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# NATURAL SOLUTIONS TO MENOPAUSE: HOW TO STAY HEALTHY BEFORE, DURING AND BEYOND THE MENOPAUSE



Pan Macmillan Paperback. Book Condition: new. BRAND NEW, Natural Solutions to Menopause: How to Stay Healthy Before, During and Beyond the Menopause, Marilyn Glenville, This complete guide to menopause offers effective advice on diet, exercise and lifestyle to keep you in optimum health before, during and after this change in your life. With entirely natural solutions, free from the side effects that are common to hormone replacement drug therapies, this sensitive and informative guide includes: a 12-Step Hormone Balancing Diet;...

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- Authored by Marilyn Glenville
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