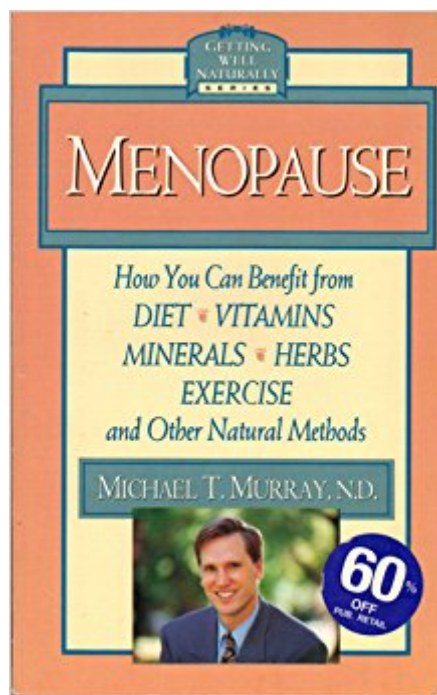




The book was found

Menopause: How You Can Benefit From Diet, Vitamins, Minerals, Herbs, Exercise, And Other Natural Methods (Getting Well Naturally)



Synopsis

Understanding, support, and natural, effective care would be most welcome during this profound life change that women face. All of that and more is offered here, including a simple explanation of the causes and effects of menopause and an examination of estrogen replacement therapy.

Book Information

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