



The Menopause Diet: The Natural Way to Beat Your Symptoms and Lose Weight

By Theresa Cheung, Adam H. Balen

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Menopause Diet: The Natural Way to Beat Your Symptoms and Lose Weight, Theresa Cheung, Adam H. Balen, No women can escape the menopause. Its symptoms often include weight gain, fatigue, hot flushes, mood swings, poor concentration, low libido and joint pain. Research shows that healthy eating, combined with regular exercise and weight management, is one of the best ways of controlling these symptoms. Based on the latest scientific research, studies of the world's healthiest women, real life stories and expert advice, Theresa Cheung, co-author of the bestselling "The PCOS Diet Book", offers a groundbreaking plan for nutritional self-help. This practical book explains how to use diet as a powerful self-help tool to: beat symptoms and balance hormones with simple eating plans; protect against osteoporosis, heart disease and cancer; manage weight naturally; boost libido; and, lose weight and slow down the ageing process.

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