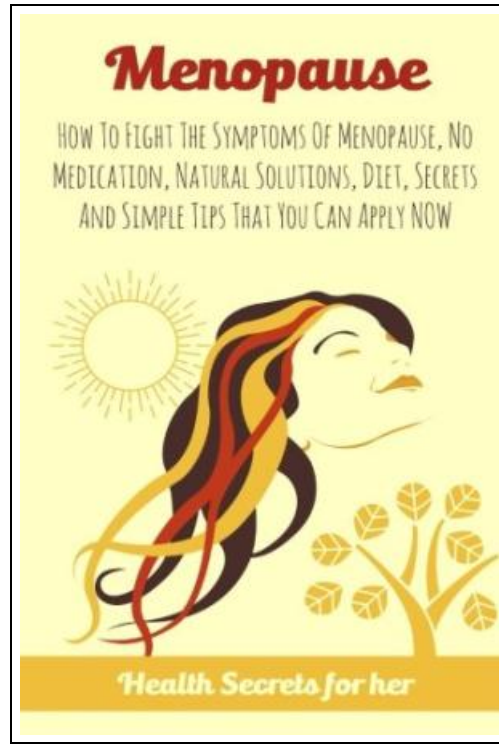


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Reviews

*It is a single of my personal favorite pdf. It really is written in basic words instead of hard to understand. Your daily life period will be transform as soon as you complete looking over this pdf.
(Vena Sauer DDS)*

MENOPAUSE: HOW TO FIGHT THE SYMPTOMS OF MENOPAUSE, NO MEDICATION, NATURAL SOLUTIONS, DIET, SECRETS AND SIMPLE TIPS THAT YOU CAN APPLY NOW (PAPERBACK)



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On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. There are literally thousands of women reaching menopause every day and, despite the fact that we are currently flooded with lots of information about menopause, many women like you still have endless questions concerning menopause. Indeed, this can be a very confusing and uncomfortable point in time, plagued with harsh symptoms. You want to understand better what is going on with your body just before and during menopause so that you can feel better. You may have even been told that the only answer to your troubling symptoms is prescription drugs. As a woman who has personally experienced this, I want to tell you my experience with menopause, what menopause entails and show you great options available for treating your symptoms. Having trustworthy facts at your disposal will help end any fear, confusion or worry you may be experiencing now. I believe after reading this book you will feel empowered and ready to conquer this seemingly scary monster, menopause. We will understand menopause better. We will cover everything - diet, relaxation techniques, exercise, sleep, essential oils and loads of quick tips. Do you want to start feeling better now? Are you looking forward to an active and happy life? Then, this book is for you. Dr. Melissa Keane.



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