

## The Good Menopause Guide

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### The Good Menopause Guide

Liz Earle, MBE, is one of the world's most respected and trusted authorities on wellbeing. Following on from her bestselling books Skin and The Good Gut Guide, this beautifully illustrated guide shares all of the information, tips and advice you need for a healthy menopause. She provides guidance on how to balance your hormones, the importance of a nourishing diet, the myths and facts about HRT, osteoporosis, how to optimise bone health, and how to boost energy and self-esteem.

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Menopause Guide. If you're approaching menopause and have questions, you'll find answers here, covering everything from menopause symptoms; treatment options for menopausal symptoms; and ...

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About the menopause. Most women dread the word menopause. In reality it affects women in completely different ways, but the most common symptoms include hot flushes, sweating, insomnia, anxiety, impairment of memory and fatigue.

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Your Guide to Menopause. Menopause. ... Menopause symptoms, including missing or late periods, are different for every woman. ... The solution to fight this sign of menopause: Practice good ...

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### The Good Menopause Guide: Amazon.co.uk: Earle, Liz ...

Menopause: What Every Woman Needs to Know. Menopause is when a woman hasn't had a period for one year – the menstrual cycle has paused. We might experience symptoms of the menopause (such as hot flushes, anxiety and tiredness) many years before our final menstrual cycle, however. Read on to discover when the menopause begins, the most common menopausal symptoms and when to see a GP for treatment.

### Menopause: What Every Woman Needs to Know - Liz Earle ...

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