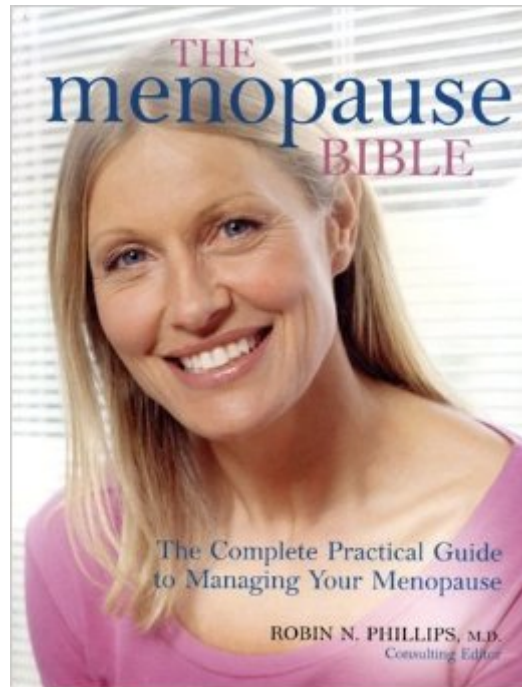


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# The Menopause Bible: The Complete Practical Guide To Managing Your Menopause



## Synopsis

An illustrated and comprehensive handbook for women on coping physically, mentally and emotionally with "the change". The hormonal changes in women during menopause have a dramatic impact on physical, mental, and emotional health. Although menopause is universal for women, no two go through it the same way. The Menopause Bible is a contemporary reference book that explains what it is, what happens, what can be done to minimize its effects, and how to maintain optimal health. The book is designed to help all women whether choosing a drug-free transition or medical intervention. The book covers every aspect of menopause: Why and how menopause occurs Symptoms of menopause Specific related health issues such as osteoporosis Sexual health and techniques Drug and alternative treatments Positive impact of proper diet and exercise Regular health monitoring. In-depth and up-to-date information on the controversial hormone replacement therapy (HRT) includes the risk factors, who can benefit, recommended monitoring procedures, and courses of treatment. While women with menopausal difficulties were once treated solely with HRT, now there are a number of options, including alternative treatments such as herbal replacement supplements. Illustrated with full-color anatomical drawings and helpful photographs, The Menopause Bible enables a woman to take active control of her overall health at a critical time in her life.

## Book Information

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Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #1,465,325 in Books (See Top 100 in Books) #100 in [Books > Health, Fitness & Dieting > Women's Health > Menopause](#) #3602 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

## Customer Reviews

I came across this book while looking for books on menopause. It sounded impressive and the price was right so i purchased it. I am so glad I did. Finally, someone has gathered together

straightforward information without any agenda other than to give women the information they need to make informed decisions. Most of the chapters are written by doctors from Britain. (The EEC countries have a much more intelligent approach to dealing with menopause than the United States. For example, the use of Premarin and similar drugs via a patch is widespread in Europe, because studies there have made it clear that this form of delivery does not involve higher rates of, e.g., breast cancer and, additionally, has been shown to significantly reduce the chances of Alzheimer's.) This book should be available at every Ob/Gyn's office.

Mostly about caring for diet and exercise. I was looking for a more informative book on the physical changes, and what one can expect during the process, first hand accounts but it was more or less a diet book.

I realized I had to buy several books on menopause because they all add a little bit more to the puzzle. This is a really nice book. It's quality, not cheaply put together. The pages are glossy and the pictures are nice. It not only tells me all about the symptoms, options, etc... but how to put on make-up as you age, how to tell if you have breast cancer with all the options. How to do exams. Just a wide variety of things. It covered small details I didn't get in other books. It was a good purchase...

I enjoyed the book but it's a little old.

Book was received within the specified time and its condition was as advertised. Thanks

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