The Ultimate Nutrition Guide for Menopause: Natural Strategies to Stay Healthy, Control Weight, and Feel Great (Hardback)



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Reviews

A really awesome book with lucid and perfect information. Of course, it is actually play, nonetheless an amazing and interesting literature. You are going to like just how the article writer create this ebook.

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Wiley, United States, 2003. Hardback. Book Condition: New. 235 x 190 mm. Language: English . Brand New Book ***** Print on Demand *****. A survival guide to healthy living- indispensable advice for women of all ages. - James F. Balch, M.D., coauthor of Prescription for Natural HealingMenopause brings a multitude of changes for women. It s a time when you need to prepare your body for a hormonal roller coaster ride and protect yourself against various health risks-that means making positive, healthy lifestyle decisions.In this book, leading nutritionist Leslie Beck explains how you can success-fully manage the myriad symptoms of menopause through nutrition and develop a long-term plan for optimal health. Whether you are peri- or post-menopausal, Beck can help you make smart changes to your diet, add the right vitamin and mineral supplements to your daily routine, and choose the most appropriate herbal remedies for your symptoms.Based on cutting-edge research, this essential, easy-to-read guide explains how you can lose weight or prevent the weight gain that is often associated with aging or hormone replacement therapy. You ll discover how to reduce your risk of breast cancer, osteoporosis, heart disease, and other serious health problems. Whether you re taking hormones or not, you ll see what steps to take to make the best decisions for your lifestyle.Most important, you ll learn how to stay healthy and feel better-naturally-during menopause.Topics include: AnxietyBreast cancerDepressionForgetfulnessHeart diseaseHeavy periodsHormone replacement therapyHot flashesInsomniaMenstrual cycle changesMood swingsNight sweatsOsteoporosisPerimenopauseSexual changesWeight gainVaginal dryness.

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