



The Menopause: Ask the Experts

By Norma Goldman

Hammersmith Press Limited. Paperback. Book Condition: new. BRAND NEW, The Menopause: Ask the Experts, Norma Goldman, Whether you are experiencing the symptoms of menopause or your partner, mother or friend is passing through it, you will find you have lots of questions: what is happening and why; what can we expect; and, how can we relieve the negative aspects using a choice of options. The panel of experts brought together by Norma Goldman for the "Menopause Exchange" has long experience of answering the real-life questions of women with menopausal symptoms. Norma has selected the most relevant of these questions and the most up-to-date answers to cover the broad range of issues relevant to what can, but may not, be a difficult time; general aspects; symptoms; osteoporosis; coping with the menopause, including a variety of approaches - Hormone Replacement therapy (HRT); complementary therapies; nutrition; prescription drug alternatives to HRT; lifestyle and self-help measures; and, womens' and general health issues related to menopause.



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