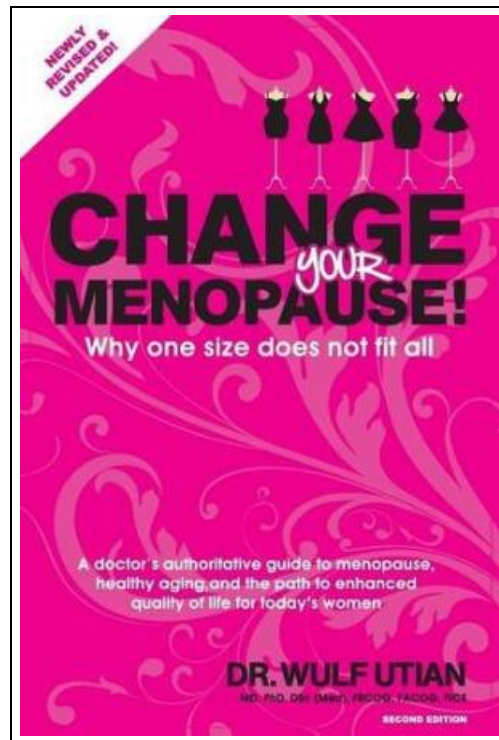


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CHANGE YOUR MENOPAUSE: WHY ONE SIZE DOES NOT FIT ALL (PAPERBACK)



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Utian Press, 2016. Paperback. Condition: New. Edition, Completely Revised an ed.. Language: English . Brand New Book ***** Print on Demand *****.WHY ANOTHER BOOK ON MENOPAUSE? CHANGE YOUR MENOPAUSE is not just another book about menopause. It is the evidence and experience based menopause book written by the one person with the knowledge, inside information, and background to provide genuine facts, truths, solutions, and guidance, all supported by current scientific research. This newly revised and updated second edition incorporates all the latest medical advances. My body is changing. My mind is changing. I suffer real symptoms and I know I am not going crazy. My physician is not giving me answers. My friends confuse me with well-meant but meaningless advice. Every website I search is trying to sell me an expensive solution. I need help, real help, help I can trust. Where do I go? What do I do? Help! Cries for help like those above are the most frequent Wulf Utian, the pioneer of evidence-based menopause research and Founder of the North American Menopause Society, heard in over 40 years of clinical practice. Yes, well-known symptoms like hot flashes, night sweats, and missed or irregular periods are those most often associated with menopause. But many other problems may drive women to seek help, problems about which many of today's health providers have simply not been taught in current medical school programs. These real symptoms include things like reduced sex drive, vaginal discomfort and painful sex, changing memory, got to go to the bathroom, lack of energy, feeling blue, anxious or depressed, mood swings, waking up at night, dry eyes, thinning and dry skin, scalp hair loss, increased facial hair, and many more. CHANGE YOUR MENOPAUSE is the key to better health and an enhanced quality of life. You...



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