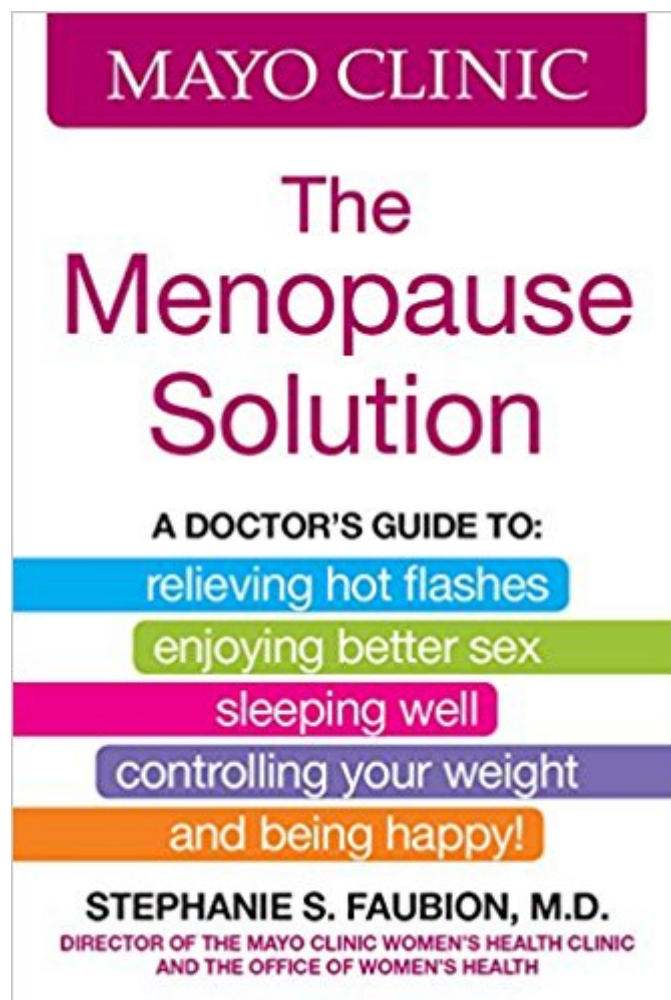


The book was found

Mayo Clinic The Menopause Solution: A Doctor's Guide To Relieving Hot Flashes, Enjoying Better Sex, Sleeping Well, Controlling Your Weight, And Being Happy!





Synopsis

Confront menopause symptoms such as weight gain, mood swings, and low sex drive with clear advice from a trusted source. Mayo Clinic The Menopause Solution is the definitive guide to making your life change a positive one. Drawing on the latest information, leading women's health expert Dr. Stephanie Faubion covers common questions, lifestyle strategies, and treatment options. Unlike other books, Mayo Clinic The Menopause Solution is comprehensive, easy to navigate, and authoritative. Features include: A complete look at what happens to your body before, during, and after menopause. Up-to-date information on over-the-counter medications, nutritional supplements, and hormone therapy. Sidebars, lists, and summaries to make finding information a cinch. Dr. Faubion knows that what works for one woman doesn't necessarily work for another. In approachable terms, she presents a balanced, unbiased overview of what to expect in midlife and beyond. You'll find accurate information on perimenopause, premature menopause, menopause symptoms, long-term effects of estrogen loss, and a wide variety of therapies to enhance health. Professional, accessible, and essential for any woman entering menopause, Mayo Clinic The Menopause Solution offers everything you need to take charge of your own health and get the best care from your doctor.

Book Information

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Customer Reviews

Stephanie S. Faubion, MD, is the Director of the Women's Health Clinic in the Department of Internal Medicine at the Mayo Clinic. She's one of the nation's leading experts on menopause and regularly treats women with menopausal-related conditions.

The book is a necessary prescription for all women. It is a tool in your tool box that should be read at different points in your life – beginning at age 40 and mandatory by age 45. The book is inspiring, motivational, thorough, detailed in a way that is easy to understand, very descriptive in highlighting the problem that might be occurring and thoughtful tools for solutions including various suggestions on strategies depending on the symptoms. If you think the beginning signs of menopause is hot flashes, mood and your menstrual cycle - think again. Read every chapter, because in some form or another it will apply to you. I'm 48 and determined through reading the book I am perimenopause. Excellent book for all women written by a women!

This book taught me many facts and ways to deal with my meno, which had not found in any other book or internet search. Excellent source of information.

This was a great and informative read. It was a pleasant acquisition of knowledge and support to my senses. Would recommend to every woman in search for direction and awareness of what's to come during Menopause.

After I was told I needed to undergo surgical menopause, I got this book and I'm so glad I did. Knowing what to expect takes much of the fear/discomfort away and helped me prepare. In addition, the advice in the book inspired me to make some healthier choices that I'm already benefitting from. I'm now three weeks post surgery and thanks to a little bit of luck and this book, things are going well. I find myself rereading passages frequently. The author took an uncomfortable topic and made it easy to understand. I've recommended this book to friends and hope they find it as helpful as I have.

Great book awesome information

Really good advice on menopausal issues.

Great information and suggestions

Just as described. Quick shipping.

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