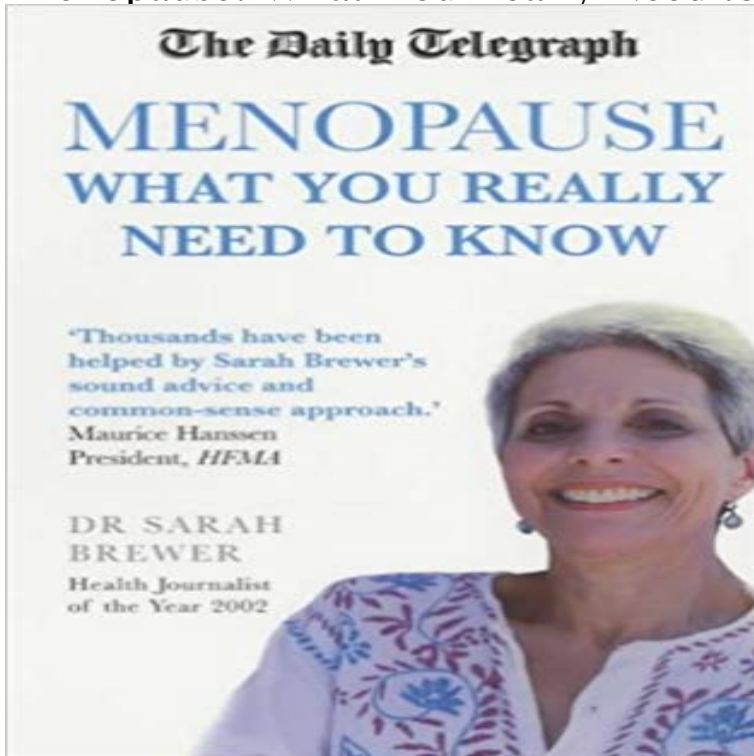


Menopause: What You Really Need to Know (Daily Telegraph Books)



On current life expectancy, the average woman will live more than 30 years in a post-menopausal state. Although a normal stage in every woman's life, the approach of menopause involves a process of change which continues to be dreaded by some, welcomed by others. In this thorough guide to the menopause, Sarah Brewer examines the latest in accepted alternative treatments, including Black Cohosh and complementary approaches, whilst providing balanced, reassuring advice on the basic physical, emotional and psychological symptoms. - How the menopause is triggered - How menopause can affect your sexuality - Osteoporosis and long-term post menopausal problems - Lifestyle and dietary changes - Nutritional supplements such as isoflavones and Black Cohosh - How complementary therapies can help - The truth behind HRT - side effects and contraindications

The Daily Telegraph: The Menopause: What You Really Need to Product Category : Books ISBN : 1841196622.
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