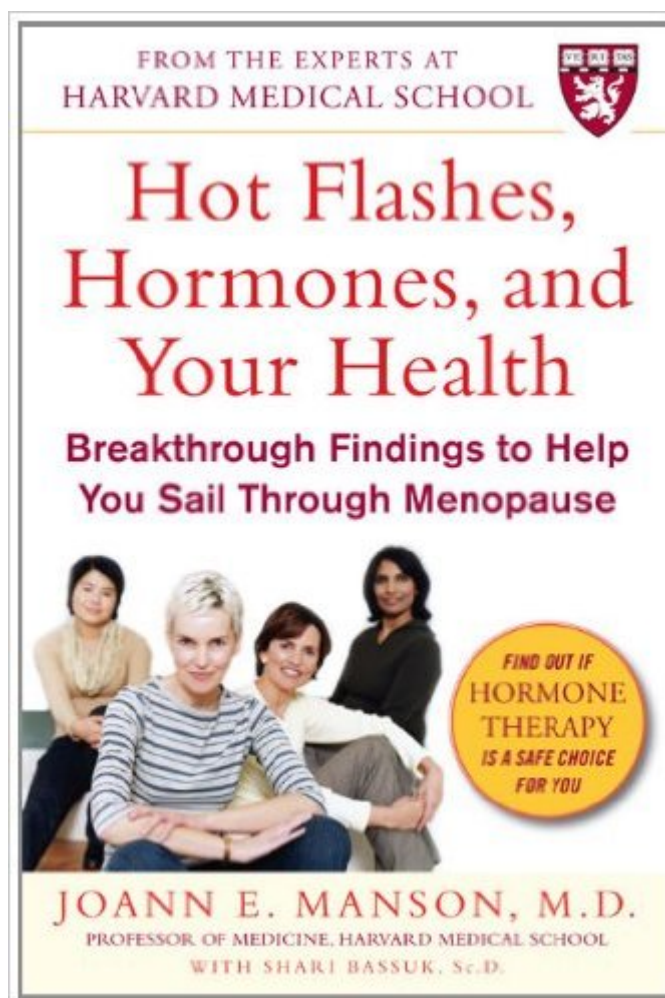


The book was found

Hot Flashes, Hormones & Your Health: Breakthrough Findings To Help You Sail Through Menopause



Synopsis

Take control of menopause with the latest information on hormone therapy As someone going through menopause, you may be all too familiar with its uncomfortable symptoms and you are desperate for relief. Now, one of the world's top experts on women's health gives you solid, research-based advice to help you sail through menopause without the suffering. In *Hot Flashes, Hormones, and Your Health*, Dr. JoAnn Manson provides the answers you need: The latest scientific evidence on the benefits and risks of hormone therapy Expert guidance in determining whether or not hormone therapy is the right choice for you The truth about bioidentical hormones Healthful and effective options for women who cannot--or prefer not to--use hormone therapy

â œRecommended . . . one of the best books about menopause.â • --North American Menopause Society

Book Information

Paperback: 256 pages

Publisher: McGraw-Hill; 1 edition (September 19, 2008)

Language: English

ISBN-10: 0071602402

ISBN-13: 978-0071602402

Product Dimensions: 5.5 x 0.8 x 8.6 inches

Shipping Weight: 15.2 ounces

Average Customer Review: 3.5 out of 5 starsÂ Â See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #1,537,545 in Books (See Top 100 in Books) #106 inÂ Books > Health, Fitness & Dieting > Women's Health > Menopause #3742 inÂ Books > Health, Fitness & Dieting > Women's Health > General #23227 inÂ Books > Health, Fitness & Dieting > Alternative Medicine

Customer Reviews

My wife asked me to buy this book which she found recommended in an article. She has found it to be most helpful.

might do better to be honest and call it a big wet kiss to the pharmaceutical industry. seems that hormone replacement therapy and drugs are the only options realistic intelligent folk can take. ironic considering the marketing ploy they used here. we were specifically looking for alternatives to big pharma when we found that book.

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Mayo Clinic The Menopause Solution: A doctor's guide to relieving hot flashes, enjoying better sex, sleeping well, controlling your weight, and being happy!
What You Must Know About Women's Hormones: Your Guide to Natural Hormone Treatments for PMS, Menopause, Osteoporosis, PCOS, and More
What Your Doctor May Not Tell You About Menopause (TM): The Breakthrough Book on Natural Hormone Balance (What Your Doctor May Not Tell You About...(Paperback))
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