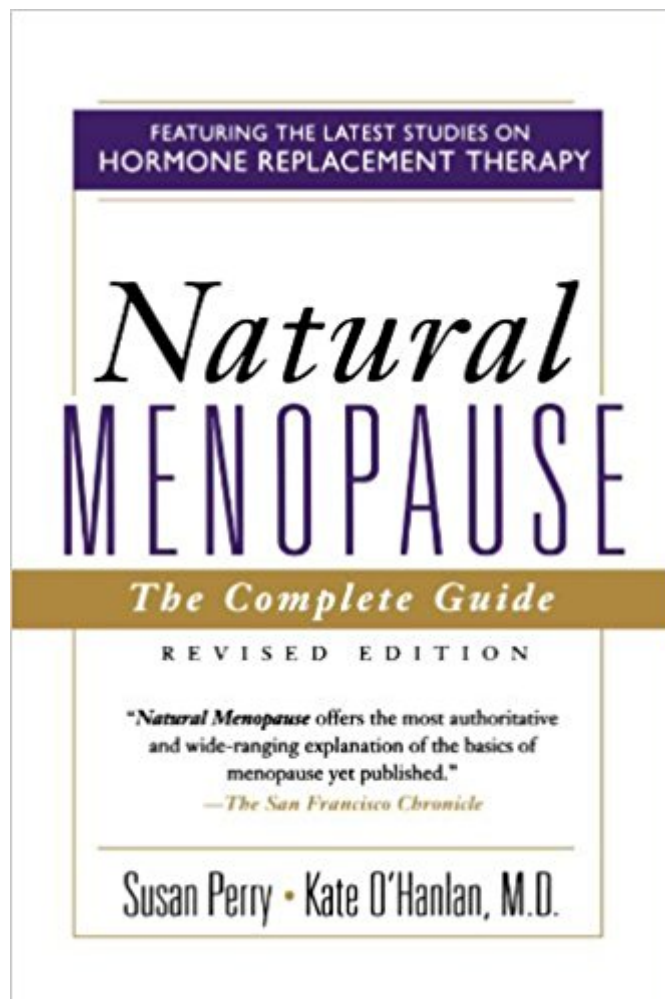




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Natural Menopause: The Complete Guide, Revised Edition



Synopsis

The San Francisco Chronicle called the first edition of *Natural Menopause* "the most authoritative and wide-ranging explanation of the basics of menopause yet published." Now in this newly revised edition, authors Susan Perry and Kate O'Hanlan include all the latest information on hormone replacement therapy and breast cancer, as well as new studies on menopause and osteoporosis, heart disease, Alzheimer's, depression, exercise, diet and malnutrition, natural remedies, skin patches, and much more. Without minimizing the discomfort many women experience, Perry and O'Hanlan show that good nutrition, a good exercise program, and good sex are often the best prescriptions; and that hormone replacement therapy carries risks and should be taken only after careful and informed deliberation. *Natural Menopause* is the comprehensive reference every woman should turn to before and during menopause for a safe and healthy passage.

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Customer Reviews

Written by women, for women, this empowering book views menopause as a natural passage in life - not as a disease. In this newly revised edition, authors Susan Perry and Kate O'Hanlan include all the latest information on hormone replacement therapy and breast cancer, as well as new studies on menopause and osteoporosis, heart disease, Alzheimer's, depression, exercise, diet and nutrition, natural remedies, skin patches, and much more. Without minimizing the discomfort many women experience, Perry and O'Hanlan show that good nutrition, a good exercise program, and

good sex are often the best prescriptions - and that hormone replacement therapy carries risks and should be taken only after careful and informed deliberation. Natural Menopause is the comprehensive reference every women should turn to before and during menopause for a safe and healthy passage.

This is a compendium of information, geared to the physical changes in menopause. Calling itself a "complete guide," and thus possibly the only book some women might read, it could certainly be better. All of the issues of menopause are covered, but rather flatly. Despite the attempt to be up to date with the addition of alternative therapies (mostly herbs), there were a few incidences of inexcusably bad information (e.g., depression after a hysterectomy is incidental and unrelated to the physical experience of the surgery; and the marks around a woman's mouth as she ages are caused from puckering the mouth to smoke a cigarette). It may suffice as a comfort book for some women, depending on how much comfort they need. There are so many really good books out there, I don't see why this one is even still in print. Take a look at "Ourselves Growing Older" from the same folks who brought out "Our Bodies, Ourselves." A really great book with a lot of references to other really great books.

Kate O'Hanlan saved my life. Her book contributed to this by persuading me that hormone replacement thing is very bad for someone with a high probability of cancer. The book is very readable and useful, even if you are not going through menopause.

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The Natural Menopause Solution: Expert Advice for Melting Stubborn Midlife Pounds, Reducing Hot Flashes, and Getting Relief from Menopause Symptoms by Editors of Prevention (Mar 26 2013)
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