


[DOWNLOAD](#)


The Menopause - A Time for Change: Staying Fit, Healthy and Confident on Entering a New Phase of Life, A Practical Guide Based on Anthroposophical Medicine (Paperback)

By Eveline Daub-Amend

Temple Lodge Publishing, United Kingdom, 2009. Paperback. Condition: New. Language: English . Brand New Book. Change can be unwelcome, but it usually brings new opportunities and the possibility of a fresh start. When the great change of the menopause begins to make itself felt in the life of a woman, the subsequent loss of fertility and the signs that one is getting older can trigger a life and identity crisis. In this essential guide, written from the holistic perspective of anthroposophical medicine, Eveline Daub-Amend shows how this turning point in a woman s biography can be a positive time of transformation: of entering a new phase of life with a fit and healthy body, mind and spirit. She discusses how symptoms can be treated using natural methods, and addresses emotional and psychological processes and changes. As a medical doctor and former gynaecologist, Daub-Amend gives authoritative guidance on many issues: the role played by hormones, changes in the menstrual cycle and hormonal balance, loss of fertility, contraception and the affects on sexuality and partnership. She gives advice on dealing with hot flushes, sleep disorders, irregular bleeding, pain in the joints, skin and hair care and weight and figure, as well as...



[READ ONLINE](#)

[1.28 MB]

Reviews

This book is really gripping and interesting. Of course, it is actually perform, still an interesting and amazing literature. You will not truly feel monotony at whenever you want of your time (that's what catalogues are for concerning when you request me).

-- **Claud Schaden**

This sort of publication is almost everything and taught me to hunting forward and much more. Yes, it is actually play, continue to an amazing and interesting literature. I am pleased to tell you that this is basically the best book we have read through inside my individual life and could be he finest book for ever.

-- **Enrique Ritchie Sr.**

Other eBooks



[Weebies Family Halloween Night English Language: English Language British Full Colour](#)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



[Environments for Outdoor Play: A Practical Guide to Making Space for Children \(New edition\)](#)

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition), Theresa Casey, 'Theresa's book is full of lots of inspiring, practical, 'how to go about it ideas' coupled with...



[Polly Oliver s Problem: A Story for Girls](#)

The Wildhern Press, United Kingdom, 2008. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin was an American children s author and educator. She was born in Philadelphia of Welsh...



[Music for Children with Hearing Loss: A Resource for Parents and Teachers](#)

Oxford University Press Inc, United States, 2014. Paperback. Book Condition: New. 228 x 156 mm. Language: English . Brand New Book. Written by an expert in the field who is both a teacher and a teacher-educator, this book is an in-depth and...



[Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: \(Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures\)](#)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...



[The Case for the Resurrection: A First-Century Investigative Reporter Probes History s Pivotal Event](#)

ZONDERVAN, United States, 2010. Paperback. Book Condition: New. 180 x 127 mm. Language: English . Brand New Book. The Case for the Resurrection, a ninety-six-page booklet from bestselling author Lee Strobel, provides new evidence that shines a fresh light on the Bible...