

End Your Menopause Misery: The 10-day Self-care Plan - , Treacy Colbert

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Millions of women struggle with the symptoms of menopause. End Your Menopause Misery offers a complete 10-day self-care plan for relief from the debilitating symptoms of menopause and perimenopause. Choose what works for you. Incorporate into your daily life. Feel great right away. A psychologist and a nurse, Stephanie Bender, and medical journalist Treacy Colbert sort through all the latest medical literature and science on menopause to offer women simple, straightforward advice about their health. With this plan readers will discover how to renew their energy, lift their mood, and feel better in just 10 days. End Your Menopause Misery shows how to: Increase your energy with exercise Improve your mood Increase heart and bone strength Reduce and eliminate hot flashes Make informed decisions about HRT and other therapies Sleep better Rekindle your sex drive Identify the foods that relieve symptoms Boost Your Memory End Your Menopause Misery is a quick and practical approach that gives women relief from menopause symptoms in just 10 days. Author: Bender, Stephanie Author: Colbert, Treacy Publisher: Conari Press Illustration: N Language: ENG Title: End Your Menopause Misery: The 10-Day Self-Care Plan Pages: 00160 (Encrypted EPUB) On Sale: 2013-01-01 SKU-13/ISBN: 9781573245852 Category: Health & Fitness : Women's Health - General Category: Self-Help : General

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