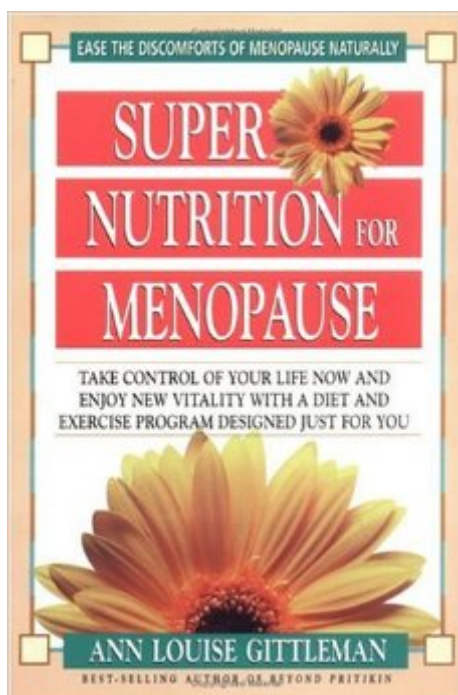


The book was found

Super Nutrition For Menopause: Take Control Of Your Life Now And Enjoy New Vitality



Synopsis

Most women assume that hot flashes, mood swings, and vaginal dryness are a necessary part of menopause -- and that all they can do is take estrogen and hope for the best. But according to nutritionist Ann Gittleman, poor eating habits, not hormone levels, are the underlying cause of menopause's unpleasant symptoms. In her career as a nutritionist, she has counseled thousands of women, and her observation that not all women experienced difficult, painful menopause inspired her to create the simple, breakthrough program in *Super Nutrition for Menopause*.

Book Information

Paperback: 226 pages

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (2 customer reviews)

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Customer Reviews

This easy to read and user friendly book is a wealth of helpful information especially for those of us making this next transition in life. The book explains in understandable terms what menopause is, what its most common symptoms are, and the different ways it may be experienced. Especially helpful was the recommended Vitamin E dosage and the natural progesterone cream which greatly helps hot flashes. Thank you Ann Louise Gittleman for another outstanding and timely book!

I have become a real fan of Ann Louise Gittleman's work. I first learned of her through her book *Before the Change* and picked this one up shortly thereafter. A great follow up because *Super Nutrition for Menopause* deals with concerns of the older woman like diabetes and osteoporosis. I think this book would make a good Mother's Day or Birthday Gift because it is a gift of health.

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Super Nutrition for Menopause: Take Control of Your Life Now and Enjoy New Vitality The Menopause Makeover: The Ultimate Guide to Taking Control of Your Health and Beauty During Menopause Menopause: Your Management Your Way ... Now and for the Rest of Your Life Super Grains & Seeds: Wholesome ways to enjoy super foods every day The Menopause Thyroid Solution: Overcome Menopause by Solving Your Hidden Thyroid Problems The Menopause Bible: The Complete Practical Guide to Managing Your Menopause How to Take Advantage of the People Who Are Trying to Take Advantage of You: 50 Ways to Capitalize on the System (Take the Advantage Book 1) Menopause and the Mind: The Complete Guide to Coping with Memory Loss, Foggy Thinking, Verbal Confusion, and Other Cognitive Effects of Perimenopause and Menopause Control Self-Assessment: Reengineering Internal Control (Enterprise Governance, Control, Audit, Security, Risk Management and Business Continuity) The Menopause Cookbook: How to Eat Now and for the Rest of Your Life Double Your Business: The Entrepreneur's Guide To Double Your Profits Without Doubling Your Hours So That You Can Actually Enjoy Your Life Money. You Got This: Easy to Implement Money Strategies So You Can Take Control of Your Business Finances and Create Your Dream Life Debt-Free Forever: Take Control of Your Money and Your Life Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy The Candida Cure Cookbook: Delicious Recipes to Reset Your Health and Restore Your Vitality Energy Medicine for Women: Aligning Your Body's Energies to Boost Your Health and Vitality Super Simple Jewelry: Fun and Easy-To-Make Crafts for Kids (Super Sandcastle: Super Simple Crafts) Kindergarten Super Math Success (Sylvan Super Workbooks) (Math Super Workbooks) Fourth Grade Super Math Success (Sylvan Super Workbooks) (Math Super Workbooks) First Grade Super Math Success (Sylvan Super Workbooks) (Math Super Workbooks)

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