

Complete Idiots Guide To Menopause The Complete Idiots Guide

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The "Complete Idiot's Guide to Menopause" is divided into seven parts: 1) Enter Primetime; 2) Midlife Metamorphoses; 3) Ch-Ch-Changes: Menopause Symptoms; 4) HRT or No HRT, That's the Question; 5) Menopause Treatment au Naturel; 6) Self-Care While You're Going Through Menopause; and 7) Vibrant, Feminine, Wise, and Wonderful.

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This guide, for women in their late thirties to late fifties, is meant to demystify the menopause condition, symptoms, remedies, side effects, and emotional impact. The information about remedies includes both traditional and alternative treatments.

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The Complete Idiot S Guide To Menopause By Maureen ...

The first of the three stages of menopause is perimenopause, then menopause, and, finally, postmenopause: Perimenopause: Literally, "around menopause." The years before menopause when hormones fluctuate and periods are irregular. Perimenopause can last up to 10 years before periods stop, but normally the symptoms last only four or five years.

Menopause For Dummies Cheat Sheet - dummies

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