



Natural Solutions to Menopause: How to stay healthy before, during and beyond the menopause

Marilyn Glenville

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This complete guide to menopause offers effective advice on diet, exercise and lifestyle to keep you in optimum health before, during and after this change in your life. With entirely natural solutions, free from the side effects that are common to hormone replacement drug therapies, this sensitive and informative guide includes:

- A 12-Step Hormone Balancing Diet
- Relief from symptoms such as hot flushes, night sweats and weight gain
- The truth about HRT, to help you make an informed decision if you consider it
- How to prevent health problems such as osteoporosis and heart disease
- Simple steps to good energy levels, body fitness and a fulfilling sex life beyond the menopause

Understand what your body needs and you can prepare yourself for the menopause, successfully manage your symptoms and enjoy the best possible health beyond it.

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