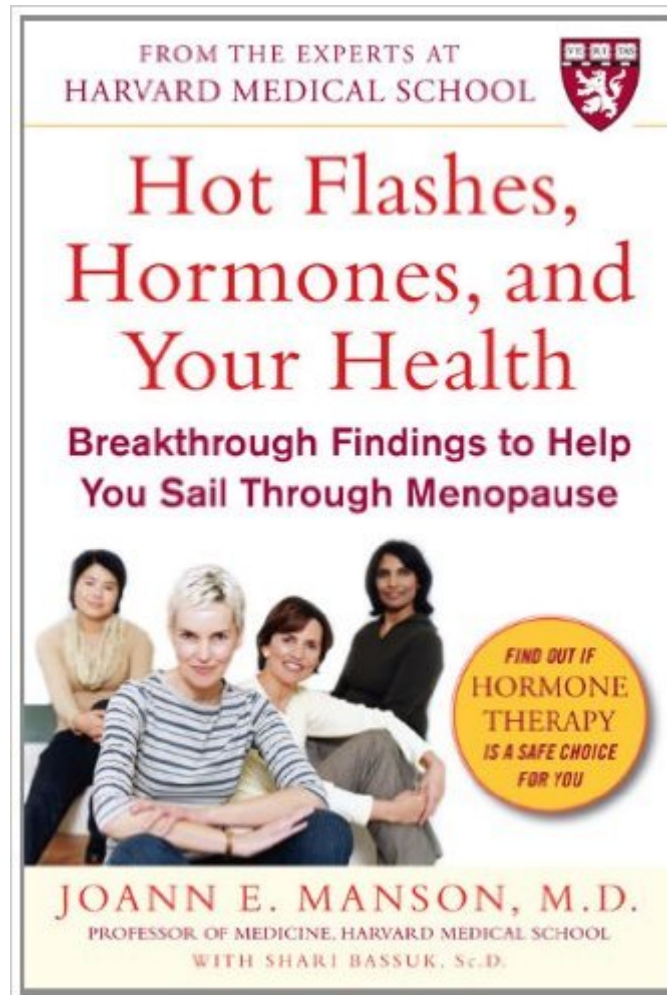


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# Hot Flashes, Hormones & Your Health: Breakthrough Findings To Help You Sail Through Menopause



## Synopsis

Take control of menopause with the latest information on hormone therapy As someone going through menopause, you may be all too familiar with its uncomfortable symptoms and you are desperate for relief. Now, one of the world's top experts on women's health gives you solid, research-based advice to help you sail through menopause without the suffering. In *Hot Flashes, Hormones, and Your Health*, Dr. JoAnn Manson provides the answers you need: The latest scientific evidence on the benefits and risks of hormone therapy Expert guidance in determining whether or not hormone therapy is the right choice for you The truth about bioidentical hormones Healthful and effective options for women who cannot--or prefer not to--use hormone therapy

â œRecommended . . . one of the best books about menopause.â • --North American Menopause Society

## Book Information

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## Customer Reviews

My wife asked me to buy this book which she found recommended in an article. She has found it to be most helpful.

might do better to be honest and call it a big wet kiss to the pharmaceutical industry. seems that hormone replacement therapy and drugs are the only options realistic intelligent folk can take. ironic considering the marketing ploy they used here. we were specifically looking for alternatives to big pharma when we found that book.

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