

Cruising Through The Menopause - Maryon Stewart

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Published research now supports the fact that menopausal symptoms can be overcome without having to resort to HRT, and in a way which still offers protection from both heart disease and osteoporosis in the long term. Despite this, the alternative approach is not widely known and is certainly not widely practised. Over the last thirteen years, the WNAS has pioneered an exceedingly simple, workable and enjoyable programme to help alleviate symptoms of both the perimenopause and the menopause, no matter how severe. This includes making specific dietary changes including adding to the diet those foods that are rich in phytoestrogens; taking nutritional supplements; moderate weight-bearing exercise and a regular relaxation programme. Cruising Through the Menopause explains this programme clearly and also describes the pros and cons of taking HRT so that women everywhere can make informed choices about how they wish to tackle the menopause. It also includes numerous menu plans as well as over 80 delicious recipes. Author: Stewart, Maryon Publisher: Ebury Digital Illustration: N Language: ENG Title: Cruising Through The Menopause Pages: 00352 (Encrypted EPUB) On Sale: 2012-08-31 SKU-13/ISBN: 9780091856502 Category: Family & Relationships : General Category: Health & Fitness : General

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