

Menopause Breakthroughs (Paperback)



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(Delia Kling)

MENOPAUSE BREAKTHROUGHS (PAPERBACK)



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Wilkinson Publishing, Australia, 2015. Paperback. Condition: New. Language: English . Brand New Book. Menopause can be a challenging time not just for women but for their partners and families. For women it s the end of their potential to be mothers and, while for some that s a relief, for others it can be a time of considerable sadness. Self-image changes and the view in the mirror may come to differ markedly from how women still feel inside. But menopause is a natural part of ageing and one of life s major times of transition for women. Many simply pass through it with few symptoms but for those who don t there are many options. Menopause Breakthroughs looks at both traditional Western medicine and alternative therapies, providing a wide-ranging overview of available treatments to ease the symptoms of menopause and ensure a smoother transition.



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