



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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Reviews

Extensive guideline! Its this sort of excellent read. it had been writtern quite properly and helpful. You can expect to like just how the writer create this book.

-- **Mr. Gustave Gerhold**

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.

-- **Dr. Kadin Hane DVM**