



## 50 Things You Can Do Today to Manage the Menopause (Personal Health Guides)

By Green, Wendy

Summersdale. Book Condition: New. 2011. Paperback. Are you going through the menopause? Are you confused by conflicting advice about HRT and unsure which natural alternatives are effective? Wendy Green explains common physical and psychological symptoms and offers a holistic approach to help you deal with them, including simple lifestyle and dietary changes and DIY natural therapies. Series: 50 Things. Num Pages: 128 pages. BIC Classification: VFDW; VS. Category: (G) General (US: Trade). Dimension: 198 x 129 x 12. Weight in Grams: 160. . . . . Books ship from the US and Ireland.



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