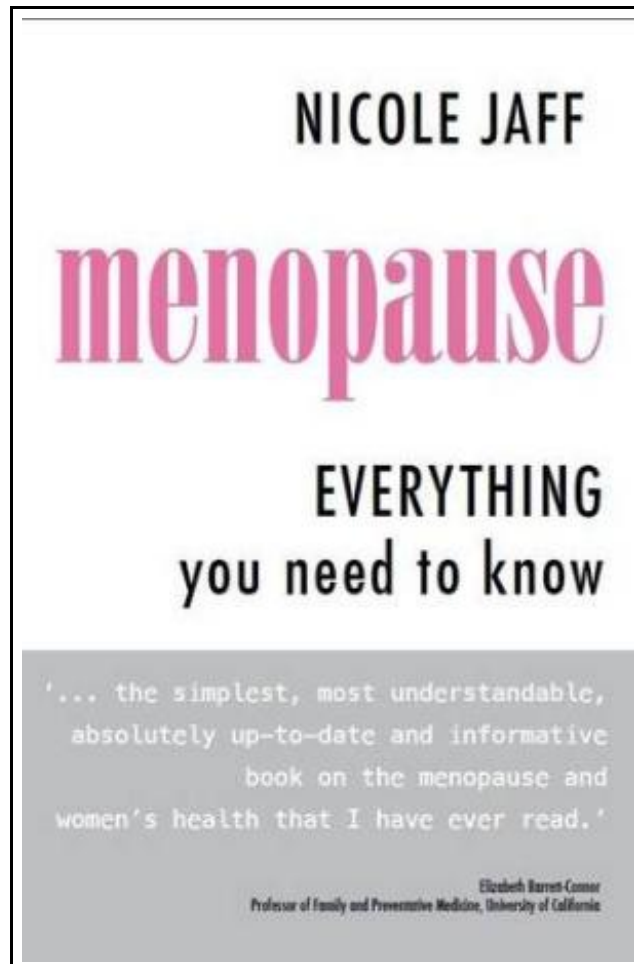


Menopause: Everything You Need to Know (Paperback)



Filesize: 1 MB

Reviews

I actually began reading this article book. It is actually filled with wisdom and knowledge I realized this pdf from my i and dad recommended this publication to learn.

(Rhea Toy)

MENOPAUSE: EVERYTHING YOU NEED TO KNOW (PAPERBACK)

[DOWNLOAD](#)

Bookstorm, South Africa, 2011. Paperback. Book Condition: New. 232 x 154 mm. Language: English . Brand New Book. Nicole has tremendous empathy for helping women understand what is happening to them during menopause and her empowering approach to wellness means women walk away knowing and believing menopause can be a positive time of vibrant health and happiness. Frith Thomas, WomanHome The pressure on women to remain forever young can make menopause a time you approach with dread. The thought of battling with hot flushes, uncontrollable weight gain, brittle bones, mood swings and memory loss can plunge you into depression. Is menopause really the end of life as you know it? Nicole Jaff understands the pressures and the confusion experienced by women in menopause or approaching menopause and acts as their guide through the maze of conflicting theories, the advertisements of companies offering cure-alls and the array of medical options offered by doctors. In her trademark style -- thoroughly researched, clearly written and with an essential touch of humour -- Nicole explains the theories, the claims and the myths surrounding menopause. She uses numerous case studies of the women who have come to her for counselling to illustrate women's concerns to support her central theme -- each woman is different and so the treatment of menopausal symptoms needs to be customised for her, a one-size-fits-all approach is of no benefit to women. Nicole addresses all the issues that midlife women raise in her workshops and in private consultations: Why do I get hot flushes and will they ever end? My doctor has recommended a total hysterectomy -- what does this mean? Is it safe to take hormone therapy, or does it cause cancer? Does menopause mean my sex life is over? Aren't natural hormones better than hormone therapy? Will...

[Read Menopause: Everything You Need to Know \(Paperback\) Online](#)[Download PDF Menopause: Everything You Need to Know \(Paperback\)](#)

You May Also Like



Meet Trouble: Slipcase (Paperback)

Penguin Putnam Inc, United States, 2013. Paperback. Book Condition: New. 230 x 154 mm. Language: English . Brand New Book. A brand-new series for brand-new readers!Introducing a new series for brand-new readers! Each slipcase includes...

[Save ePub »](#)



Mother Carey s Chickens (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 228 x 154 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author...

[Save ePub »](#)



Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters! (Paperback)

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford s post The Day I Stopped Saying Hurry Up was a true phenomenon on...

[Save ePub »](#)



Hope for Autism: 10 Practical Solutions to Everyday Challenges (Paperback)

Seaborough Enterprises Publishing, United States, 2015. Paperback. Book Condition: New. Initial ed.. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Hope for Autism: 10 Practical Solutions to Everyday...

[Save ePub »](#)



The Mystery of God s Evidence They Don t Want You to Know of (Paperback)

Createspace, United States, 2012. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book ***** Print on Demand *****.Save children s lives learn the discovery of God Can we discover God?...

[Save ePub »](#)



The Voyagers Series - Africa: Book 2 (Paperback)

Voyagers Series, Inc., United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching

[Download Book »](#)



THE Key to My Children Series: Evan s Eyebrows Say Yes (Paperback)

AUTHORHOUSE, United States, 2006. Paperback. Book Condition: New. 274 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.THE KEY TO MY CHILDREN SERIES: EVAN S EYEBROWS SAY YES is about

[Download Book »](#)



Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their

[Download Book »](#)



Never Invite an Alligator to Lunch! (Paperback)

Lucky Me Publishing, LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. NEVER Invite an Alligator to Lunch! delivers a fun,

[Download Book »](#)



Goodparents.com: What Every Good Parent Should Know About the Internet (Hardback)

Prometheus Books, United States, 2000. Hardback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. The Internet may now be the most powerful, single source of information in the world, and

[Download Book »](#)