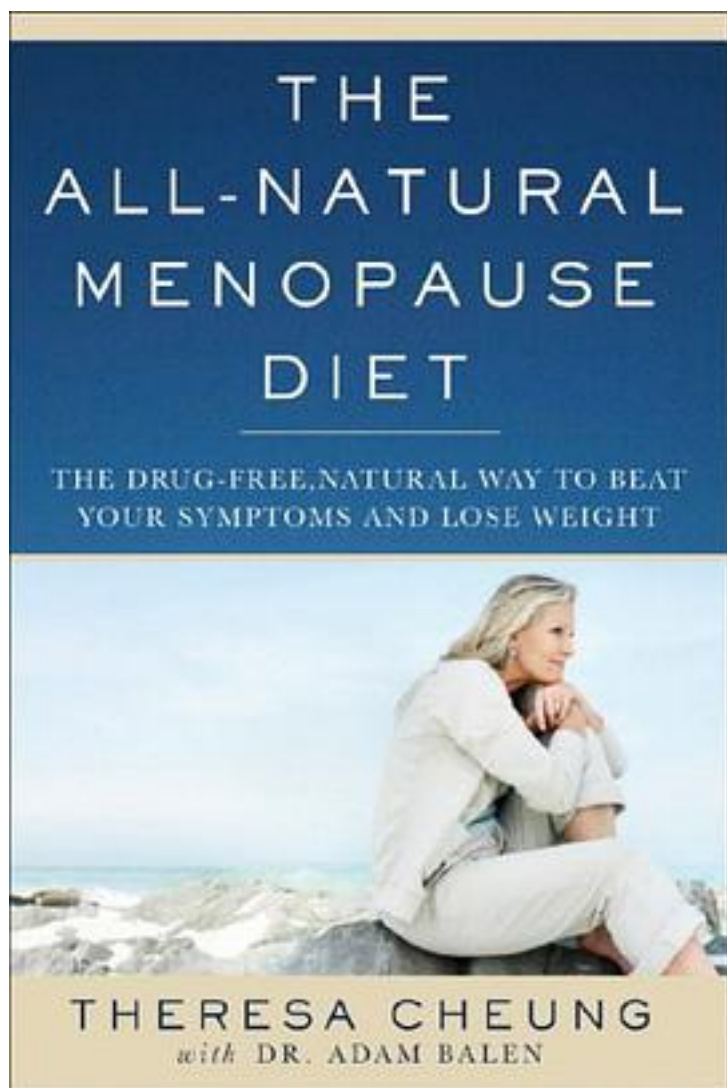


The All-Natural Menopause Diet



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Take charge of your health before, during, and after menopause with this groundbreaking diet book. Take charge of menopause and alleviate your worst symptoms with this all-natural diet plan--from weight gain and fatigue to hot flashes and low libido. Based on the latest scientific research, studies of a wide variety of women, and expert nutritional advice, "The All-Natural Menopause Diet" offers a unique plan for all women coping with the symptoms of menopause. Comprehensive and reassuring, this practical book explains how to use diet as a powerful tool to: - Lose Weight- Stop hot flashes- Protect against osteoporosis, heart disease, and cancer- Balance hormones--naturally - Boost libido No woman can escape menopause, but now you can take control of its symptoms and your health with this groundbreaking new plan.

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